

## 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  
**6 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.**

**Thursday Nights**  
**March 2, 9, 16, 23, 30,**  
**April 6**  
**6:00-8:00 pm Via Zoom**

Contact Chelsea Hammond to register  
and receive your Zoom login information  
[chelsea.hammond@ndsu.edu](mailto:chelsea.hammond@ndsu.edu) or  
701-780-8229

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EXTENSION

