



Find a Powerful Tools for Caregivers workshop near you.
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What is Powerful Tools for Caregivers: For Parents of Children with Special Needs?

Powerful Tools for Caregivers is a six-week workshop that teaches strategies for taking better care of yourself while you are caring for a child with special health or behavior needs.

I learned that you don't have to go it alone. It's OK to ask for help.

I wasn't taking care of myself — but I am now. I finally see how important that is.

By taking care of your own physical, emotional, and financial needs, you are better equipped to care for your child.

The workshop helps you:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage your time, set goals, and solve problems
- Master caregiving transitions and make tough decisions
- Communicate effectively with the child needing care, family members, doctors, and paid helpers
- Develop greater self-efficacy (confidence in one's ability to accomplish something)
- Develop awareness of and use community resources



I don't think of myself as a caregiver. I'm his mom. He needs me. And because he needs me, I know I need to take care of myself.

I won't be much help to him if I'm constantly exhausted or having my own health problems.

We never stop being parents. Like parenting, caregiving is easier when you're better prepared to face the challenges that arise.



No more searching for information. This workshop provided the kind of practical solutions and the understanding I needed at a time when I was really at the end of my rope.



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Powerful Tools FOR Caregivers

For Parents of Children
with Special Needs



**Caregiving can be a challenge,
but it's easier when you're
prepared.**

This 6-week evidence-based workshop
is for parents of children – of any
age – who have special health or
behavior needs.