



YOUTH CAREGIVING: TRAINING, SKILLS & SUPPORT

PTSD & TBI

Workshop

YCare is a hands-on workshop that equips young caregivers with the skills, support, and community they need to thrive.

Young caregivers are at greater risk of anxiety, depression, and missing school—but it's not because they're doing something wrong. It's because no one has supported them in care tasks—until now.

This workshop was created with The Elizabeth Dole Foundation to support Hidden Helpers, the children, teens, and young adults who are currently impacted by the care needs of, or who are actively involved in the hands-on care of wounded, ill, or injured service members or veterans.

CONDITION MODULES

- Brain & spine
- Hyperarousal
- Massage therapy
- Managing family & peer relationships
- Peer support
- Meet the doctor



"I learned more about caregiving, and I met other kids like me. It's good to know I am not alone."



globalneuroycare.org