



## May Meeting

### Building Your Bounce: Self-Care for the Care-Giver

Presented by Stephanie Adamkin  
Delambre, MS Licensed  
Psychological Practitioner



Approved for 1 R-CERP and 1.2 CEUs for Nurses  
**Join us! May 7th, 2024 In-Person  
and Virtual from 6:00-8:00pm**

The Paddock  
700 Main St, Shelbyville, KY 40065

*Light fare provided, onsite  
Barista available for paid drinks*

The first 15 in -  
person attendees  
receive a gift!

RSVP by emailing

[rebekah.scroggy@gmail.com](mailto:rebekah.scroggy@gmail.com)

\*Remember you will need to either  
attend by having your yearly dues  
paid or pay \$10 to attend





PLEASE POST/DISTRIBUTE

# BUILDING YOUR BOUNCE: SELF-CARE FOR THE CARE-GIVER

Presented by Stephanie Adamkin Delambre,  
MS Licensed Psychological Practitioner

Stephanie is a Masters level psychologist who specializes in working with the early childhood population (birth-5), attachment issues in childhood, early childhood trauma, and perinatal mental health issues, in addition to working with children, adolescents, and their families who are struggling with emotional, behavioral, developmental, and social disorders. I am passionate about helping each child, parent, and family be the best they can be by finding interventions and supports that work for their unique situations

**Goal of the session: Participants will learn the difference between and key factors in Resilience and Self-Care while being provided with examples and an opportunity to practice various methods of self-care.**

By the end of this presentation, participants will be able to:

1. Participants will be able to identify 4 adult protective factors for Resilience
2. Participants will be able to identify 5 areas of therapeutic self-care
3. Participants will be able to identify 3 self-care practices they can use at home after training



**Board Meeting: 6:00-7:00pm**  
**Event Time: 7:00- 8:00 pm**



**May 7, 2024**



**In-Person at The Paddock  
and Virtual via zoom link**

**The Paddock**  
**700 Main St, Shelbyville, KY 40065**

*Light fare provided, onsite Barista  
available for paid drinks*

**Free for KLIC Members (\$30  
annual due) or \$10 if not a  
member. Please email Rebekah  
at [rebekah.scroggy@gmail.com](mailto:rebekah.scroggy@gmail.com) to  
RSVP or with any questions.**



**CEUs and CERPs will be  
provided upon program  
completion. This presentation  
is approved by the Kentucky  
Board of Nursing (KBN) for 1.2  
"Contact Hours", provider # 5-  
0033, expiration date 12-31-25.  
IBCLE approved 1 R-Cerps**



**SCAN  
HERE!**





# Social Calendar

**HOT**

## MAY QUARTERLY MEETING

WHERE: IN PERSON and VIRTUAL

The Paddock

700 Main St, Shelbyville, KY 40065

WHEN: May 7th

TIME: 6:00 PM

## FACILITATING BREASTFEEDING IN BABIES WITH DOWN SYNDROME

2 L-CERPS for \$50

Thursday, May 9th 7-9pm via Zoom

## 5TH APPALACHIAN BREASTFEEDING CONFERENCE

October 11-12, 2024

Burr Oak Lodge Glouster, OH \*In Person Only Conference\*

## SAVE THE DATE

Save the date for Lactation on the Levee in Newport KY

## Interested in advertising with KLIC?

Send Rebekah Scroggy an email at [rebekah.scroggy@gmail.com](mailto:rebekah.scroggy@gmail.com)

