

*A dynamic, evidence-based program...*

# Powerful Tools **FOR** Caregivers



**If your CHILD has SPECIAL HEALTH and/or BEHAVIORAL NEEDS, don't miss this dynamic program!**

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

## **A PROGRAM ESPECIALLY FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS!**

This series explores a variety of self-care tools in a supportive environment designed to help parents:

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

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 the ability to meet caregiving demands, and improved their ability to seek out and utilize community resources.

**Our goal is to improve the lives of parents — and, ultimately their children — through outreach, conversation, training, and resources.**

**October 1 through November 5  
1:00 to 3:00 pm**

— SIX CONSECUTIVE TUESDAYS —

**Cedar Lane School**  
11630 Scaggsville Road, Fulton 20759

\$30 fee covers all materials

— FOR MORE INFORMATION OR TO REGISTER —

**Kathy Wehr**

CAREGIVER SUPPORT PROGRAM MANAGER

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