

Are you a Caregiver of a special needs child? Feeling Stretched as a Caregiver?



Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself, so that you can be your best when caring for those around you. Hope Grows offers this session for caregivers of adults with chronic conditions and illness.

NOW AVAILABLE VIRTUALLY

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the series (many are experienced caregivers themselves, who have successfully applied the techniques they teach). Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life.

You will be able to download a digital copy of *The Caregiver Helpbook*, developed just for the class. There is no charge for the classes or the helpbook.

**Classes will be held
Virtually (via Zoom),
Tuesdays July 21 - August 25, 2020
6:30 – 8:00 PM**

**Register: online, call 412-369-4673 or
email info@hopegrows.net**



**Registration Required by July 17 – Class size limited to 12
THIS IS A CLOSED GROUP DUE TO THE NATURE OF THE MATERIAL.**

