

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.

Again, the trainings are 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 training. Three face-to-face group meetings and three podcasts will take place over the six-week period.

- A light supper will be provided at the in-person sessions.
- Free child care will be provided upon request.
- In Hopewell Junction: at Hudson Valley Behavioral Solutions, 25 Route 376, from 6 pm to 8 pm on Tuesdays October 2, 16, and 30
- In Newburgh: at Mount Saint Mary College (Kaplan Recreation Center), 330 Powell Avenue, from 6 pm to 8 pm on Wednesdays October 10 and 24, and November 7
- In Ellenville: at Center for Spectrum Services, 4 Yankee Place, from 6pm to 8pm on Wednesdays October 10 and 24, and November 7

Registration and Information:

Since space is limited, pre-registration is required! To register or obtain more information, go to msmc.edu/proactiveFC or facebook.com/proactivecaring, or contact Dr. Lawrence T. Force (845-569-3164) or Dr. Jeffrey Kahana (845-569-3151), Co-Directors of the Center on Aging and Disability Policy at Mount Saint Mary.

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