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

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