

A SIX-WEEK SERIES TO HELP SUPPORT YOUR JOURNEY OF CAREGIVING

Powerful Tools FOR Caregivers



 Howard County Office on
Aging and Independence
Department of Community Resources and Services

... a dynamic, evidence-based program

Are you the **PARENT** of a **CHILD** with **DISABILITIES**?
The Howard County Office on Aging and Independence and the Caregiver Support Program is excited to offer Powerful Tools for Caregivers (PTC), an evidence-based program designed with the parent's well-being in mind.

This six-week series of two-hour classes offers parents opportunities to explore a variety of self-care tools in a supportive environment, designed to help you:

- reduce personal stress
- change negative self-talk
- communicate more effectively in challenging situations
- manage your emotions
- make tough caregiving decisions

Previous participants have found the learned program tools improve relaxation and exercise habits, as well as their physical and mental well-being. The tools also helped them better manage their emotions, increased confidence in their ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

If you are the parent of a child with disabilities, we encourage you to register today! Our goal is to improve the lives of parents (and ultimately their children) through outreach, conversation, training and resources.

A SPECIAL PROGRAM FOR PARENTS OF CHILDREN WITH DISABILITIES!

January 15 through February 19

6:00 to 8:00 PM

— SIX CONSECUTIVE TUESDAYS —

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21043

\$30 fee covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

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If you need this information in an alternate format, or need accommodations to participate, contact Maryland Access Point (MAP) of Howard County at 410-313-1234 (voice/relay).