

Stress Reduction Workshop Series

For Parents and Other Family Caregivers



What & Who:

ProActive Caring Stress Reduction is a FREE training for parents and other caregivers who are raising children or caring for other family members with intellectual, developmental, and/or other disabilities. The series aims to teach effective coping mechanisms for improved stress management. This program is designed by the Center on Aging and Disability Policy at Mount Saint Mary College and hosted by The Arc Lexington.

Where & When:

ProActive Caring Stress Reduction is a six-session training. Three face-to-face group meetings will be held, and these will be supplemented by three podcasts or videos that you can access from home. A light supper will be provided at the in-person sessions. Free childcare will be provided upon request.

- ❖ **Thursdays June 6, 20, 27** - "In Person" sessions will be held from 5:30 pm to 7:30 pm at The Lexington Center at 465 N Perry St., Johnstown NY.

Registration & Information:

- ❖ Register by calling Lexington Family Services, 518-773-2014, or e-mailing Nancy DeSando at desandn@thearclexington.org
- ❖ For more information go to msmc.edu/proactiveFC or facebook.com/proactivecaring

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