



NORTH DAKOTA  
BRAIN INJURY  
NETWORK

# Powerful Tools for Caregivers

January 8 - February 12  
Wednesdays from 1:30-3:00 PM  
Grand Forks County Extension Office,  
151 S 4th St., Grand Forks, ND

Taught by *Carly Endres, Outreach Coordinator for the North Dakota Brain Injury Network* And *Molly Soeby, Family and Community Wellness Agent, NDSU Extension, Grand Forks County*. 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!

**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

Contact: **Carly Endres**, Outreach Coordinator  
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Human Services

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

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