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.

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.

Powerful Tools for Caregivers

Join us for this 6 week class series geared towards caregivers of children with special health and behavioral needs

June 15, 22, 29, and July 6, 13, 20 (Mondays) from 1-3 PM via Zoom

Contact Carly Endres to register and receive your Zoom login information!
carly.endres@und.edu or 701-777-8004