

# Caregiver Educational Series

– Oconto County Area –



**Are you a caregiver? Do you support a friend, spouse, parent, neighbor or relative? This free, four session course will help maximize your strengths while in a caregiving role.**

## **The Weekly Agenda includes:**

**Week 1:** Learning about Caregiver Resources

**Week 2:** Stress Management

**Week 3:** Hospice & Palliative Care

**Week 4:** Finding Joy in Caregiving

**Cost:** Free

**Who:** All Caregivers

**Date:** Mondays, May 1 through May 22, 2023

**Time:** 1:30 PM -3:00 PM

**Location:** ADRC of the Wolf River Region  
229 Van Buren St., Oconto Falls, WI

## **RSVPs required on or before April 28, 2023:**

Please call Mary at 715-526-4687 or Mary Jo at 715-526-4712  
Seating is limited. A caregiver gift will be provided to each participant  
Coffee and light refreshments will be included.

