



FOCUS ON
DIRECT CARE PROVIDERS
**Stress Response
and Resilience**

Offered by the Health and Wellness Division of the Howard County Office on Aging and Independence in partnership with the Local Health Improvement Coalition

Friday, December 13 • 2:30 TO 4:30 PM
NORTH LAUREL 50+ CENTER
9411 Whiskey Bottom Road, Laurel 20723

THIS SEMINAR WILL REVIEW

- the components of trauma and the process of recovery
- the range of stress responses of those caring for persons who have experienced trauma
- effective clinical approaches to recognize signs of the stress response and strategies for coping
- ways to cultivate resilience and promote post-traumatic growth

PRESENTER — **Maria Mouratidis, PsyD**, Professor of Psychology and Chair of the Departments of Psychology and Criminology, Notre Dame of Maryland University

\$15 per person | Board-Approved Social Work CEU's are available

REGISTRATION DEADLINE — **MONDAY, DECEMBER 9** — **REQUIRED FOR ALL ATTENDEES**

REGISTER AT — www.hocostressresponse.eventbrite.com

FOR MORE INFORMATION, CONTACT

KAREN HULL • khull@howardcountymd.gov • **410-313-7466** (VOICE/RELAY)

If you need this information in an alternate format, contact Maryland Access Point at map@howardcountymd.gov or 410-313-1234 (voice/relay). If you need accommodations to participate, contact the office at least one week in advance.