

Caregiver Stress Relief

+5 Bonus Stress Relief Strategies

Virtual Training

June 18, 2025

9am-11am

Presented by Mary Sentelle

Consultant with Dynamic Pathways, Inc.

This interactive session is designed to help participants expand their toolbox of stress relievers with very practical hands on methods and to help understand the reasons why these work. This is not only to help caregivers take care of their own needs, but the techniques can also be role modeled to reduce the stress of the individuals we support.

2 DODD CPDUs for AS, CB Mem, EI, IA, SSA, Supt. pending

**Register at the link below or check out our
calendar at www.swocog.org**

<https://forms.gle/sbkXupzAdELCMnjC6>

**[You will receive an email with the Zoom link for the
training after registering](#)**

Training Cost: FREE

Contact [Robin Thomas](#) with questions

