



# JUNE 2019

## EDUCATIONAL SESSIONS

### ADVOCACY OPEN LAB

This opportunity is intended to provide resources to families and self-advocates. Attendees will be given information on local advocacy groups and online resources, including how to send online feedback to representatives. The advocacy open lab will have computers available. Arrive when you can and stay as long as you like. Light refreshments will be provided.

**Monday, June 10th at 10:00 am-4:00 pm** at Community Living's Administration building, 1040 St. Peters Howell Road, St. Peters, MO 63376

*NO RSVP NECESSARY*

### ILA INFORMATIONAL SESSION

Learn about our Independent Living Assistance program, which provides services to adults who have a desire to live on their own. Some of the ways ILA staff assist people in the program include meal planning, transportation to appointments and financial planning. This session is offered two times. Dinner will be provided at the evening session.

**Thursday, June 13th at 10:30-11:30 am / 6:30-7:30 pm** at Community Living's Administration building, 1040 St. Peters Howell Road, St. Peters, MO 63376

*RSVP BY TUESDAY, JUNE 11TH*

### CAREGIVER MINI-SEMINAR FOR STRESS MANAGEMENT



At these short sessions, we will learn stress management and relaxation techniques from Barnes-Jewish St. Peters staff. This meeting's theme: meditation.

**Thursday, June 20th at 7:00-7:45 pm** at Barnes Jewish St. Peters Hospital, 6 Jungermann Circle, MOB #1, Suite 117, St. Peters, MO 63376

*RSVP BY WEDNESDAY, JUNE 19TH*

### CAFÉ CHAT HOUR FOR CAREGIVERS

This is an opportunity for caregivers to network with one another! Arrive when you can and stay as long as you like. Light refreshments, coffee and tea will be provided.

**Wednesday, June 26th at 10:30-11:30 am** at Community Living's Administration building, 1040 St. Peters Howell Road, St. Peters, MO 63376

*NO RSVP NECESSARY*



**RSVP:** Lauren Hall , Volunteer and Outreach Coordinator, at  
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