



# POWERFUL TOOLS FOR CAREGIVERS

Adults with Chronic Conditions

**March 3 - April 7**  
**Tuesdays from 1:00 - 2:30 pm Central**  
**Via Zoom**

This series is taught by Shannan Stanke and Beth Beckers, with the North Dakota Brain Injury Network. 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 February 23 noon Central

<https://ndc3.org/class/2366-2/>

**www.ndbin.org • 1 (855) 866-1884 • info@ndbin.org**

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EXTENSION

Powerful Tools  
FOR  
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Health & Human Services

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

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