

### *Staying Sane while Parenting your Special Needs Child ~*

#### Stress reduction techniques for parents

No one said it would be easy.....Parenting is a challenging job!

Come listen to discussion on the general topic of stress and share specific techniques effective for reducing stress and anxiety.

During the evening, participants will have the opportunity to practice some of the techniques.

**Date & Time:**

November 3, 2009  
6:30-8:00 pm

**Location:**

LaGrange Area Department  
Special Education  
1301 W. Cossitt  
LaGrange

**Presenter:**

Diane Gould, LCSW, BCBA  
*Specializing in Children with Special Needs  
and their Families*

Deadline for registration is  
October 26, 2009.  
Space is limited.

Please RSVP to  
Julie Pridmore

708.482.1156 or  
jpridmore@ladse.org

*If you need special  
accommodations, please notify  
Julie at time of registration*