



Joshua's Path/BOOST Disabilities Services Spring 2020 Educational & Empowerment Virtual Seminar Series

Supporting people with developmental disabilities

Free and open to the community | Presented via Zoom

**Thursday
May 7, 2020
7:00 p.m.
to 8:00 p.m.**

Tips & Strategies for the Quarantined Caregiver

Feeling burnt out? Checked out? Zoomed out? Take care of yourself so you can take care of your loved one with a developmental disability. Learn how to fill your toolbox with easy-to-follow strategies that can help eliminate stress, anxiety, and fatigue during this quarantine. This workshop will also help you to encourage independence and self-determination in your loved one with a disability.

Educator: Alison Nyman, L.C.S.W

**Tuesday
May 12, 2020
10:30 a.m.
to 12:00 p.m.**

Letters of Intent, Special Needs Trusts and Able Accounts

It is incorrect to assume that financial planning is strictly for the wealthy. This workshop addresses the importance of financial and estate planning for people with developmental disabilities, including letters of intent, special needs trusts, beneficiaries and trustees, Able Accounts, benefits of using a financial planner, and how to find an experienced and honest financial professional to address your specific needs.

Educator: Melissa L. Barnhardt, Esq., Wells Fargo

**Thursday
May 21, 2020
7 p.m.
to 8:00 p.m.**

How to Do Your Best AND Do Better: A Practical Guide to Growing Through Challenges

By now we've all seen enough sayings on the internet that encourage us to turn challenge into opportunity- but how? On a practical level, mindset will only get you so far. This workshop will give the practical tools you need to successfully overturn the challenges that come your way!

Educator: Sheva Ganz, Expressive Arts Therapist, Divorce & Parenting Coach

Register at: www.jfsbroward.org/calendar-new/seminars-and-support-groups

For more information, please contact Samantha Sehter, Joshua's Path Program Manager

Phone: 954-909-0815 | Email: ssehter@jfsbroward.org | www.jfsbroward.org



Jewish Federation
OF BROWARD COUNTY

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County**
Jewish Abilities Alliance

