**Caregiver Support Program**

**ProActive Caring Stress Reduction:
Train-the-Trainer Conference
Registration is Open for Agency Staff and Peer Facilitators**

ProActive Caring is a three-year project designed by The Center on Aging and Disability Policy at Mount Saint Mary College, and funded by the NYS Developmental Disabilities Planning Council, to enhance quality of life for parents and other informal caregivers who are raising children or caring for family members with intellectual, developmental, or other disabilities.

The project offers a free course, called ProActive Caring Stress Reduction, to teach effective coping mechanisms for short- and long-term stressful situations. The course, informed by Mindfulness Based Stress Reduction (MBSR) and Positive Adult Development (PAD) - evidence-based training models that were developed by the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities - is open to family caregivers of individuals across the lifespan, from birth to end of life. To offer the Stress Reduction courses widely, ProActive Caring is partnering with community service providers across New York State and conducting Train-the-Trainer sessions for teams of clinical and peer facilitators.

**The project’s next** **Train-the-Trainer conference will be in Western NY:

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

**Where:**
**Daemen College, Charles J. Wick Campus Center,**

**4380 Main Street, Amherst, NY 14226**

A continental breakfast and lunch will be provided. **The conference is offered free of charge**, but as space is limited, **pre-registration is required (pre-registration is encouraged by Monday, June 10).

For more information and to register, click** [HERE](https://ddpc.us11.list-manage.com/track/click?u=b5ba8e60a1cc093a382200353&id=4d03417008&e=3447ff4631)**.**

Community service providers will be asked to host family caregiver trainings (comprised of three in-person classes and three podcasts) twice in the six months following the conference, to reimburse the time of their clinical facilitator, and, if possible, to provide refreshments and childcare for participants. Agencies with 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 go on to facilitate ProActive Caring courses. **Family caregivers will receive a stipend** for each course for which they serve as a peer facilitator.

For additional information, or to inquire about registering if you are not part of a team or are not affiliated with a community service provider, please **contact Elaine Sproat, Director, ProActive Caring Project,** esproat.proactivecaring@gmail.com**, or 800-691-3980**.