



# BALANCE4kids

Join us for an informative presentation by  
**Dr. Heidi Morgan , BCBA-D (Board Certified Behavior Analyst)**

## Self Care Planning

Often times, we are focused on our students, their behavior, their skills and their plans -- without having one for ourselves.

At this session, we will discuss having BEFORE and AFTER care plans -- for ourselves. We all work with the same 24 hours per day; some of us can spare five minutes and others one hour.



Bio: Dr. Heidi Morgan is board certified as a behavior analyst (BCBA-D) by the Behavior Analyst Certification Board and credentialed School Psychologist. She has worked in the field of developmental disabilities since 1993 in numerous certified residential- and school-based positions. Dr. Morgan consults with Level 4I facilities throughout the San Andreas Regional Center catchment area and is licensee of three Level 4I facilities in Santa Cruz County. She has a host of special interests, one of which includes photographing persons with developmental disabilities and their caregivers.

**Location: In the cottage at the Balance office**

**4500 Soquel Dr, Soquel**

**January 11, 2017**

**Time: 5:30pm to 7:30pm**

**For more information and to RSVP:**

**BALANCE4kids 464-8669**