

Pathways to Parent Support & Training

April 16, 2010: Manage Stress for Lifetime Health!

Next Meeting

Join us as PPST meets on Friday, April 16th, 2010 from 7pm to 9pm.

Topic

No one has a completely stress-free life, but some seem to have a better handle on stress management. Join us in October as Jennifer Mayer guides us toward reducing stress for optimal health. We'll discuss what stress is, how it affects your health, and some positive ways to manage it. Jennifer will help us take a look at goal setting and the role that healthy relationships play in managing stress. Jennifer Mayer has worked for Priority Partners MCO for the last 3½ years and teaches for the Community Health Advocate Program. She holds a Bachelors degree in Clinical Psychology and is currently pursuing a Master's Degree in Health Science at Towson University.



What is PPST?

PPST is a group specially designed for parents and caregivers of children with speech and language delays/disorders. PPST is run and sponsored by the SPEECH PATHways Foundation, a non-profit organization. The first group of its kind in Carroll County, PPST offers parent training and support. Meetings include a meet and greet, a guest lecture on various topics, and Q&A time. Trained professionals and other parents/caregivers are on hand for support and guidance. For more information, visit www.speechpathwaysfoundation.org.

Who can attend PPST?

PPST is open to the community. You do not have to have a child receiving therapy from SPEECH PATHways to attend. However, it is necessary to **RSVP to reserve a seat**.

Where does PPST Meet?

PPST meets at the Non-Profit Center in Westminster, which is located at 255 Clifton Boulevard.

RSVP Please!

PLEASE RSVP to SPEECH PATHWAYS at 410-374-0555 or kim.bell@speechpathways.net, including your name and phone#.

About the SPEECH PATHways Foundation

SPEECH PATHways is the only comprehensive pediatric speech-language pathology clinic in Carroll County, Maryland, offering services since 1999. Owner Kimberly A. Bell, M.S., CCC-SLP, has been a speech and language pathologist for over twelve years. She and her associates offer a wide variety of specialized pediatric programs in addition to traditional speech and language services. In 2007, Kimberly organized the nonprofit SPEECH PATHways Foundation in 2007 to help provide funding and speech therapy resources for those who might otherwise not be able to afford services. The PPST Group is one of the Foundation's active support services.