



Got stress? We can help!

Announcing a new resource for caregivers

A free e-Manual for the ProActive Caring Caregiver Support Program (self-paced, for use at home)

- Learn how to use mindfulness and other strategies to help you cope
- How to enhance your sense of well being
- How to be a more effective advocate
- And much more

Visit www.proactivecaring.org
to access the e-Manual today!

ProActive Caring was created as a partnership between the Center on Aging and Disability Policy at Mount Saint Mary College, community service providers, and family caregivers, to support you as you care for a person with special needs.

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