



Powerful Tools FOR Caregivers

of children with special health
and behavioral needs

Feeling stretched caring for a family member or friend?

Powerful Tools for Caregivers is a class designed to provide you—the caregiver—with skills to take care of yourself.

The series of six classes, held once each week, offers tools and support to help you **reduce stress, solve problems, and communicate confidently** when faced with tough decisions.

Scan the code or follow the
link below to learn more.



<https://go.iastate.edu/FNKJWR>

The fees for service will be used to offset direct expenses and to support the Health and Human Sciences County Extension Program. This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/legal. HS 136 March 2025