

12/13/23

Upcoming Webinar

MO DDD & You: Practicing Self-Care During the Holidays

December 19, 2023
12:30 p.m.

This Division of Developmental Disabilities 30-minute lunch and learn webinar will focus on identifying and managing caregiver stress. Participants will learn how to recognize and respond to stress and hear about resources and opportunities available to help manage stress.

Presenters:

- Lisa Nothaus, Supporting Families Lead

Target Audience:

- Self-Advocates
- Families
- Caregivers
- Individuals
- Other interested individuals

[Click to register](#) for the webinar. Registration is also available on the [Upcoming Webinar Webpage](#).