

**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*

**A**re 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 Program for Caregivers of Children with Health and Behavioral Needs**

**March 11 through April 15**

**6:00 to 8:00 PM**

— SIX CONSECUTIVE MONDAYS —

**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

**410-313-5955** (VOICE/RELAY)

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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).