



Special Needs Committee
presents

Managing Your Stress

An evening program just in time for the holidays!

What triggers stress in your life?

- ◆ Expectations of others
- ◆ Expectations of yourself
- ◆ Everyday demands
- ◆ Reality not matching hopes/visions
- ◆ Overloaded calendars
- ◆ Lack of control
- ◆ Not measuring up
- ◆ Needing answers

And special for the holidays:

- ◆ Changes in routine and surroundings
- ◆ Traveling
- ◆ House guests
- ◆ Finances

⇒ **Did you know you're not alone?**

⇒ **Would it help to have techniques to deal with these challenges?**

Wednesday, November 18, 2009

7:00 to 9:00 PM

Iron Horse Middle School MPR

12601 Alcosta Blvd., San Ramon, CA 94583

Parenting is stressful enough, special needs parenting adds a whole new dimension. In order to be successful in either, you must employ many coping strategies. Come to an educational evening designed to uncover your coping strategies. Come away with an understanding of:

- When coping strategies emerge
- How to utilize them to your best advantage
- When to let them go

Lori Crowley, Mentor Life Coach in Bereavement & the parent of a child with special needs, and Libby Palomeque, Grief Recovery Specialist & Level II Degrrieving Practitioner, will lead a discussion as well as exercises around these topics.



Register to attend by visiting the San Ramon Valley Council of PTAs' website, www.srvcouncilpta.org. Locate this program in the **Messages** box on the left side, click on "REGISTER FOR THIS EVENT" and complete the registration fields. There is no fee to attend. PTA membership dues and donations support this program. Registration ensures enough handouts.

If you have any questions, please contact Kristin Chen at specialneeds@srvcouncilpta.org.