

Take The 6-Month Challenge To a “Stress-Less” You

Many parents with kids with special needs get an extra helping of stress everyday. Of course we know there is no way for a parent of a child with special needs to avoid stress entirely. However, there are ways to manage stress instead of letting stress manage you.

If you are looking to jumpstart the year and learn how to reduce and manage stress, then join the SOS Parent Group and take the 6-Month Challenge to a “Stress-Less” You.

Mark your calendars for the 3rd Monday for the next 6 months.

The SOS Parent Support Group
meets at 1815 West Diehl Road
Suite 100
Naperville, IL 60563
7pm—9pm

Presentations will include refreshments, give-aways, and are open to the public.



Please RSVP to projecthelpdupage@yahoo.com
For further information visit us at projecthelpdupage.org
or call 630-357-LOVE (5683)

January 18th
“Meditation: Learn Simple
Techniques to Restore Calm and
Inner Peace”

February 15th
“Standing Up to Stress”
\$10 Fee

March 15th
“Secrets to Health, Wellness, &
Nutrition”

April 19th
“Parent With Less-Stress Using
Love & Logic”

May 17th
“Reduce Stress With a Balanced
Diet”

June 21st
Challenge Wrap-Up &
Celebration

Sponsored By: Project H.E.L.P.

