



**THE ESE PARENT ADVISORY,  
ST JOHNS COUNTY SCHOOL DISTRICT  
EXCEPTIONAL STUDENT EDUCATION**

**WELCOMES**

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

**FOR A DISCUSSION ON:**

**STRESS MANAGEMENT FOR  
PARENTS AND CAREGIVERS  
OF STUDENTS WITH  
DISABILITIES**

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 student with disabilities will be shared.

Follow link to [Join Microsoft Teams Meeting](#)

or dial [+1 904-420-0831](#) Conference ID: 895 587 77#

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**NOVEMBER 10, 2020**

**This meeting will  
be held via  
Microsoft Teams  
platform**

**6:00 PM – 7:30 PM**