

Powerful Tools for Caregivers

For Caregivers of Children with Special Needs

Do you parent a child with special behavioral, emotional or physical needs?
Do you wish you knew how to take better care of yourself?

This free, virtual workshop series is for you.

Powerful Tools for Caregivers is a six-week workshop that teaches strategies for taking better care of yourself while caring for a child with special health or behavioral needs.

This workshop helps you:

- Reduce stress, guilt, anger and depression and improve emotional well-being
- Manage your time, set goals, and solve problems
- Master caregiving transitions and make tough decisions
- Communicate effectively with the child needing care, family members, doctors, and paid helpers
- Develop greater self-efficacy (confidence in one's ability to accomplish something)
- Develop awareness of and use of community resources



I don't think of myself as a caregiver, I'm his mom. He needs me. And because he needs me I need to take care of myself.

I won't be able to help him if I am constantly exhausted or having my own health problems.

MEETS ONLINE WEDNESDAYS

March 22 – April 26

6:30 – 8:00PM

6 virtual sessions using Zoom

PARTICIPANTS MUST HAVE ACCESS TO:

Computer or tablet or smart phone with a camera, microphone and speaker features

FREE OF CHARGE

REGISTRATION IS REQUIRED

To register or ask questions contact:

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