

RELAXATION TECHNIQUES FOR WELL BEING

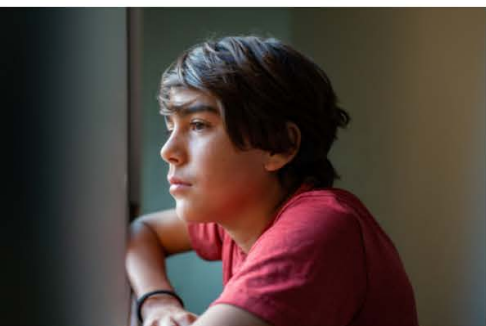
INTERACTIVE ZOOM TRAINING:
JULY 12, 2022
10:00 AM -11:00 AM
COST: FREE

TRAINING CONTENT:

If you have tried any relaxation technique, did it work for you? Have you continued to use it? Maybe you'd like to learn other methods, or maybe find one that will work better with your routine. Come spend an hour with Darlene Gardner and hear about multiple ways to incorporate relaxation techniques into your life. You'll have so many to choose from – going outside and taking cues from nature; staying indoors and using sound or images as a focal point; closing your eyes and using self-affirmations; and more. You will be able to help yourself and your youth in care to relax to increase your wellbeing if you take one hour to explore with Darlene. Bring a pad and pencil to take notes on what you've learned!

WHO SHOULD ATTEND:

This training is appropriate for anyone interested in becoming a resource parent.



To register, please visit:

www.aldeainc.org/services/training-institute



Aldea offers a foster care model that provides individualized, intensive treatment for foster children with serious medical, psychological, and behavioral needs who would otherwise be placed in institutional settings.

WHY BECOME A RESOURCE PARENT?

- Flexible appointment and training schedule
- Compassionate and skilled social workers available to support your needs and self-care.
- Continued resource parent support and training to set you up for success.
- 24/7 on-call support 365 days per year.

For more information, to request accommodations for disability, to cancel attendance, or to file a grievance, please email training@aldeainc.org