



Powerful Tools for Caregivers For Parents of Special Needs Kids

Dates:

Thursdays from 2-3:30 pm. May 27, June 3, 10, 17, 24, and July 1 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/)

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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