

The Arc Northern Chesapeake Region
Presents
"The Courage to Care"

Membership Series
Spring Session 2009

Presented By: Shawn Reagle Kros, LCSW-C

WHEN: Saturday, March 28, 2009

TIME: 9:00am to 2:00pm

WHERE: The Arc Northern Chesapeake Region,
Stephens Conference Room, 4513
Philadelphia Road, Aberdeen, MD 21001

FEE: Free to members and \$5.00 for non-members.

There is a continual pull when our profession and personal life requires us to give of ourselves and is the requirement of our success. The best ones struggle the most and figure it out or leave and burn out. To be successful we must maintain professional and personal vitality. The questions to be asked by all are: How do those in the caring professions, who use their own self as a method of change, prevent burnout and maintain professional vitality? How does one establish balance between other-care and self-care? What are the keys to personal resiliency? Please join us for this interactive workshop as we answer the questions and learn remedies that we can implement right away.

Shawn Reagle Kros, LCSW-C is a career social worker and child and family advocate. She has been a private practice therapist; a residential care counselor; a member of sexual abuse treatment teams; and director of foster care and family support services. Shawn works with human service organizations and schools to improve their services for children with disabilities and their families. She also works with organizations and individuals to strategically set and complete goals. Shawn teaches multiple courses at Harford Community College. She has provided many workshops for families and individuals addressing effective communication, effective parenting, problem solving, conflict resolution, and stress. Shawn applies her extensive experience with children and families in human service settings to relate an engaging interactive and fun experience.

LOCATION: Session will be held at The Arc Northern Chesapeake Region, Stephens Conference Room, 4513 Philadelphia Road, Aberdeen, MD.

RESPITE: Respite care is available on a first-come, first-serve basis. Please register for respite by Friday, March 20th. There is a \$10.00 fee for non-members of The Arc for respite services.

ACCOMODATIONS: Please request disability-related accommodations when you register. A minimum of one week's notice is required to assure that accommodations are available.

To REGISTER or for INFORMATION: Call 410-836-7177, ext. 349 or email to taugustine@arcncr.org.

working for individuals with developmental disabilities.