

The Georgia Center for Resources and Support *presents*

Survive and Thrive: Dancing with Challenging Behaviors



featuring

Rita Young, BBA

Marketing Trainer/Health Educator
Facilitator/Parent Advocate

LUNCH and LEARN

Date: April 19, 2021

Time: 12:00– 1:00

****Please make sure to register
all participants separately
using different email addresses.**

[Click here to Register](#)

Description:

A discussion for caregivers of teens and young adults with developmental disabilities.

- Review relevant community and state resources for individuals with developmental disabilities and their families.
- Discuss the types of anxiety and trigger identification.
- Gain insights on the importance of self-care and improving co-regulating abilities in challenging circumstances.



For further information contact: Ashley Johnson at ashley.johnson@gacrs.org