



KY-SPIN
Kentucky Special Parent Involvement Network

EFMP Family Support

**Fort Knox Exceptional Family Member Program (EFMP)
Presents**

LUNCH & LEARN



Stress Management (for the Caregiver)

Tips, strategies and ways to help relieve the stress that comes from everyday life situations.

October 18th, 2023, 12-1pm (ET)

[Register Here](#)

<https://tinyurl.com/mr4xxha7>