

# Managing Caregiver Stress

Providing care for a loved one can be rewarding, but caregivers can also experience stress, guilt, and frustration.

Not intended for professional caregivers.

## Antigo Workshop

**September 4, 2025**

**Antigo Public Library**

McGinley Room

617 Clermont St, Antigo

**2:00- 3:00 PM**

Workshop is free, contributions are welcome.

**Registration  
required**

**888-486-9545**