



INVITES YOU TO ATTEND

**Tuesday, October 18th
(The Third Tuesday in October)**

Effective Stress Management for People with Developmental Disabilities

**Presented by Jenny Bellamy
Project SEARCH Instructor at Fayette Piedmont
Hospital/Fayette County Schools
7 pm via ZOOM**

Do you ever wonder why your child reacts to some situations with defiance, aggression, withdrawal or meltdowns? These can all be signs that a person is struggling with stress. Stress can trigger different emotions which can then trigger adverse behaviors. Trying to teach strategies for them to cope *in the moment* isn't very effective. This workshop is designed to provide you with effective strategies to recognize and address stress related emotions. Proactively teaching stress management strategies makes a major difference in how our kids react and how we address those behaviors when they occur.

Jenny Bellamy is the Project SEARCH Instructor for the Public School System at Fayette Piedmont Hospital. She is the mother of an adult daughter with Autism. She has dedicated her personal and professional life to enriching the lives of people with developmental disabilities through education.

This meeting will be important for parents and grandparents of children with disabilities of all ages. Our meeting will **NOT** be held at our office location. If you are interested in attending, please follow the instructions below:

- Click on the below link: <https://us02web.zoom.us/j/5774658222>
- Enter Meeting ID (if prompted): **577 465 8222**
- Time and Date: **Tuesday, October 18th beginning at 7 pm**
- There is no cost associated with this meeting.

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