



Caring for a child with special health or behavioral needs changes our lives.

Do you have to:

- cope on a day-to-day basis with the stress,
- deal with increased care needs, and
- juggle communicating concerns and needs with family members, friends, school personnel and medical professionals?

If so, this course is for family caregivers like you!

## Powerful Tools for Caregivers

Whether you provide care for a child with special health or behavioral needs, yours is an important role. This course is for family caregivers like you.

Location

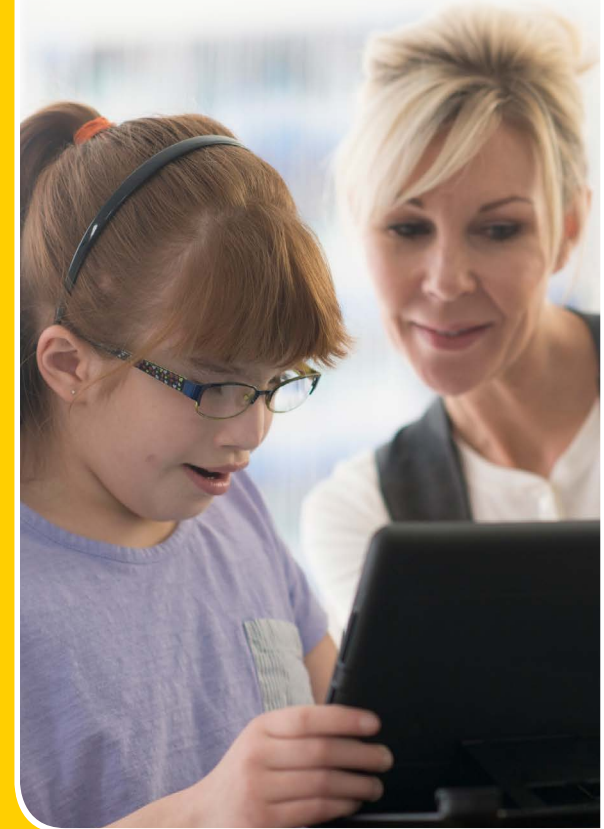
Date

Time

For more information, contact:

Feeling stretched caring for a child with special health or behavioral needs?

## Powerful Tools for Caregivers



## What is **Powerful Tools for Caregivers?**

Caregiving is rewarding, but let's face it: Caregiving also can be stressful — physically, emotionally and financially. **Powerful Tools for Caregivers** is a class designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Six 2 hour class sessions held once a week are led by certified, experienced class leaders. **Powerful Tools for Caregivers** allows you time to acquire some tools to help you become more comfortable with your role as a caregiver.

“Everything in this class hits it — all the things that are part of my world as a caregiver.”



“The most important concern is being taken for granted, not appreciated, not taking care of myself.”

## How will the “tools” benefit me?

**Powerful Tools for Caregivers** will help you:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Learn to locate helpful resources

**When you take care of yourself, everyone benefits.**

# Powerful Tools for *Caregivers*

## REGISTRATION

Please print:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City \_\_\_\_\_

State/ZIP \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

Registration fee is  
(Includes *The Caregiver Helpbook*)

Make check payable to:

Send registration to:

Individuals with disabilities are invited to request reasonable accommodations to participate in North Dakota State University-sponsored events. To request one or more accommodations, please contact Jane Strommen at [jane.strommen@ndsu.edu](mailto:jane.strommen@ndsu.edu) to make arrangements.