

# **Stress Reduction Workshop Series**

## **For Parents and Other Family Caregivers**



### **What & Who:**

ProActive Caring Stress Reduction is a FREE training series for parents and others who are raising children or caring for other family members with intellectual and developmental disabilities. Join us, meet other caregivers, and learn self-care strategies. This program is designed by the Center on Aging and Disability Policy at Mount Saint Mary College.

The course will draw on mindfulness and other tools to enhance the quality of life of parents and other family members caring for infants, children, adolescents, and adults with disabilities.

### **Where & When:**

ProActive Caring Stress Reduction courses typically have three face-to-face sessions, and these are supplemented by podcasts and other materials that can be accessed from home. **You are invited to attend the first session of a class being offered in the Buffalo area**—at Daemen College Charles J. Wick Campus Center, 4380 Main Street, in Amherst, NY, **from 1:00 pm to 3:30 pm on Tuesday, June 18**. Additional sessions TBD.

### **Registration & Information:**

To register, please go to [msmc.edu/proactiveFC](http://msmc.edu/proactiveFC) or [facebook.com/proactivecaring](http://facebook.com/proactivecaring). Since space is limited, pre-registration is required. For questions, contact Parent Network of WNY at 716-332-4170 or [info@parentnetworkwny.org](mailto:info@parentnetworkwny.org).

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