

ProActive Caring e-news

May, 2020

GOT STRESS? WE CAN HELP

ProActive Caring – School Exchange

The intention of the ProActive Caring Program is to provide Mindfulness-Based Stress Reduction (MBSR) tools and resources to families. A special hallmark of our program is that the material on MBSR is presented together by a Parent and a Practitioner. To meet the needs of families whose children are now home from school, we initiated the "ProActive Caring - School Exchange," a series of Zoom webcasts with Lisa Nathan, Parent/Advocate, and Peggy Pisano, School Psychologist/ Advocate. The webcasts aim to support parents during these challenging times - without "flooding them with content" they don't have time to read! Each webcast runs for about 15 minutes and then opens for questions, thought, and exchanges. Dr. Larry Force moderates the exchanges.

Initially, we had planned our "ProActive Caring - School Exchange" through April, thinking schools would re-open in May. Since we now know the situation is fluid, with a return date not yet set, we have committed to continuing the programs until the end of the school year - and beyond.

Please use this link to join us on Wednesday, May 5, at 10 am:
<https://zoom.us/j/747465542>. Lisa and Peggy will be discussing ***"Managing Adult/Guardian/Caregiver Anger and Frustration in a Mindful Way."***

Other topics in May include ***"Using Mindful Techniques in Promoting Good Communication Skills"*** (May 13); ***"Building Confidence and Self-Esteem: Both Internal and External"*** (May 20); and ***"How to Let Change Happen (dealing with change): Peacefully and with Intent."*** (May 27). A Zoom sign-on link will be circulated each Monday so interested individuals may join live (via video or audio) for the exchanges on Wednesdays at 10 am. The April 29 webcast, ***"Create the World you Want in Your Home: Create Your Sanctuary,"*** is now available as a Zoom recording.

Web Site: <https://www.msmc.edu/proactive> Phone (Voicemail): 800-691-3980

Mailing List: <https://msmc.wufoo.com/forms/m12l5ywn1o7a2jh/>

 [Facebook.com/proactivecaring](https://www.facebook.com/proactivecaring)  ProActiveCaring@CADP_MSMC

Private FB group for caregivers: [Facebook.com/groups/32614747120839](https://www.facebook.com/groups/32614747120839)



STAY TUNED!

Over the past month, in response to the guidelines associated with COVID-19, the ProActive Caring team has worked hard and long to find strategies and platforms to support individuals, families, and agencies in need.

Most exciting is the creation of an ***e-Manual*** for our ProActive Caring Stress Reduction course, developed in partnership with parents, agencies, self-advocates, and ProActive Caring Advisory Council Members. The content of the manual is interactive, and the course modules are designed to be self-paced--ideal for use at home. Our launch date for the e-Manual is on or before June 1.

Additionally, we are working to build a ***ProActive Caring Digital Resource Center***. The Digital Resource Center will provide a platform that works in concert with our ProActive Caring e-Manual, our FaceBook page, and our You-Tube channel. The You-Tube channel will house a variety of videos and other materials created by the ProActive Caring program to support the content of each of the modules in the e-Manual, as well as recordings of "ProActive Caring – School Exchange" webcasts and other resources.

NEW RESOURCES FOR STRESS REDUCTION FROM PROACTIVE CARING



Elisa Gwiliam of the Hudson Valley Healing Center has partnered with the ProActive Caring project to create five new videos that add movement and other elements to relaxing meditations. Check them out on *youtube* at the links below:

Gentle Movement: <https://youtu.be/yqifTF351hQ>

QiGong for Centering:

<https://youtu.be/xIJRmyifRLA>

Deep Relaxation with Yoga Nidra:

<https://youtu.be/0QXlvZUNZCc>

Movement & Sound

Journey: <https://youtu.be/rwezT9j8xHI>

Sound Journey: <https://youtu.be/T5ONSutg52I>

TEXT4CAREGIVERS



Developmental Disabilities Planning Council

Text4Caregivers is a free 10-week text service that distributes timely and relevant self-care and stress-management support via text messaging. The goal is to offer support in a quick, easy way to parents of children with special needs. The texts are available in English AND Spanish.

To get started and receive free self-care text messages, fill out this online signup form: <https://platform.trumpia.com/onlineSignup/ddpctext/text4caregivers>

Questions? Contact Parent to Parent's Project Director, Valerie Colavecchio, 631-434-6196.

Parent to Parent of NYS desea hacerles saber de su nuevo programa, **Text4Caregivers**, un servicio de mensajería gratuito que se le enviara a su telefono celular frecuentemente, con mensajes de como tener cuidado de su persona y como manejar el estres.

Le invitamos a ser parte de este nuevo programa. Por favor registre online en el siguiente link:

<https://platform.trumpia.com/onlineSignup/ddpctext/spanish>

Preguntas? Comuníquese con su Coordinadora de Familias Hispánicas, Angela Picardo, 646-766-3462.