

Got stress? We can help!

Train-The-Trainer Program

Do you live or work with people who have intellectual or developmental disabilities (IDD)? If so, our Train-The-Trainer Program is for you.



- Learn to teach mindfulness to people with IDD
- Receive guidance on how to use task-analysis technology to teach these strategies to people with IDD
- Zoom sessions will be available on Sept. 13 and 20 (morning option) and Sept. 21 and 28 (evening option).
- The program is free to professionals and caregivers.
- Space is limited; applications are due by Sept. 9. [Click here](#) or go to the online form at bit.ly/ProActiveCaringTrainTheTrainer



Visit proactivecaring.org to learn more about ProActive Caring and its programs and services. Visit parentnetworkwny.org to learn about Parent Network of Western New York.