



NORTH DAKOTA
BRAIN INJURY
NETWORK

Powerful Tools for Caregivers

April 7-May 12

Tuesdays from 1:30-3:00 PM

Via Zoom-See login information below

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

To Register

Contact: **Carly Endres**, Outreach Coordinator
North Dakota Brain Injury Network
carly.endres@und.edu • 701-777-8004

Zoom Login Information

*You will need a computer with a webcam
and internet capabilities*

April 7, 14, 21, 28 and May 5, 12

Join: <https://und.zoom.us/j/246022457>

Meeting ID: 246 022 457

ndbin.org • 1.855.866.1884 • info@ndbin.org

NDSU

EXTENSION

Powerful Tools
FOR Caregivers

NORTH
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Be Legendary.™

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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