



New MyODP Podcast:

A Moment of Choice: Give Me a Break!

We all have a choice in how we react to something that isn't working for us. So too for the people we support. But, do they have the skills to react in a way that is productive? We will talk about those skills and how you can help someone cope with situations that may not be working for them.



How Do I Listen?

Visit us on the [MyODP Podcast page](#) to Listen!

The MyODP Podcast is now available on major Podcasting Platforms!
Click on the links below and subscribe to get notified of recent episodes!



NOTICE: This confidential message/attachment contains information intended for a specific individual(s) and purpose. Any inappropriate use, distribution or copying is strictly prohibited. If received in error, notify the sender and immediately delete the message.