

## Feeling stretched caring for a loved one?

This class is designed to provide you — the family caregiver — with skills you need to take care of yourself.



## Powerful Tools for Caregivers

Join us for this  
six-week class series  
geared towards caregivers of  
children with special health  
and behavioral needs.

### You'll learn to:

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

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

September 14, 21, 28 and  
October 5, 12, 19 (Mondays)  
from 1-3 PM via Zoom

Contact Carly Endres to register and  
receive your Zoom login information!

[carly.endres@und.edu](mailto:carly.endres@und.edu) or (701) 777-8004

**NDSU**

EXTENSION



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