

Healthy Mom, Healthy Family:

An Education Day to Improve the Health and Wellness of Mothers of Children with Disabilities

If you are the mother of a child with a disability or special needs, please join us for a special day just for you!

The health, development, and opportunities enjoyed by children with a disability depend on the availability and support of a healthy, capable and well resourced caregiver. In 95 percent of families, that person is Mom. Mothers play a crucial role in supporting their children while managing a multitude of additional care responsibilities. Research shows that caring for a child with a disability over the long-term can have negative repercussions on a mother's financial, physical and mental health, and family relationships. Studies also report that mothers of children with disabilities suffer from lack of support, stress related to aspects of their child's behavior or emotional well being, lack of sleep, lack of time to care for their own health and well being, and inability to work as desired.

In order to ensure a healthy child and healthy family, mom must be healthy. The good news is mothers who learn to manage their own stress can improve their own health as well. Healthy moms experience a greater sense of personal empowerment about their child's special needs, and manage family, work, and their social life more easily.

This 1-day conference aims to inform mothers about research and empower them to use innovative strategies to improve their own health, wellness, and network of support.

Mothers are very important people in the lives of children with disabilities and their families!



SERVING CHILDREN AND ADULTS WITH DISABILITIES

Sponsored by The Center for Independence through Conductive Education, Inc. and Helping Hand, Inc.

Objectives of this education day:

1. Inform mothers about the most recent research about the health and situation of mothers raising a child with a disability.
2. Discuss factors that challenge and factors that support mothers.
3. Enable mothers to evaluate their own individual set of challenges and supports.
4. Help mothers identify ways to strengthen supports and minimize challenges.
5. Provide mothers with healthy lifestyle options to facilitate better health and well being.

Presenters: Dr Helen Bourke-Taylor, occupational therapist and published researcher in the health of mothers of children with disabilities, and Ms. Patricia Herbst, mother of a young adult with a disability and Executive Director of the Center for Independence through Conductive Education.

When: Sunday, April 22 9 a.m. – 4 p.m.

Where: Helping Hand Center, 9649 W. 55th St., Countryside, IL 60525

Cost: \$50 includes continental breakfast and lunch

For more information, call The Center for Independence at **708.588.0833** or visit **www.Center-for-Independence.org**

Registration forms may be mailed or completed online at **www.Center-for-Independence.org**

Space is limited register soon!



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Registration Form

Please send this completed form with check, or credit card information to:

The Center for Independence
100 W. Plainfield Rd., Ste. 100
Countryside, IL 60525

Phone: 708-588-0833

FAX: 708-588-0406

Note: Registration may also be completed online at www.Center-for-Independence.org

Name _____

Caregiver/Parent _____

Child's Disability _____

Address _____

City _____

State _____ ZIP _____

Phone _____ / _____

Alternative Phone _____ / _____

E-mail _____

For credit card payment, please complete:

Card Type (circle one): Visa MasterCard American Express

Credit Card Number _____

Expiration Date _____ / _____ / _____

Charge my card the Course Fee of \$50

Signature _____

Date _____

Checks should be made payable to: **The Center for Independence**

Cancellations must be in writing and received no later than April 8, 2012.

The workshop has been generously sponsored by:



Committed to Moving your Memories

Scholarships are available for mothers of low-income families, please contact Patti Herbst at 708.588.0833 for more information.

