

EPIC and Parent Network of WNY Present...

Parenting Today...

For your children's tomorrow.



Join our sessions about raising children featuring:
Current topics • Support • New ideas • Professional guidance

October 2013 through May 2014

(Please see schedule on back)

EPIC and Parent Network Offices
1000 Main Street, Buffalo, NY 14202

To register:

Call (716) 332-4170 or

Register online: www.parentnetworkwny.org

Check your local TV and radio broadcasts for cancellation information.

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Date & Time	Topic	Description
October 11, 2013 Friday 10:00 a.m. – 12:00 p.m.	Pathways to Graduation	"What does it mean to get a Regents diploma? A local diploma? An IEP diploma? A SACC? What can you do? What can you not do? How much effort does it take? Can your child do the work? This workshop explores the options, and outlines the updates to NYS regulations."
October 22, 2013 Tuesday 6:00 p.m. – 8:00 p.m.	Toileting	"Feel like you have tried everything? Are you frustrated with the toilet training process? For some children toilet training is a challenge. Toilet training children with special needs may pose difficulty for the child and parents. This difficulty can be eased with the knowledge of a variety of techniques and strategies effective in toilet training. This training is meant to help reinforce persistence and provide hope that this challenge can be met with success."
November 5, 2013 Tuesday 6:00 p.m. – 8:00 p.m.	Holiday Behavior and Anxiety	Holidays can be challenging for everyone, especially for some individuals with disabilities and their families. This workshop will give you strategies to help reduce stress and anxiety, and help make your Holidays more enjoyable.
November 19, 2013 Tuesday 10:00 a.m. – 11:30 p.m.	Communicating with Teachers	Emphasizes the importance of good communications between home and the school. Parents discuss ways in which they can become involved in the education of their child and identify topics that they should discuss with their child's teacher. Reinforces the importance of listening and responding in an informative and sensitive manner and explores different communication styles.
December 3, 2013 Tuesday 10:00 a.m. – 11:30 p.m.	Love is a Powerful Vitamin	Promotes the understanding of the power of love in a child's life. Activities include identifying ways to show love to children, sharing reasons why each participant's child is lovable and discussing adults' need for love. Includes a discussion of a destructive situation in which a parent seems overwhelmed and unable to show love toward the children.
December 17, 2013 Tuesday 6:00 p.m. -8:00 p.m.	ASD: An Overview	In this workshop participants will learn about Autism Spectrum Disorders (ASD) and will discuss how and why Autism Spectrum Disorders are diagnosed and by whom. The workshop will also cover learning styles, recent research and ways to promote success at home, school and in the community
January 14, 2014 Tuesday 10:00 a.m. – 11:30 a.m.	Setting Limits	Describes the importance and advantages of setting limits for infants and toddlers. Identifies reasonable limits for infants and toddlers and specifies some appropriate ways to set these limits.
January 28, 2014 Tuesday 6:00 p.m. – 8:00 p.m.	Sexuality...Having the Conversation	Participants will understand the importance of early and ongoing discussion about sexuality and appropriate social behaviors for individuals with disabilities. Tips will be provided to encourage a more comfortable conversation.
February 4, 2014 Tuesday 6:00 p.m. – 8:00 p.m.	Preparing for a Meeting	Parents and individuals with disabilities have the opportunity to participate in various meetings with professionals throughout a school year including the annual Committee on Special Education. Participants will walk away with tips on how to be prepared, organized and learn how to be a powerful advocate.
February 18, 2014 Tuesday 10:00 a.m. – 11:30 a.m.	Guiding Your Child's Behavior: Positive Discipline	Examines the things that motivate children's behaviors, both negative and positive. Identifies strategies for encouraging healthy, appropriate behaviors in children, as well as those that encourage children to develop self-discipline.
March 4, 2014 Tuesday 10:00 a.m. - 11:30 a.m.	Balancing Work and Family Life	Discusses the challenges that working parents may have in "doing it all." Parents develop strategies for managing their work and home life and the stress that accompanies this balancing act.
March 18, 2014 Tuesday 6:00 p.m. – 8:00 p.m.	Bullying and Students with Disabilities	How do students with disabilities cope with bullying? Participants will learn advocacy skills and how supports and services can be built into an Individualized Education Program (IEP) to promote social growth.
April 8, 2014 Tuesday 10:00 a.m. – 11:30 a.m.	Learning Through Play	Helps parents understand the importance of play and its role in learning social skills and forming relationships. Identifies play activities appropriate for infants and toddlers.
April 22, 2014 Tuesday 6:00 p.m. – 8:00 p.m.	Preparing for High School: Now what?	Do you attend school planning meetings for your middle school child/student? Beginning at age 15, an Individualized Education Program (IEP) is required to provide a section for the student's future called a transition plan. Participants will develop an understanding of graduation requirements and the transition process by focusing on identifying the student's interests, strengths and needs for all areas of life.
May 6, 2014 Tuesday 10:00 a.m. – 11:30 a.m.	Right vs. Wrong: Character Development	Helps parents gain a greater understanding of what character is and how it develops. Increases awareness of the influence families have in the moral decision making of young adolescents, helping them live by values of their own that are positive and productive.

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