

**Do you have
a child with
a disability?**



Got Stress? We Can Help! *Free Stress Reduction Series!*

Three Session Series

Join us to learn coping skills shown to reduce stress & anxiety. You **must attend all three in-person sessions** and participate in three additional virtual sessions at home.

Session I: Oct 21, 2019
Let's Talk About Stress

Session II: Nov 4, 2019
Happiness and Positivity

Session III: Nov 25, 2019
Gratitude and Collaboration

Amherst Alliance Church
3915 Millersport Hwy
Amherst, NY 14228

4:00 PM - 6:00 PM

Limited spots available.

Reserve Your Spot Today!

Online: bit.ly/CHopeCope

Email: info@parentnetworkwny.org

Call: 716.332.4170

Recommended Audience

Caregivers of children or adults with intellectual or developmental disabilities.

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C·HOPE



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