

MRA Transition Specialties Division One Day Conference

MRA Transition Specialties Division is hosting a one day conference to learn about the effects of stress and the body, finding balance as it relates to mental health, self-care, SMART goals, mind-body practices and integration, and more!

Participants in the one day conference will walk away with knowledge, practical skills, and strategies to implement into their work with transition-age youth, as well as for their own lives. Topics covered will assist professionals in supporting the youth they work with to become more independent and self-sufficient as they transition into adulthood and employment.

Tuesday, June 18th, 2019

8:00am - 4:00pm

Registration/Check In: Begins at 8:00am

Location: Best Western Dakota Ridge

3450 Washington Drive Eagan, Minnesota (free parking)

For more information contact Alex Breiland at mnrehabtransition@gmail.com

Agenda

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|-----------------|------------------------------------|
| 8:00am-8:15am: | Registration |
| 8:15am-9:45am | Session 1 - Vicky Schleeter |
| 9:45am-10:00am | Break |
| 10:00am-12:00pm | Session 1 cont'd - Vicky Schleeter |
| 12:00pm-1:15pm | Lunch (On Your Own) |
| 1:15pm-2:30pm | Session 2 - Christine Paul |
| 2:30pm-2:45pm | Break |
| 2:45pm-4:00pm | Session 2 cont'd - Christine Paul |



**** 6 General Clock Hours of CRC CEUs available pending CRCC approval**

Sponsored by:

Transition Specialties Division (TSD)

A division of the Minnesota Rehabilitation Association (MRA)

MRA Transition Specialities Division

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Location: Best Western Dakota Ridge

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Registration Form: (One per person)

Name: _____

Title: _____

Organization: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Requested Accommodations: _____

Registration Fees:

_____ Transition Division Member \$50

_____ Non-Transition Division Member \$80

_____ Late Fee for Registrations after June 14th \$5

Payment Methods:

_____ Check included with Registration Form

_____ Purchase Order to MRA (Please attach a copy of PO with registration, if available)

_____ Payment via Venmo app to **MRA-TransitionDivision** (Please include your name in subject line)

Make Checks Payable to **MRA Transition Division** and mail with registration to:

Jessica Norem

Vocational Rehabilitation Services

540 Fairview Ave N, Suite 103

St. Paul, MN 55104