

To all of you with young adult and adult children with disabilities:

As most of you are aware, I am also a parent of an adult child with a developmental disability. My daughter, Jennifer is 32 years old and Down Syndrome. She is now living in a supervised residential setting in Blair, Nebraska where things are going well for her.

For a number of years, however, things had been building up and my stress level seemed to be mounting. As my stress-level increased, my guilt for feeling this way also seemed to grow. It seemed like most of my life was focused on Jennifer's care: addressing her behaviors, getting her to activities, advocating for services, etc. At times it seemed like I was not always taking care of my own needs.

Those of us raising children with disabilities may not always be aware of the level of stress this ongoing care is on us. Some of you actually may not experience any undue stress at all. Some of you may also be "sandwiched" now taking care of both an adult child with a disability and an aging parent. This often compounds our situations.

The reason I am sending you this is because when I was in the worst turbulent time last year I was able to attend a fabulous workshop called "***Powerful Tools for Caregivers***". The program is directed at helping us take better care of ourselves, which is critical for our wellbeing. This workshop was so helpful to me, I referred a couple of other parents to it and they also felt they gained a lot by participating in it. Being able to gather support and information from others going through similar life experiences is very powerful.

I have met with the organizers of this workshop and we will be offering it to parents of children with disabilities.

Details:

- It is a six-week program, meeting one Tuesday evening per week
- Dates: June 9, 16, 23, 30 and July 7 and 14, 2009
- Dinner will be provided
- Each evening will run from 5:30 – 8:30 pm
- Held at: Ollie Webb Center, Inc., 1941 So. 42nd Street Suite 122
- Cost: \$25/per person (covers workbook and other materials) Stipends will be available.

REGISTRATION FORM

Name _____

Address _____

City _____ State ____ Zip _____ Telephone _____

Will need respite in order to attend: Yes No

Make check payable to: Ollie Webb Center, Inc. (1941 So. 42nd Street, Ste 122 Omaha NE 68105)

Questions: Call Janet, 346-5220, ext 14