

**Westchester Independent Living Center
Parent Training and Information Center**

ProActive Caring for the Caregiver



Designed for family caregivers of individuals with intellectual, developmental, and other disabilities, this is a **FREE six-week training** comprised of 3 in-person sessions and 3 sessions that participants can access from home.

It aims to teach effective coping mechanisms for short- and long-term stressful situations and provide support to family caregivers. Participants will learn and practice coping skills shown to reduce stress, depression, and anxiety, in a caring, non-judgmental environment with support from other caregivers.

Date: **Thursdays, November 7, 21 and December 12**

Time: **10am-12pm**

Facilitators: **Jane Zaibek, Taconic Region PTA Health & Wellness Chair &
Fiona Rattray, Parent Training and Information Center Specialist**

Location: **Putnam Independent Living Center, 1441 Route 22, Suite 204**

Pre-registration is required at <https://msmc.wufoo.com/forms/mhwufob0jka8fc>

Program funded through the New York State Developmental Disabilities Planning Council (DDPC) and developed through the Center on Aging and Disability Policy (CADP) at Mount Saint Mary College.

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