



**Stark County
Board of
Developmental
Disabilities**

promoting self-
advocacy, and in
partnership with:



- Amore' Ltd
- Blick Clinic
- Harold & Rhonda Carter
- Family Disability Services
- First Christian Church
- House of Grace Residential Services
- Life Bridge Services
- Midwest Health Services
- Northeast Developmental Services, Inc.
- Pegasus Farm
- Siffrin, Inc
- TWI
- United Partners in Care
- X-Excel
- XL Developmental Services

Be the **GOOD**

Help | See | Share

Join us for our May Meeting:

Stress Busters: Activities to Help You Relax

In recognition of Mental Health Awareness Month, come learn some basic activities to help Bust Your Stress and relax. Stations will include:

- Art Therapy
- Deep Breathing/Mindfulness
- Better When I'm Dancin'
- Laughter is Good for the Soul
- Drumming to Your Own Beat

When: May 16, 2024

Time: 11 a.m. - 1 p.m.

NOTE: Doors open at 10:30 am.;

Program will start promptly at 11 am

Where: **Stark County Board of Developmental Disabilities**

2950 Whipple Ave. NW, Canton, OH 44708

Lunch will be:

Pizza, Chips, Dessert and Water

provided by Stark DD

This is a FREE event; but you **must RSVP** so we can plan for food.



RSVP by Friday, May 10

to Sara Anderson,

Stark DD

Advocacy Program assistant,

at

andersons@starkdd.org