



FREE PARENT WORKSHOPS



Sponsored by the Special Education Resource Center located at White Oak School
Baltimore County Public Schools Office of Special Education

2018 DAYTIME WINTER WORKSHOPS

Let's Talk Series...

A series of **free** workshops presented by Tana Hope, Ph.D., the Child and Family Therapy Clinic of the Department of Behavioral Psychology at Kennedy Krieger Institute.

Talk One: January 31 10:00 a.m.–12:00 p.m. White Oak School

HELP, MY CHILD IS ANXIOUS! UNDERSTANDING ANXIETY AND HOW TO HELP YOUR ANXIOUS CHILD

An overview of anxiety disorders and how they develop will be discussed. Additionally, the speaker will address common difficulties seen in anxious children; current treatment options for anxiety; and, what parents can do to help their anxious child.

Talk Two: February 7 10:00 a.m.–12:00 p.m. White Oak School

ADHD - INTERVENTION STRATEGIES FOR HOME AND SCHOOL (for parents of school age children with ADHD)

Specific strategies that have proven to be successful for improving your child's behavior and successful learning will be provided. Topics covered will include home-school communication, social interactions, executive functioning/organizational skills, behavioral self-control, and homework/class work completion.

Talk Three: February 14 10:00 a.m.–12:00 p.m. White Oak School

BEHAVIOR MANAGEMENT AT HOME

Effective home behavior management strategies for use with elementary age children and teens will be discussed. Specific emphasis will be on how to most effectively improve your child's behavior at home. Ways to increase cooperation, foster prosocial behavior and promote positive family interactions will be explored.

Talk Four: February 21 10:00 a.m.–12:00 p.m. White Oak School

OVERCOMING DEPRESSION: FUNCTIONAL COPING SKILLS FOR PARENTS TO SHARE WITH THEIR TEENS AND TWEENS (NEW IN 2018!)

Depression in Tweens and Teens is quite common, and the consequences can be devastating. In this workshop, parents and caregivers will learn about causes of depression, how to identify signs of depression versus naturally occurring teen moodiness, prevention strategies that can be completed by parents and/or their child, and how to assist your child through their depression.

Location: White Oak School, 8401 Leefield Road, Baltimore, MD 21234

Workshops are for adults only, NO childcare available. If Baltimore County Public Schools are closed or open two hours late, workshops will be cancelled. In the event of a one hour late opening, workshops will still be held

REGISTRATION REQUIRED AND IS LIMITED!


To register, please call or email the Special Education Resource Center

Phone: 410-887-5443

E-mail: serc@bcps.org

Let us know in advance of any accommodations you may require.



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Understanding Your Parental Rights & Maryland Procedural Safeguards Notice

This 28 page document is provided to parents and legal guardians when they attend an IEP meeting on behalf of their child. The notice is designed to protect the rights of children with disabilities and their parents or legal guardians. The workshop will provide an in-depth explanation, page by page, to promote greater understanding of the parental rights and procedural safeguards provided by federal and state laws. Instructor: Leslie Seid Margolis, Managing Attorney, Disability Rights Maryland

February 6 10:00 a.m.–12:00 p.m. White Oak School

Sensory Strategies at Home and School

Participants will learn about sensory processing, identify how a child's seven senses process information and discover sensory processing strategies to support children's participation in home and school routines.

Instructor: Beth George, Occupational Therapy Team Leader, BCPS Office of Special Education

February 13 10:00 a.m.–12:00 p.m. White Oak School

SST and 504: What's It All About?

Participants will learn about the role of the Student Support Team (SST) in problem-solving and addressing complex student needs. The various team functions will be discussed, including SST screening, developing and monitoring general education interventions and supports through individualized SST Plans, considering Section 504 eligibility and developing and monitoring 504 Plans. In addition, participants will learn the similarities and differences between 504 Plans and IEPs, and discuss tips for working collaboratively with school staff. Instructor: Beth Lambert, BCPS, SST/504 Facilitator

February 20 10:00 a.m.–12:00 p.m. White Oak School

Understanding Your Child's IEP

This workshop is designed to give parents a more in depth examination of the components of your child's Individualized Education Program (IEP) document. A closer look at the IEP will help you learn what you need to know to become more effective as an equal member of your child's IEP team. Participants must bring a copy of their child's current IEP.

Instructor: Conya Bailey, Compliance Supervisor, BCPS Office of Special Education

March 13 10:00 a.m.–12:00 p.m. White Oak School

Naviance Training (NEW IN 2018!)

Naviance is a college and career readiness software program that provides middle and high school students with college planning and career assessment tools. BCPS middle school students, high school students and their parents have access to this online resource. Parents that attend this workshop will learn about the ways they can use Naviance to assist their child with goal setting, career exploration and eventually, the college application process. Instructors: BCPS Office of School Counseling Melanie Martin, Coordinator, Jennifer Abbe and MaatenRe Ramin, Specialists

For Middle School Parents	February 27	10:00 a.m.–12:00 p.m.	White Oak School
For High School Parents	March 15	10:00 a.m.–12:00 p.m.	White Oak School

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