



Parents Helping Parents
*Building Bright Futures
for Children with Special Needs*



FIRST 5
SANTA CLARA COUNTY

Special Topics in Special Needs

Facilitated by Parents Helping Parents & Financed by FIRST 5 Santa Clara County

Approaches to Stress Reduction for Parents of Children with Special Needs

Brandy Vanderheiden, MFT, SEP

Tuesday, January 27th, 2014

9:00 a.m. – 12:00 p.m.

In this innovative and engaging workshop, Brandy Vanderheiden, MFT, SEP, will discuss the psychological impacts of prolonged stress that are common to parents of children with special needs. She will focus on why understanding how your body processes stress could be your most useful tool for reducing it. Attendees will learn how to identify signs of stress not only in thoughts, behaviors, and emotions, but in physiological cues, along with suggestions to use indelible improvement in stress-reduction. When stress is lowered, connection, ease, and joy are more possible within the family.

Brandy Vanderheiden is a licensed Marriage and Family Therapist who specializes in trauma and accumulated stress. She uses a method that combines traditional therapy with an understanding of the nervous system's natural stress producing systems. Since 2008, Brandy has been working with FIRST 5 as a Family Partner and now a Family Resource Center coordinator. She has a private practice in Mountain View. For more information about her work, please visit <http://www.soulmindyoga.com>

This training is free. Pre-registration is required. Certificates of attendance are issued at the end of the series indicating hours earned against the Infant-Family Early Childhood Mental Health Guidelines. CEUs available for LMFTs and LCSWs. Designed for FIRST 5 partners, other local professionals and parents.

Location: Parents Helping Parents
Sobrato Center for Nonprofits – San Jose
1400 Parkmoor Avenue, Suite 100, San Jose, CA 95126

Registration: Call or email Zoe Folger at (408)727-5775 x187 or zoe@php.com
Online registration also available.