

Is raising your special needs child leave you  
**stressed,**  
worried and  
exhausted?



## **STRESS MANAGEMENT PROGRAM FOR PARENTS RAISING CHILDREN WITH SPECIAL NEEDS**

This 3-session stress management program aims to support parents and caregivers who are raising children with special needs, such as ADHD, ASD, and/or mental or physical health related disabilities. You will learn to:

- Recognize the main sources of your parenting stress,
- Develop effective strategies to regulate your emotions during difficult situations,
- Change your self-criticism and self-doubt to self-encouragement,
- Connect with value-driven parenting, and
- Support and prioritize yourself.

**Date:** Monday, November 06, 13 & 20, 2017

**Time:** 17:45 – 20:00 pm

**Location:** 309 Berrigan Drive, Ottawa (Barrhaven)

**Cost:** \$295 +HST

(covered by most extended health care benefits)

### **REGISTER NOW**

Contact: Zsuzsa Grandpierre, MA (Ed), RP, CCC

Email: [zsuzsa@bmindful.ca](mailto:zsuzsa@bmindful.ca)

Phone: **613.282.9397**

[bmindful.ca](http://bmindful.ca)

