

Merrimack Special Education Support Group  
December 15, 2009

Meeting started at 7:00 pm Fifteen people were in attendance.

Topic: **Overwhelmed No More! Strategies for Balanced Living for Parents of Children with Special Needs**

Joan Celebi, Founder and President of SpecialNeedsParentCoach.com and certified life coach was the evenings featured speaker. Life as a parent of a child with special needs can be overwhelming, especially around the holidays. The workshop was designed to help parents learn a practical proven step-by-step process for creating a manageable, balanced life-for themselves, their children and their families.

Discussions centered around managing time and stress, attracting joy, prioritizing essential daily needs into a busy schedule, and managing life during crisis times.

More information about Joan Celebi can be obtained at her website:  
<http://www.specialneedsparentcoach.com/>