



**Feeling Stretched Raising a
Child/Adult with a Disability?**

Seeking a More Balanced Life?

This program is called "Powerful Tools for Caregivers"(PTC). It is an educational program adapted to provide persons, who are raising and caring for individuals with disabilities, the tools needed to care for ourselves. Attendees will learn how to: reduce stress, balance life, improve self confidence, and better communicate feelings. Here is what one past participant said about the program: *"For eight years, I felt so alone, caring for my special needs son. PTC opened the door for me to a world of caregivers that felt just like me. Now I am no longer alone. I know others who walk in my shoes each day and this is so comforting. PTC has given me the tools to cope with my life and the validation that what I do each day for my son is special and meaningful".*

WHEN: 6-Week Program

- Tuesday evenings from 5:30 - 8:30 pm
- March 16, 23, 30 and April 6, 13, 20, 2010

5:30 pm - 6:00 pm Dinner

6:00 pm - 8:30 pm Class

COST: \$35 single or \$45 couple (covers book and dinner)

WHERE: Ollie Webb Center, Inc.
1941 South 42nd Street, Suite 122
Conference Room

If you have questions concerning this program, please call Janet at 346-5220, Ext 14

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____ Telephone _____

Will need respite in order to attend: Yes No

Make check payable to: Ollie Webb Center, Inc.

Mail to: 1941 So. 42nd St., Ste 122, Omaha NE 68105 Attn: Janet Miller