



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...



start here!

Dates

Thursdays starting February 2, 2023

Time

9:30 AM to 11:30 AM Central

Location

Telehealth via Zoom

Cost

\$40 Scholarships available upon request

Registration

<https://go.iastate.edu/BBHZAV>

Questions?

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www.extension.iastate.edu/humansciences/ptc

This is not a Des Moines Public Schools activity. The district shares this information as a courtesy to create awareness of community opportunities available to our students and their families.

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