Get a Jump Start On Your Training Hours

Professional Training For Professional Providers

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

Directions: From Branson, take East Highway 76 towards Forsyth. White River Valley Electric Coop is located on the left side of the road just a little way up from Hwy T and before you reach Holiday Hills Golf Course. Turn into first driveway between office building and warehouse. The Community room is adjacent to parking lot.

Refreshments and Handouts Provided

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

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Workshop provided compliments of:

White River Valley Electric Cooperative
A Touchstone Energy Cooperative

Children’s Trust Fund
Missouri’s Foundation For Child Abuse Prevention

Healthy Families Taskforce of Stone and Taney Counties

UNIVERSITY OF MISSOURI
Extension

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“POWERFUL TOOLS FOR CAREGIVER”


6:00 p.m. - 9:00 p.m.

All sessions will be held at: White River Valley Electric Cooperative Community Room 2449 East State Hwy. 76 Branson, MO 65616
Powerful Tools for Caregivers is an 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: Thursday, August 27, 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: Thursday, September 17, 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: Thursday, October 15, 2015; 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: Thursday, November 19, 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.

Refreshments & Handouts Provided.