



Stress and the Working Parent

Have you noticed when stressed, you tend to react to others differently—argue with your partner, yell at your children, lash out at a co-worker or totally shut down? When under stress, do you find yourself parenting in ways you vowed you *never* would? Stress can have a negative impact on your home and work life. It also can affect your children's behavior. During this training, you will:

- ◆ Explore the influence of stress on the lives of working parents and children;
- ◆ Learn how to identify adult and child stress behaviors;
- ◆ Strategize specific real-life work and home stress scenarios;
- ◆ Find individualized ways to help manage and reduce your stress level and decompress through the week.



Presenter Biography

David Brueshoff is a dynamic speaker and Professor in the Family Studies Department of Concordia University. He brings years of presentation experience and a thoughtful, humorous and engaging presentation style.

DATE

September 17, 2009 from 12-2pm

TIME

FEE

\$25.00 (Includes Lunch-Scholarships Available)

LOCATION

University of Minnesota
Rochester, University Square
111 S. Broadway, Room #417

**RSVP by
Sept 10**

Call First Steps
(507) 282-1027 or email
rsvp@rochesterarea.org

