



Powerful Tools for Caregivers For Parents of Special Needs Kids

Dates:

Thursdays from 2-3:30 pm. May 6, 13, 20, 27, and June 3 and 10th, 2021

(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/
PTCKIDSONlineMayJun
JKT/](https://events.anr.msu.edu/PTCKIDSONlineMayJunJKT/)

Facilitators:

Jacqui Rabine
rabineja@msu.edu

Kris Swartzendruber
swartze6@msu.edu

Tracie Abram
abram@msu.edu



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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