

# **Calm and Connected: Enhancing Well-Being for Caregivers of Children with Special Needs**

## **1 hour Powerful Tools for Caregivers Workshop**

Caregiving for a family member or friend can be stressful physically, emotionally, and financially.

Join UW Extension for a free 1 hour virtual workshop for **caregivers of children with special health and behavioral needs** to learn about self-care strategies and techniques to increase relaxation and reduce stress.

**Date: August 6th 2024**  
**Time: 9:00am–10:00am**  
**Virtual**  
**Free Registration at**  
**<https://go.wisc.edu/3l8c32>**



### **CONTACT**

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