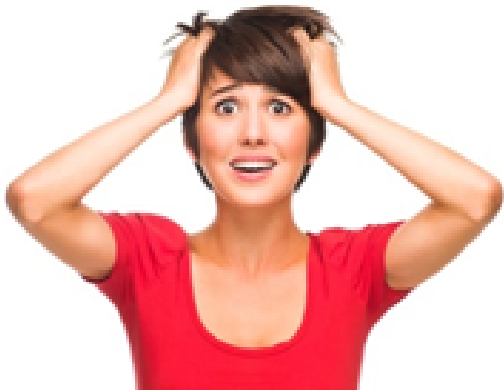


The Utah Parent Center and Nebo School District invite you to attend a Virtual Zoom Workshop:

# “Stress Management for Parents of Children with Special Needs”



**YES...WE FEEL STRESS!** In this workshop we will briefly explore some of the things that “make us crazy” – the unique stressors related to caring for a child with a disability...but more importantly, learn and practice some techniques to help you deal with the stress! This interactive session will benefit all participants by helping them understand STRESS and What to Do About It!!!

*For all parents and caregivers of children and youth with disabilities.*

## Thursday, February 4, 2021

7:00 – 8:00 p.m.

Via Zoom

There is NO COST to attend! **Pre-registration is requested.** You will be sent a zoom link after you have registered at the link below.

**Register Online at:** <http://bit.ly/39SWd1j>

If you have questions about this class, please contact Heidi, Utah Parent Center Parent Consultant serving Nebo School District, by text at 801-228-8144 or by email at [heidi@utahparentcenter.org](mailto:heidi@utahparentcenter.org).

