

An informational alert prepared by Fifth Freedom
Information courtesy of About Special Kids (ASK)

A Life with Stress, Balance and a Plan February 2 in Fort Wayne

Parents of children with special needs can live with added emotional, medical, social and financial challenges. These extenuating circumstances can lead to loneliness, depression, marital and family problems, and health issues. On February 2, About Special Kids (ASK) will present an informative training for family members of children with special needs. Learn to identify causes of stress, ways to cope, and the importance of good communication.

**A Life with Stress, Balance and a Plan
February 2
1:00 pm to 3:00 pm
Mad Anthony's Children's Hope House
7922 W Jefferson Blvd.
Ft. Wayne, IN 46804**

This training is \$10 for family members and \$25 for professionals. Register here:
<http://fifthfreedom.org/lel>.

For questions or more information, contact Cindy Robinson at asktraining@aboutspecialkids.org or 800-964-4746. To learn more about ASK, visit <http://www.aboutspecialkids.org>.

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