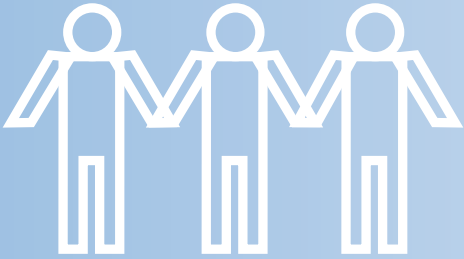


THE ESE PARENT ADVISORY OF ST JOHNS COUNTY SCHOOL DISTRICT  
EXCEPTIONAL STUDENT EDUCATION WELCOMES



SANDRA M. REBEOR, PSY.D., M.S.H.S.



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# STRESS MANAGEMENT FOR CAREGIVERS OF STUDENTS WITH DISABILITIES

FULLERWOOD TRAINING CENTER  
10 HILDRETH DRIVE, ST. AUGUSTINE, FL 32084  
12/03/19 FROM 6:00 PM- 7:30 PM



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Goal: To understand the difference between distress and eustress, common stressors associated with being a caregiver, and the impacts on health and well-being. In addition, effective stress management to help caregivers and their students with disabilities will be shared.

To identify and meet the unique educational needs of exceptional students and to provide support and resources to enhance educational opportunities so they may become productive citizens.

