



Swindells Resource Center

REDUCING RELATIONAL STRESS

Building Resiliency for Families of Children with Special Health Needs

You are invited to a presentation by Eileen Devine, LCSW, clinician, parent and trainer focusing on supporting families during the COVID-19 crisis



- Recognize signs and symptoms of caregiver burnout
- Address fatigue, stagnation or feeling overwhelmed
- Strengthen relationships
- Develop strategies and tools to build resilience
- Understanding collective trauma

Event Details:

 **WEDNESDAY**
May 27th, 2020

 **6:00-7:15pm**

 **Online Presentation**
Link to join webinar to be emailed after registration

 **Free for Parents and Caregivers**

TO REGISTER:

 <https://conta.cc/33BA0QD>

 **503-215-2429 or**
800-833-8899 ext. 52429

 swindells@providence.org