This 6 week course is designed to assist family caregivers in taking care of themselves while caring for a loved one. Information shared will benefit those helping a parent, spouse, child, friend and someone who lives at home, in a nursing home, or across the country.

**Special Thanks To:**
- Community Foundation of Southeast Kansas
- Southeast Kansas Assistive Technology

**Caregiver Tools Provided:**
- Help you reduce stress
- Communicate effectively
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

The Caregiver Helpbook is included and covers additional information.

Call 620-378-2167 with questions or to register over the phone.

**Register Here**

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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