

## Directions

The ProActive Caring Train-the-Trainer conference will be hosted by The Parent Network of WNY at

Daemen College

Charles J. Wick Campus Center

4380 Main Street

Amherst, NY 14226

***For a Parking Permit***, please stop at the Security Booth near the entrances off Main Street and Getzville Road.

***For a Campus Map***, go to <https://www.daemen.edu/sites/default/files/DaemenCampusMapforParking.pdf>.

***For Directions***, go to <https://www.daemen.edu/about/campus/driving-directions>.



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## Mindfulness-Based Stress Reduction



### ProActive Caring Train-the-Trainer Conference

**Tuesday, June 18  
8:30 am—4:30 pm**

*Hosted by The Parent Network of WNY  
at Daemen College*



**DAEMEN**

*This training is funded by the New York State  
Developmental Disabilities Planning Council.*



## About ProActive Caring

The ProActive Caring project was designed by The Center on Aging and Disability Policy at Mount Saint Mary College to enhance quality of life for parents and others who are caring for family members with intellectual and developmental disabilities.

The Center created a course to teach effective coping skills. This free course, called ProActive Caring Stress Reduction, draws from Mindfulness Based Stress Reduction (MBSR) and another evidence-based training developed by the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities. The course helps people caring for infants, children, adolescents, and adults with disabilities.

To offer the ProActive Caring Stress Reduction course across New York State, the Center is partnering with other agencies and organizations and is conducting Train-the-Trainer programs for agency staff and peer facilitators.

## Program

**8:30 am Registration & Continental Breakfast**

**9:00 am Welcome & Overview**

*Lawrence T. Force, Ph.D., LCSW-R*  
*Elaine Sproat*

**9:45 am Curriculum of the ProActive Caring Stress Reduction Trainings**

*Jeffrey Kahana, Ph.D., J.D.*

**10:45 am The Power and Focus of Breath**

*Elisa Gwilliam*

**11:00 am Break**

**11:15 am Facilitation Skills - What to Expect as a Group Facilitator**

*Lawrence T. Force, Ph.D., LCSW-R*

**12:15 pm Lunch (provided)**

**1:15 pm Simulation of ProActive Caring Stress Reduction, Session 1**

*Sharon Murray-Cohen, LMSW, and*  
*Jeffrey Kahana, Ph.D.*

**2:15 pm Break**

**2:30 pm Breakout Groups: Interactive Exercise**

**3:30 pm Q & A and Wrap-up**

**4:15 pm The Power and Focus of Breath**  
*Elisa Gwilliam*

## Registration

Train-the-Trainer conferences are offered free of charge, but as space is limited, pre-registration is required! Registrations for the conference in Western New York that are received by June 4 will assist us in planning.

We expect most who register to be part of a team (an agency staff member and a peer facilitator) affiliated with a Community Service Provider or another sponsoring organization.

**Community Service Providers (CSP's)** will be asked to host the ProActive Caring Stress Reduction course (comprised of three in-person classes and three sessions provided electronically) twice in the six months following the conference, to reimburse the time of their staff, and, if possible, to provide refreshments and childcare for participants. Agencies with very limited training budgets may apply for grants to help subsidize these costs.

**Participating Social Workers and Licensed Mental Health Counselors** may apply for 3 Continuing Education credits, which will be awarded free of charge to those who facilitate ProActive Caring courses. **Peer Facilitators** who do not work for an agency will receive a stipend for each course they teach.

Interested individuals may register at [www.MSMC.edu/proactivecsp](http://www.MSMC.edu/proactivecsp).

For more information, or to register if you are not part of a team or are not affiliated with a CSP, please contact Elaine Sproat, Director of the ProActive Caring Project, at [esproat.proactivecaring@gmail.com](mailto:esproat.proactivecaring@gmail.com) or 800-691-3980.