



NORTH DAKOTA  
BRAIN INJURY  
NETWORK

# POWERFUL TOOLS FOR CAREGIVERS

Adults with Chronic Conditions

## April 3 - May 8

### Wednesdays from 1:30 - 3:00 pm Central

### Via Zoom

This series is taught by Nickie Livedalen, with the North Dakota Brain Injury Network, Sue Brandvold with First District Health Unit, and Kyla Sanders, with the North Dakota State University Extension office. This six-week class series gives you the confidence and support to better care for your loved one – and yourself. Caregivers of **ALL** disability areas/conditions welcome! The course is free for North Dakota residents.

**Powerful Tools for Caregivers** classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers 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

*In the class, caregivers receive The Caregiver Helpbook, which follows the curriculum and provides additional tools to address specific caregiver issues. "After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier 'us!'"*

- PTC Class Participant

### To Register

Register by April 2 noon Central

<https://www.ndc3.org/Classes/Register/393>

For questions, please contact [Sue Brandvold](#) or call (701) 228-3101.

[www.ndbin.org](http://www.ndbin.org) • 1 (855) 866-1884 • [info@ndbin.org](mailto:info@ndbin.org)

NDSU

EXTENSION

Powerful Tools  
FOR Caregivers

NORTH  
Dakota  
Be Legendary.

Health & Human Services



First District  
Health Unit

*Powerful Tools for Caregivers (PTC) is a 501(c)(3) nonprofit. The PTC national office is at Iowa State University supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea.*

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