



PAC E-NEWS

ProActive Caring Newsletter

In this issue:

- Six New Classes to be Launched in June
- Train-the-Trainer Program to be Held in Buffalo Area on June 18

Registration Now Open for New Stress Reduction Classes

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.

The course will teach mindfulness and other self-care strategies to enhance the quality of life of parents and other family members caring for infants, children, adolescents, and adults with disabilities. This program is designed by the Center on Aging and Disability Policy at Mount Saint Mary College.



Where & When:

In **Johnstown, NY** (Fulton County), at the Lexington Center, 465 N. Perry Street, from 5:30 pm to 7:30 pm on **Thursdays June 6, 20, and 27**. A light supper will be provided at the in-person sessions. Free childcare will be provided upon request. For questions, call Lexington Family Services, 518-773-2014, or e-mail Nancy DeSando at desandn@thearclexington.org.

In **Red Hook, NY** (Dutchess County), at the Red Hook Public Library, 7444 South Broadway, 6:00 pm to 8:00 pm on **Tuesdays June 18, July 2, and July 16**. Snacks will be provided. For questions, call Red Hook Public Library, 845-758-3241, or e-mail Amy Smith at amy@redhooklibrary.org.

In **Oneonta, NY**, at The Arc Otsego New York Main Office, 35 Academy Street, 6:00 pm to 8:00 pm on **Tuesdays June 18, July 2, and July 23**. Light refreshments will be provided at the in-person sessions. For questions, contact Lori Kinch-Ashley at the Arc Otsego, 607-432-8595 or kinch-ashleyl@arcotsego.org.

In **Middletown, NY** (Orange County), at Access: Supports for Living, 15 Fortune Road W., **11:30 am to 1:30 pm** on **Wednesdays June 26, July 17, and July 31**. Refreshments will be provided at the in-person sessions. Free childcare will be

People who have taken ProActive Caring Stress Reduction classes say:

“Sharing with others who are dealing with similar problems and experience is so valuable to me. While I have friends and family who are supportive, they do not really understand my situation.”

“Journaling and breathing exercises have been helpful in calming me down when I am frustrated and feeling overwhelmed.”

“Connecting with other parents facing similar situations has been extremely valuable to me. My friends and family haven't experienced autism first-hand and don't understand the challenging behaviors of my daughter, sometimes I feel like they blame my parenting. Attending these sessions gives me a chance to discuss my situation without fear of judgment.”

provided upon request. For questions, call Access: Supports for Living, 845-692-4454, or e-mail Marie McDowell at mmcdowell@asfl.org.

In **Middletown, NY** (Orange County), at Access: Supports for Living, 15 Fortune Road W., **6 pm to 8 pm** on **Wednesdays June 26, July 17, and July 31**. Refreshments will be provided at the in-person sessions. Free childcare will be provided upon request. For questions, call Access: Supports for Living, 845-692-4454, or e-mail Marie McDowell at mmcdowell@asfl.org.

In **Amherst, NY** (Erie County), first session 1:00 pm to 3:30 pm on **Tuesday, June 18**, at Daemen College Charles J. Wick Campus Center, 4380 Main Street. Additional sessions TBD. Refreshments will be provided. For questions, contact Parent Network of WNY at 716-332-4170 or info@parentnetworkwny.org.

Registration & General Information:

Since space is limited, pre-registration is required! To register or obtain further information, click [HERE](#), go to <https://www.msmc.edu/proactivefc>, or leave a voice mail message at The Center on Aging and Disability Policy at Mount Saint Mary College, 800-691-3980.

The ProActive Caring Project Is Coming to Western NY!

Registration is now open for the Train-the-Trainer conference being held at Daemen College in Amherst (the greater Buffalo area) on **TUESDAY, JUNE 18, 8:30 am—4:30 pm**. The conference will prepare teams of agency staff and peer facilitators to help family caregivers of individuals with intellectual or developmental disabilities enjoy a better quality of life.

Proactive Caring Stress Reduction draws on Mindfulness Based Stress Reduction and another evidence-based training developed by the Vanderbilt Kennedy Center for Excellence in Developmental Disabilities. The program is funded by the NYS Developmental Disabilities Planning Council.

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.

The Train-the-Trainer conference is offered free of charge, but as space is limited, pre-registration is required (pre-registration is encouraged by Monday, June 10). **To register, click [HERE](#) or go to <https://www.msmc.edu/proactiveCSP>.**

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.**



Participants in a ProActive Caring Train-the-Trainer conference held in Newburgh, NY in February, 2019