



Stress Management Webinar Sitara Nayak

Stress is something many of us who have children with special needs deal with all year long. During the school year, it might involve juggling school work, IEPs, doctor and therapy appointments and more. During the summer, it could be finding ways to keep our children engaged, finding affordable childcare, or planning every detail of a vacation so all family members are included. Join us as Sitara Nayak, a parent of a child with complex needs, shares some tips and suggestions on how identify and combat or reduce stress in your life.



To watch the webinar, simply click [watch now.](#)