



PAC E-NEWS

ProActive Caring Newsletter

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- Six ProActive Caring Stress Reduction Classes To Be Held This Fall
- Train-the-Trainer Conference Offered in Metro NY on November 6

Got Stress? We Can Help!

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 or developmental disabilities.

The course teaches 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 was designed by the Center on Aging and Disability Policy at Mount Saint Mary College.

Web Site:

www.msmc.edu/proactive

Like Us on Facebook:

www.Facebook.com/proactivecaring

Where & When:

- In **Johnstown, NY**, at the Lexington Center, 465 N. Perry Street, from 10:00 am to 12:00 pm on **Tuesdays Oct. 15, Oct. 29, and Nov. 12**. Free childcare will be provided upon request. For questions, call Lexington Family Services, 518-73-2014, or e-mail Nancy DeSando at desandn@thearclexington.org.
- In **Clifton Park, NY**, at Helping Hands School, 4 Fairchild Square, 6:30 pm to 8:30 pm on **Tuesdays Oct. 15, Oct. 29, and Nov. 12**. Light refreshments will be available. Free childcare will be provided upon request. For questions, contact Elinor Brook at Helping Hands, 518-664-5066 or ebrook@helpinghands.org.
- In **West Amherst, NY**, at The Center for Clarity, 1412 Sweet Home Road, Suite 10, 10:00 am -12:00 pm on **Mondays Nov. 4, Nov. 18, and Dec. 2**. Onsite childcare is not provided; however, childcare and transportation stipends are available. For questions, please contact Sarah Smith, 716-430-2524 or sarahsmith@centerforclarity.com.
- In **Red Hook, NY**, at the Red Hook Public Library, 7444 S. Broadway (Rt. 9), from 6 pm to 8 pm on **Tuesdays Nov. 5, Nov. 19, and Dec. 10**. Refreshments will be served. For more information, contact the library at 845-758-3241 or Amy@redhooklibrary.org.
- In **Brewster, NY**, at Putnam Independent Living Center, 1441 Route 22, Suite 2 (enter at the back of the Tompkins Mahopac Bank building). Mornings from 10am to 12pm on **Thursdays Nov. 7, Nov. 21, and Dec. 12**. Refreshments will be served. For more information, contact Fiona Rattray at 845-228-7457 or frattray@putnamils.org.
- In **Lockport, NY**, at New Directions Youth and Family Services, Inc., 6395 Old Niagara Road, from 10 am to 12 noon on **Thursdays Nov. 21, Dec. 5, and Dec. 19**. For questions, contact Alicia Vanderwalker at New Directions, 716-989-7381 or avanderwalker@ndyfs.org.



Registration Now Open for Metro NY Train-the-Trainer Conference on November 6

Registration is now open for Agency/Organization Staff and Peer Facilitators interested in being trained to deliver ProActive Caring Stress Reduction courses. ProActive Caring is a three-year project designed by The Center on Aging and Disability Policy at Mount Saint Mary College, and funded by the NYS Developmental Disabilities Planning Council, to enhance quality of life for parents and other informal caregivers who are raising children or caring for family members with intellectual, developmental, or other disabilities.

The project has developed a free course to teach strategies that are effective in coping with stressful situations. To offer the Stress Reduction course widely, the project is conducting Train-the-Trainer sessions for facilitator teams comprised of an agency/organization staff member and a peer facilitator.

The project's next Train-the-Trainer conference will be held at two sites in the NYC Metro area:

When: Wednesday, November 6, 2019, 8:30 am—4:30 pm.

Where: The OHEL Jaffa Family Campus, 1268 E. 14th Street (3rd floor), Brooklyn, NY 11230

& by video conference at The Kleinman Family OHEL Regional Ctr., 156 Beach 9th Street (2nd floor), Far Rockway, NY 11691

A continental breakfast and lunch will be provided. **The conference is offered free of charge**, but as space is limited, pre-registration is encouraged by Wednesday, October 23.

To register, go to <https://www.msmc.edu/proactiveTTT>.

Participating agencies/organizations will be asked to host the ProActive Caring course (comprised of three in-person sessions and three sessions that participants access from home) twice in the nine months following the conference, to reimburse the time of their staff member, and, if possible, to provide refreshments and childcare for participants.

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 facilitate ProActive Caring courses. **Family caregivers will receive a stipend** for each course for which they serve as a peer facilitator.

For additional information, or to inquire about registering if you are not part of a team or are not affiliated with a community agency/organization, 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