



CRPA SUMMER QUARTERLY



Tuesday, May 19, 2026



SCHEDULE:

- 10:00 am - 10:30 am: Registration
- 10:30 am - 12:30 pm: From Overwhelmed to Empowered (0.2 CEU's)
- 12:30 pm - 2:00 pm: Lunch & Networking

LOCATION:

New England Brewing Co.
 5 Indian Neck Avenue
 Branford, CT 06405

THANK YOU TO OUR SPONSORS!

Lunch Sponsor (\$850)

Drink Ticket Sponsor (\$600)

Coffee Break

YOUR LOGO COULD BE HERE

YOUR LOGO COULD BE HERE



Proud Representative of **Burke**

REGISTRATION:

Town/Org: _____ Email: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

- 1. _____ Title: _____ Member \$55 Non-Member \$65
- 2. _____ Title: _____ Member \$55 Non-Member \$65
- 3. _____ Title: _____ Member \$55 Non-Member \$65

**if more than 3 registrants, please use additional forms*

PAYMENT INFORMATION:

Total: \$ _____ Invoice Check Credit Card (CRPA will email you an invoice which is payable online)

CANCELLATIONS, REFUNDS, AND LIABILITY:

CANCELLATIONS/REFUNDS: No refunds will be issued for cancellations made after 5/1/26. Cancellations must be received in writing via email to info@crpa.com or val@crpa.com. Should CRPA cancel the event or the event be canceled due to a government shutdown (force majeure) your choice of either a refund or a credit for the 2027 event will be issued. Please note, all refunds will be issued via check, regardless of initial method of payment.

PHOTO RELEASE: CRPA, Inc. reserves the right to use photos of attendees for marketing purposes including but not limited to: print advertisements, online, and social media.
LIABILITY: CRPA, Inc. and the New England Brewing Company and their employees and volunteers will not be responsible for any injury, illness, exposure to illness, loss or damage that may occur to the attendee, nor to the attendee's employees from any cause whatsoever, prior, during, or subsequent to the period outlined on this registration. The attendee, on submitting this registration to CRPA, expressly releases and agrees to hold harmless the above-mentioned CRPA, Inc. and the New England Brewing Company and their employees and volunteers from any and all claims for such loss, damage, injury, illness, or exposure to illness. Attendee(s) are personally responsible for observing health and safety guidelines and/or laws outlined by the federal, state, and local authorities including but not limited to: wearing face coverings, maintaining social distance, and/or sanitization standards.

10:30 am - 12:30 pm: From Overwhelmed to Empowered (0.2 CEUs)

Join CRPA as we help you prepare for your busy season. Learn how to better **manage stress** while navigating the endless cycle of getting **pulled a thousand directions** and the **extreme multitasking** required of our **busy camp, aquatic, and parks season**. Back by popular demand, Diane Lang, will help equip session participants with **practical tools to navigate high-stress environments** with greater clarity and confidence. Participants will explore the causes and costs of pressure, **identify personal stress triggers**, and **learn strategies to build resilience**, apply **emotional intelligence**, and **create sustainable balance**. Participants will **leave feeling more grounded, optimistic, and empowered** to move forward - even in demanding situations.

12:30-2:00 pm: Lunch & Networking:

Connect with fellow attendees, reflect on the session, and share strategies for maintaining balance in demanding roles. Enjoy great food, local brews, and meaningful conversation with peers who understand the challenges and rewards of the work you do.



ABOUT THE SPEAKER:



Diane Lang practicing therapist, national speaker, educator, and certified positive psychology coach, has her master's degree in counseling and is an adjunct in psychology at Montclair State University. She has written three books, and has been featured in various publications, and on TV and Internet shows. Diane speaks on various mental and emotional health topics including Happiness, Resiliency, Stress management, Parenting Positive Aging, Anxiety, and Depression in both teens and adults. Diane also specializes in Positive Psychology Positive Education and Positive Parenting. Thousands of individuals have benefited from Diane's motivational and educational speaking, trainings, and coaching. Her Hands-on approach along with her background, education and experience has proven to be beneficial to all who attend her presentation.

Return to: CRPA, 135 Day St., 2nd Floor, 2H, Newington, CT 06111
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