

SPEED S.E.J.A #802



The Family Focus-Series Presents...
**Stress Reduction And
Vendor Fair**

"Taking Care of Ourselves: Stress and Relaxation"
Wednesday, May 14, 2014
(6:00—8:30 pm)

Keynote Presenters: Jen Hering & Monica Smiley

This 45 minute session will help parents/caregivers to not only understand what stress is but also to identify stress triggers in their own lives. Parents/caregivers will have an opportunity to explore different techniques to combat stress and develop their own action plan to manage stressful situations.



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Chicago Heights
60411

WWW.SPEED802.ORG

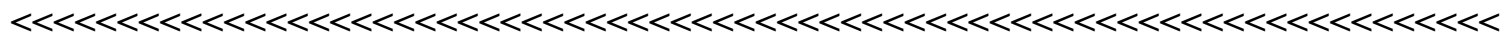


6:45-7:30 pm Agencies Overview:
15 minute presentations by the following agencies:

- Good Shepherd Center Respite Services
- Seguin of Greater Chicago (Formerly UCP)- Respite Services
- Xsport Fitness Center

7:30-8:00 Dinner/Visit with Agencies
8:00-8:30 Journal Creations

Please register by (Wednesday, May 7, 2014)
Contact Denise Moore, Parent-Family Coordinator
With questions or for more details
Phone: (708) 481-6100 ext. 3217 Fax (708) 503-4101
Email dmoore@speed802.org



(Parent Education Fair RSVP :Return to Denise Moore)

Parent's Name _____
Contact # () _____ - _____
Email (optional) _____
Student's Name _____ If SPEED Student Program _____
Home School Dist _____
Childcare Needed: (for children over 1 year of age) _____ Yes _____ No
If Yes, Number of Children () Age/s ()