

# ***Stress Reduction Workshop Series***

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



### **What & Who:**

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

The course is intended for parents and other family members who are caring for infants, children, adolescents, and adults with disabilities.

### **Where & When:**

ProActive Caring Stress Reduction is a six-session course. Three face-to-face group meetings will be held over a six-week period, and these will be supplemented by three podcasts or videos that you can access from home in the intervening weeks.

- Light refreshments will be provided at the in-person sessions.
- Location: **The Arc Otsego New York Main Office, 35 Academy Street, Oneonta, NY**
- In-person meetings:      **Tuesday, June 18, 2019, 6pm-8pm**  
   **Tuesday, July 2, 2019, 6pm-8pm**  
   **Tuesday, July 23, 2019, 6pm-8pm**
- Facilitators: Sara Hanlon, Terry Mulkins, and Lori Kinch-Ashley from The Arc Otsego New York

### **Registration & Information:**

Since space is limited, pre-registration is required! To register, go to [msmc.edu/proactiveFC](http://msmc.edu/proactiveFC) or [facebook.com/proactivecaring](https://facebook.com/proactivecaring). For more information, contact Lori Kinch-Ashley at The Arc Otsego New York, at 607-432-8595 or [kinch-ashleyl@arcotsego.org](mailto:kinch-ashleyl@arcotsego.org).

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