Get a Jump Start On Your Training Clock Hours

Professional Training For Professional Providers

Classes will be presented by University of Missouri Extension Human Development Staff:
Renette Wardlow
Jim Wirth, Ph.D.

University of Missouri Extension Mission

Serving Missouri by extending the research-based knowledge and problem solving resources of the University of Missouri and Lincoln University to focus on high-priority needs of people throughout the state.

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Directions:
The Greene County Extension office is located inside the Springfield-Greene County Botanical Center which is in Nathanael Greene/Close Memorial Park.
2400 S. Scenic Ave., Springfield, Mo. 65807
Tel: (417) 881-8909
Office hours: Monday - Friday 8 a.m. to 4:30 p.m.

Four Training Sessions:
Monday, Sept. 21, 2015
Monday, October 5
Monday, October 19
Monday, Nov. 2
6:00 p.m. - 9:00 p.m.

All sessions will be held at: The Greene County Botanical Center Conference Room 2400 S. Scenic Avenue Springfield, MO 65807
Powerful Tools for Caregivers is a 12-hour course that teaches you self-care tools such as: reducing personal stress, changing negative self-talk, communicating more effectively in challenging situations, dealing with difficult emotions, and to increase self-efficacy in coping with caregiving demands.

Session 1: Monday, September 21, 2015; 6-9 p.m.
Caregiver Tools—Care of Self & Identifying Stress
Learn about a ‘box’ of tools for taking better care of oneself, learn goal-setting, and learn about the early warning signs of stress.

Session 2: Monday, October 5, 2015; 6-9 p.m.
Caregiver Tools—Reducing Stress & Basic Communication Techniques
Discuss tools for reducing stress and learn the best ways for caregivers to express themselves.

Session 3: Monday, October 19; 6-9 p.m.
Caregiver Tools—Difficult Communications; Dealing with Anger & Guilt:
Learn about two communication tools to use in difficult situations, namely assertiveness and Aikido styles; learn how to deal with the difficult emotions of anger and guilt.

Session 4: Monday, November 2, 2015; 6-9 p.m.
Caregiver Tools—Dealing with Depression & Emotions; Mastering Caregiving Decisions
Learn how to deal with depression and learn to master optimism and goal attainment.

Handouts Provided.
Online details: http://extension.missouri.edu/greene