

Hold Me Close

A Three Part Series:

PARTNERING, PARENTING & HEALING

Facilitated by: Doretta Lowney, LICSW

With 18 years experience in working with individuals with disabilities and their families as a educator and therapist.

Friday: January 6, 2012 6:30pm – 8:30pm

FEAR FACTORS ~ Learn to increase your awareness of how raising a child with disabilities is impacting your primary partner and other important relationships. Explore ways to repair and improve those relationships.

Friday: January 20, 2012 6:30pm – 8:30pm

UNITED FRONT ~ Acquire skills to become effective Co-parents and increase the comfort and pleasure levels for all family members. Explore skill building strategies for managing adult – child boundaries, supportive discipline, communication and coping.

Friday: February 3, 2012 6:30pm – 8:30pm

IT'S ALL ABOUT ME ~ Learn ways to increase self care, stress reduction and relaxation techniques. How to create time for yourself – it can be done and will benefit everyone.

This training will be held at the
Mansfield Public Library
255 Hope Street
Mansfield, MA 02048



**If you are interested in attending,
please contact your Family Support Coordinator
or your AFC Coordinator by December 30th at
888-343-3301 or 508-226-1445**

or check our website at
www.arcnbc.org

If childcare or transportation is a barrier for your attendance
to this training, please let us know.

Achieve with us.