



# Powerful Tools for Caregivers For Parents of Special Needs Kids

## Dates:

Tuesdays from 9:00—  
10:30 AM

Jan 12, 19, 26 and Feb  
2, 9, 16

*(This is a series, so plan on  
attending all sessions.)*

Class size is limited to  
15 participants. We will  
have a waiting list.

Registration Link:

[https://  
events.anr.msu.edu/  
PTCSNC11221621/](https://events.anr.msu.edu/PTCSNC11221621/)

## Facilitators:

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This **six-lesson program** will help you take care of yourself while caring for a child with health and behavioral needs. (No professional caregivers, please). You will benefit from the class whether you are a parent, grandparent, kinship caregiver or family friend providing care. Please note that this class will not focus on specific diseases or hands-on caregiving for the care receiver.

**This class will give YOU, the family caregiver, tools to:**

- ⇒ Help you reduce stress.
- ⇒ Communicate effectively with other family members, your doctor, paid help.
- ⇒ Take care of yourself.
- ⇒ Reduce guilt, anger, and depression.
- ⇒ Help you relax.
- ⇒ Make tough decisions.
- ⇒ Set goals and problem-solve.

Powerful Tools  
**FOR** Caregivers

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### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

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