

Are you a caregiver for someone with special needs?

We are pleased to offer the following classes for caregivers in 2017.

The logo features the text "Mindfulness Starts Here" in a serif font, with "Mindfulness" on the top line and "Starts Here" on the bottom line. The text is centered over a circular, glowing orange and yellow background that resembles a sun or a flame.

Mindfulness-based practices for parents, adapted from Mindfulness Based Stress Reduction (MBSR) by Gordon Peerman. Sessions include both discussion and mindfulness-based techniques.

Six Consecutive Wednesdays
February 8 – March 15, 2017
9:00 am - 11:00 am

“Even though having a six-week commitment seemed overwhelming, I’m glad I participated. The class opened my eyes that there are options to deal with stress in a positive way.”



PARTNERING WITH PARENTS THROUGH THE JOURNEY

Advocacy training and how to navigate systems.
Reduce negative thinking and enhance more effective problem-solving skills

Six consecutive Mondays
February 13 – March 20
9:00 am – 11:00 am

"The curriculum for this class was right on target for any parent who has a child with a disability. And I met some great people who can relate to everything I'm going through. Highly recommend!"

These classes are open to caregivers with children of all ages. No cost to participate, but you must register to attend. Contact Ginger Stringer at Gstringer@tre.org or (719) 380-1100 for location and registration.

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