

ProActive Caring Stress Reduction!



What:

ProActive Caring Stress Reduction is a FREE training designed by the Center on Aging and Disability Policy (CADP) at Mount Saint Mary College for family caregivers of individuals with intellectual, developmental, and other disabilities. Blending and adding to two evidence-based training models--Mindfulness Based Stress Reduction (MBSR) and Positive Adult Development (PAD)— developed by the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities, it aims to teach effective coping mechanisms for short- and long-term stressful situations.

Who:

The trainings are intended for family caregivers. Caregivers of infants, children, adolescents, and adults with intellectual, developmental, and other disabilities are eligible to enroll.

Where & When:

ProActive Caring Stress Reduction is a three-session training held over a six-week period. Refreshments will be provided. Free child care will be provided upon request.

- Mount Saint Mary College, Newburgh, NY
6-8 pm, on Tuesdays June 26, July 10, and July 17
- Access: Supports for Living, Middletown, NY
6-8 pm, on Thursdays June 28, July 12, and July 26
- Additional trainings will be offered soon at sites of selected Community Service Providers in the Hudson Valley and Capital District.

To register, obtain more information, or express interest in a future training:

Click msmc.edu/proactiveFC, 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. Space is limited, and family caregivers will be accommodated on a first-come, first-served basis.

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