



# The ABCs of Stress Relief



Get the tools you  
need to go from  
this...<<<.>>>...to this!



## Description:



As parents of kids with disabilities, we have stress that is unique to our situations. Join us for an evening of connection with other parents as we learn together about stress so we can find the lesson, laugh, love and let go! Presented by parent and author Lynda Drake and Reiki Master Becky Miller. Based on the book *The Power of Imperfect Parents*.

For more information:



[Lyndadrake.net](http://Lyndadrake.net)



(303) 263-7115

## Caregiver Training:



Where: Developmental Pathways  
325 Inverness Dr. South  
Englewood, CO 80112

When: Wednesday, July 17th and 24th  
from 6:00 to 7:30pm

What: The A.B.C.'s of Stress Relief, Respite  
and a light meal will be provided

How much: \$20 suggested donation per  
person, \$30 for two family members. Cost  
includes a full color workbook

**CLICK HERE  
to RSVP**



**Developmental  
Pathways**

**The Arc**  
Arapahoe & Douglas Counties