

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a child with special needs at home or in a care facility. Whether down the block or miles away, you play an important role. This course is for family care givers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



This six-week class series, held once a week, gives you the confidence and support to better care for your loved one – and yourself. By taking care of your own health and well-being, you become a better caregiver. You will receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

Register now for **ONLINE Powerful Tools for Caregivers classes!**

7:00 p.m.—8:30 p.m. Thursday Evenings

Fall Classes:

Session #1 - Sept 17

Session #2 - Sept 24

Session #3 - Oct 1

Session #4 - Oct 8

Session #5 - Oct 15

Session #6 - Oct 22

Registration Link:
[Powerful Tools for Caregivers](#)

For more information, please contact:

Family Support Network™ ccranford@fnsnp.org 980-522-8740

or

Amazing Grace Advocacy at gwen@amazgraceadvocacy.com (980) 229-3423