

# Stop It! Caregiver behaviors that impede progress

*a webinar with Cheryl Chan\**

**When**

*Tuesday, May 13*

**Time**

*6 p.m. - 7:30 p.m.*

**Format**

*ZOOM, free*

**Participants**

*Parents and caregivers*

**Parents and caregivers!**

How many of us are doing things for our children or loved ones with disabilities that we really shouldn't continue to do? Things that could easily become barriers to independent living models. Things that may even make our person more vulnerable than necessary.

There's no doubt that we do these things out of love, maybe sprinkled with a little bit of guilt and a whole lot of just plain survival...but regardless, our overcompensation and natural instincts to protect for a lifetime are counterproductive.

Helping our loved one reach their highest level of independence and autonomy they can reach takes courage, vulnerability, and planning on our part, and yet, preparing those we love for life without us is the final and most important gift we can give them.

Email Meg at [megan.moran@servicenet.org](mailto:megan.moran@servicenet.org) for more information about the this webinar. We hope you can join us!

[\\*Learn more about Cheryl!](#)

**REGISTER**

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*This event is sponsored by Family Empowerment, a Pathlight program of ServiceNet. Family Empowerment is the DDS Family Support Center in Franklin and Hampshire Counties. For more information about Family Empowerment, call 413-585-8010 or email [familyempowerment@servicenet.org](mailto:familyempowerment@servicenet.org).*