



O'Berry Center Foundation, Inc.

The [O'Berry Center Foundation](#) works to improve the quality of care for persons with developmental disabilities in Wayne and Lenoir counties by providing staff, parents, and other community agencies with information and resources on caring for those with developmental disabilities. A needs assessment conducted by O'Berry Center Foundation staff indicated that stress management was the most requested training; Ribbon of Hope grant funds were used to provide educational seminars on this topic. Speakers included a stress management expert, and a nationally renowned expert in dementia. Evaluation data indicated that the majority of participants agreed that the seminars were useful and relevant and that they would attend future workshops related to stress management.