



Join us **Monday, January 8, 2018** at 6:30 – 8 PM for a free evening  
of support and learning.

## MINDFULLY MANAGING STRESS: PROVEN TOOLS FOR REDUCING STRESS AND TAKING CARE OF YOURSELF WHILE TAKING CARE OF OTHERS

Raising children and youth, especially if they have special needs, can be exhausting! Join other adoptive and foster parents, grandparents and other kin caring for children for an evening of information and support.

Joy Koeppen, LCSW, a local mental health therapist, will share tips based on her own experience raising a child with special needs and working with other parents caring for children with special needs. This session is designed to help parents, grandparents, relatives and other caregivers recognize their own stress, and develop practical strategies for coping all school year long.

**Location: Formed Families Forward**  
**4031 University Dr., Fairfax, VA 22030**



The event is free but please register at [www.FormedFamiliesForward.org](http://www.FormedFamiliesForward.org) or call 703-539-2904.

Open to all parents, caregivers, and professionals, though content will address issues of particular relevance to foster, adoptive and kinship families. We offer training and support for foster, adoptive and kinship families raising children and youth with special needs.