



PARENT TRAINING OPPORTUNITY

**UCP Central PA to host
Linda L. Weihbrecht, RN**



Stress Management

Monday, February 27, 2012

9:30 AM to 11:30 AM

This session will cover stress management by definition, acute versus chronic stress, psychological effects of stress, physical effects of stress on major body systems, and most importantly, coping strategies.

If your child has a disability then your stress is higher than the average parent. Not only is working with your child more intense, there is the system with all its rules and regulations to work through to get your child what he/she needs. This session will help you identify your level of stress and the tools to cope.

Linda presently works for **The Advocacy Alliance** as a community nurse helping people with intellectual and developmental disabilities. She is the founder and facilitator of a hospital based support group, "Coping with Anxiety and Panic" (CAP) since 1994. This group uses a wellness *toolbox* approach for coping with anxiety disorders. Linda's passion is helping people in stressful situations find the coping tools they need to move forward. This may be in the form of workshops, classes, or bodywork using essential oils. She is a fierce patient advocate and able to assist patients navigating post-surgical and extended hospital stays. Stress reduction for businesses, personal challenges, caregivers, or during illness is her specialty.

This parent training will be held at:
Capital Area Children's Center
44 South 38th Street
Camp Hill, PA 17011

**Space is limited, registration required. RSVP by February 23rd to:
familysupportservices@ucpcentralpa.org or call 717-975-0611.**