



SEPAC Presentation  
for  
Parents & Professionals

# Stress & Self-care

Wed, February 29, 2012  
7:00 - 9:00 pm

[NSD Administrative Center](#) 3330 Monte Villa Parkway, Bothell, WA 98021

## *Caring for yourself while you take care of others*

*Those who care for kids with disabilities are routinely subjected to stress, sometimes LOTS of stress, day in and day out, with little or no break. Most adapt, many normalize, few complain, but everyday stress over prolonged periods takes a toll on the mind, body, and spirit, at times without awareness.*

*Whether working in criminal justice, emergency rooms, domestic violence, or providing routine care, trauma exposure similarly influences burnout, numbness, and an inability to be present or fully engaged in one's day-to-day life.*

*SEPAC welcomes Laura Vandernoot Lipsky, a trauma worker, an award-winning author and acclaimed international speaker, who uses humor, storytelling and a no-nonsense approach to inform caregivers and others exposed to continued trauma or stress.*

*Whether you work in or around trauma, teach or provide care for others, you will take something memorable from this entertaining evening.*

### **NOTE: NO CHILDCARE PROVIDED!!**

For directions to the Presentation, go to [www.nsd.org](http://www.nsd.org) and click on [Contact Us](#).  
To learn more about SEPAC, please check our website [www.sepacnsd.org](http://www.sepacnsd.org)  
or email us at: [questions@sepacnsd.org](mailto:questions@sepacnsd.org)

*SEPAC (Special Education Parent/Professional Advisory Council) is a group of parents, professionals and administrators who work together for the benefit of the children who have special needs in the Northshore School District.*

*In case of inclement weather, SEPAC follows NSD procedures. Check the [NSD website](#) for updated info.*

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