

# Caring For Yourself: Stress Management and Alternative Options Workshop



Caring for a loved one can put a strain on even the most resilient person. If you're a caregiver, you must take steps to preserve your own health and well being. Join the Southern NJ Regional Early Intervention Collaborative for a workshop designed to help you, the caregiver, learn different ways to alleviate stress.

Presenters: Dawn Mittens– A parent, licensed Massage Therapist & Reiki Practitioner; Taryn Cucinotta– Physical Therapist & Yoga Instructor

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Where : Camden County Education Commission Building

225 White Horse Ave, Clementon NJ 08021

Saturday : May 19th , 2018 Time : 12pm-2pm

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**\*\*NO SITTTER? NO PROBLEM!** The kids will have their own kid friendly workshop & everyone will leave with a calming jar.

**\*\*You must RSVP for this event call 856-768-6747 ext: 223 or [jerricem@snjreic.org](mailto:jerricem@snjreic.org) no later than 05/04/2018.\*\***