



The holidays are a time for special moments and new memories. The holidays can also **STRESS US OUT**, especially during Covid-19.

Holiday Stress

Learn how to better manage the stress and experience more joy and connection this holiday season.

There are tools to help us move through the stress into the spirit of the season. It is possible with just a little practice!

Joe Clem MA will present evidence-based techniques, rooted in Positive Psychology and behavioral practice, which are appropriate for folks with and without disabilities.

These tools will help us get out of our heads and more into our hearts, immediately reducing stress. We look forward to setting you up for a joyous season.

December 1, 2020

6:00 to 8:00 pm



Live Webinar on Zoom

Once you register you will receive a link to the event



Joe Clem is a Licensed Marriage and Family Therapist (LMFT) since 2009 and Licensed Behavior Analyst (BCBA) since 2015. He has worked for over 15 years with individuals with developmental and emotional disabilities and their families in various settings.

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