



# 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](http://www.extension.iastate.edu/humansciences/ptc)**

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