



Powerful Tools FOR Caregivers

of children with special health
and behavioral needs

Feeling stretched caring for a family member or friend?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you **reduce stress, solve problems, and communicate confidently** when faced with tough decisions.

Everyone benefits when you take care of yourself...

Scholarship Opportunity:

Participants from Benton, Bremer, Buchanan, Delaware, Dubuque, Iowa, Johnson, Jones, and Linn counties can use promo code "PTCFUNDS" to register with a scholarship waiving the registration fee from MH/DS of the East Central Region

Dates

Time

Location

Cost

Registration

Questions?

www.extension.iastate.edu/humansciences/ptc

The fees for service will be used to offset direct expenses and to support the Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext. HS 136 December 2021