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| Barstow Acres Children’s Center, LLC  Awarded FY 21 MOTA Grant  Calvert HEED (**H**elp **E**ducate to **E**liminate **D**iabetes | |
| **Funding from the Minority Outreach and Technical Assistance Grant (MOTA) is providing awareness, screenings, and prevention programs to help combat health disparities, specifically the high number of minorities in Calvert County with Diabetes (Type II) w/ emphasis on mental health.** | **REGISTRATION**  **INFORMATION**   **To register click on the link:** **Cbpseminars.org**  **Go to Homepage, then calendar to the date of the training and click on the link**  **For inquiries send e-mail:**  **barstow.acrescc@yahoo.com**  **Office #: 410-414-9901**  **Grant Director:**  **Sonia Hinds – cell: 240-535-1433**    **ALL PARTICIPANTS WHO REGISTER, COMPLETE ASSESSMENT AND ATTEND WEBINARS WILL BE ELIGIBLE FOR A DISCOUNTED MEMBERSHIPS AT RESULTS FITNESS.**  **EACH WEBINAR WILL PROVIDE A CHANCE FOR PARTICIPANTS TO WIN A $25.00 Gift Card.**  FOR MORE PROGRAMS INFORMATION VISIT <https://childrencenter.net/> |
| FREE WEBINAR SERIES |
| **#1 October 27, 6-7:30 PM**  **Introduction of the MOTA Grant & Staff**  **Brief Self-Assessment/ Diabetes: Risk Factors for Stress, Anxiety**  **& psychosocial aspects contributing to non-compliance**  **Diabetes Across the Lifespan: What you Need to Know**  **Sonia Hinds & Joshua Goldberg** |
| #2 November 18, 6-7:30 pm **Diabetes: The Effects of Stress, Anxiety & Depression on the Family**  **Sonia Hinds & Goldberg Family** |
| #3 December 15, 6-7:30 pm **Diabetes: Parenting a Child with Diabetes: Impact on the Family**  **& Parenting Strategies**  **Sonia Hinds & Goldberg Family** |
| #4 January , 6-7:30 pm **Diabetes: Impact on Education and Role of Spirituality**  **Sonia Hinds, School Nurse, Spiritual Leader** |
| **Please share this information**  **Pre-registration is required.**  **Sessions are FREE** |