



The Centre County Council for Human Services

and Adult Children of Aging Parents Centre County



Present our fall Lunch n' Learn for professional & family caregivers

A Guide to Surviving Silent STRESS

Friday, September 27, 2019

11:00 AM – 1:30 PM

Calvary Church, 150 Harvest Fields, Boalsburg, PA 16827

Cost: Free (includes boxed lunch)



Physical and emotional caregiving is tough. We all think we have it under control, but our bodies and minds can pay the price. It doesn't matter if you are an unpaid **family caregiver** or a **professional in human services**, you will walk away from this training with tips to identify the silent stress in your life and ways to reduce it.

Who Should Attend? All Are WELCOME! Family Caregivers ▪ Case Managers ▪ Supervisors ▪ Social Workers ▪ Direct Care Staff ▪ Administrators ▪ Nurses ▪ Anyone in Human Services!

**Our Speaker: Kathy Gates-Moore, MSW, LCSW
Clinician, The Healing Room**

Kathy has been serving individuals and families for over a decade. Her integrative approach combines clinical skills, energy work and spiritual teachings to facilitate people to grow beyond their expectations.

Registration: Visit www.theccchs.org to register by 9/20/19. There is no cost, however, if you register and can no longer attend, please send a substitute or cancel as soon as possible. **Space is limited!**

Thank Your Sponsors!

Because of our sponsors' generosity, this event is free and includes a boxed lunch of a ham or turkey sandwich or hummus wrap with side salad. Attendees are welcome to bring their own lunch if they prefer!



Questions or need special accommodations?

Please contact Jennifer Eisenhuth at jeisenhuth@sfionline.org or 814-234-6023