



Parents Reaching Out

FALL Newsletter

We want to invite you to come to the workshops and support groups we are having this month. We offer a variety of workshops to meet the needs of families and professionals across the state at no cost. If you are in need of sign language interpretation or any other assistance accessing the workshops, please call us when you register or at least a week prior to the workshop at (505) 247-0192.

**Making Connections-Virtual
Support Group
Wednesday, September 7th,
11:00am-12:30pm**

Come to our monthly family-to-family support group. Share your experiences parenting your child or grandchild with disabilities and connect with others who relate to your journey.

[Register](#)

Making Connections

VIRTUAL
FAMILY
SUPPORT
GROUP



**Developing the Dream:
Individual Family Service Plan
Tuesday, September 13th,
10:00am-12:00pm**

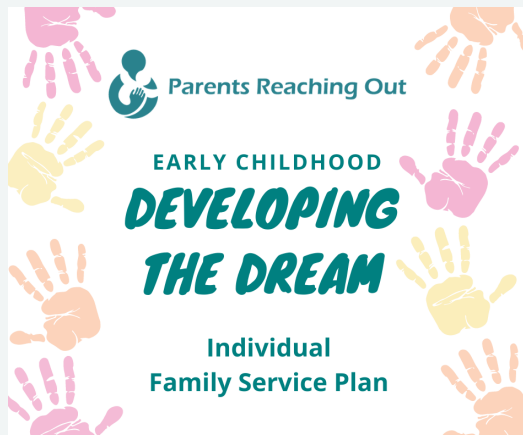
Learn about Early Intervention for infants and toddlers from birth to 3 years old and what it means for your family. Discover how the Individual Family Service Plan (IFSP) builds on strengths & goals for your child and family, Find out about the roles and responsibilities of the family service provider.



Parents Reaching Out

EARLY CHILDHOOD
**DEVELOPING
THE DREAM**

Individual
Family Service Plan

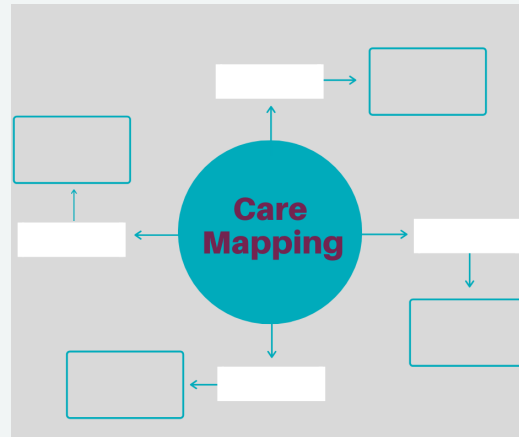


[Register](#)

Care Mapping
Thursday, September 22nd,
10:00am-11:30am

Come learn about the care mapping process that guides and supports the ability of families and care professionals to work together to achieve the best possible health outcomes.

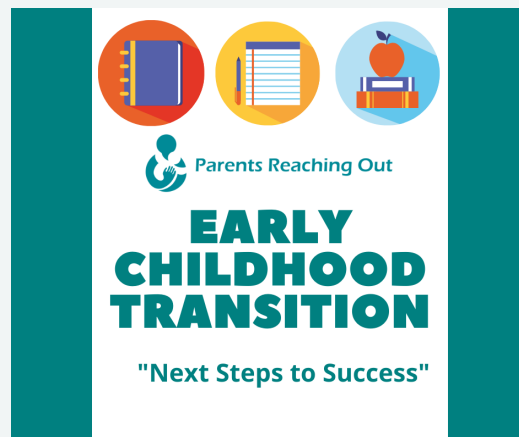
[Register](#)



Next Steps to Success
Early Childhood Transition
Tuesday, September 27nd,
10:00am-12:00pm

Learn about the Early Childhood transition from birth to 3 yr old program into the pre-school setting for 3 & 4 yr old. Learn about other supports for your young child, ways to build relationships through good communication, find out about the IEP Process and your role on the IEP team.

[Register](#)



Do you want to change special education policy?

Join us to...

- Enhance your knowledge of the Individuals with Disabilities Education Act (IDEA)
- Develop your advocacy skills with legislators
- Influence change in the next IDEA reauthorization

Who can participate?

Parents or caregivers of children with individualized education programs (IEPs) **and** students (aged 14-26) with IEPs

What will I do?

- Attend a **free** 6-hour training focused on IDEA and legislative advocacy
- Participate in a focus group about advocacy in special education
- Complete three surveys to document the effectiveness of the training
- Be videotaped (for less than three minutes) sharing your concerns about IDEA

When and Where?

- After completing the pre-survey, we will let you know whether you will be participating in the training on October 29, 2022 (from 10 am-4 pm) or April 29, 2023 (from 10 am-4 pm)
- The training will be in the Albuquerque area



All participants will receive:

- Two \$25 gift cards (\$50 altogether)
- Your edited videotaped testimonial with your legislators' contact information so you can forward your concerns to your legislators.

If you are interested in participating, please complete the online registration and pre-survey here:

Parents and caregivers:

<https://redcap.link/rjdeu3ec>

Youth:

https://redcap.link/youth_pre-survey

This study is funded by the Spencer Foundation; the study is in collaboration with Parents Reaching Out.

If you have questions, contact:

Zach Rossetti - zsr@bu.edu, 617-353-6419, or
Meghan Burke - megahnbm@illinois.edu, 217-300-1226

Parent/Caregiver

Youth

Information and Resources

Back-To-School Toolkit

"Back-to-school can be overwhelming. To help parents navigate this process, NewMexicoKidsCAN has put together a back-to-school toolkit for families. The toolkit includes tips, questions to ask, and resources to help make the back-to-school process easier."

New Guidance Helps Schools Support Students with Disabilities and Avoid Discriminatory Use of Discipline

New guidance released today from the Department of Education's Office for Civil Rights (OCR) and Office of Special Education and Rehabilitative Services (OSERS) helps public elementary and secondary schools fulfill their responsibilities to meet the needs of students with disabilities and avoid the discriminatory use of student discipline.

[Read More](#)

Stress-Busting Program for Family Caregivers™



Do you provide care for a loved one with a chronic illness?

You Are Not Alone

- Being a family caregiver is stressful
- This program:
 - Provides education and support
 - Teaches stress management techniques
 - Helps caregivers develop coping strategies
- Program available at no cost **PLEASE CALL TO REGISTER.**

Who: Family caregivers of a loved one with a chronic illness

What: Multicomponent program

- Meets 90 minutes/week for 9 weeks
- Groups of up to 6 people

When: New class starts

- October 4 Tuesday 10 am Mountain Time
- October 4 Tuesday 1 pm Mountain Time

Where: Online using Zoom

Call soon as classes quickly fill up!

"I was at a very low point in my life. This program saved my life."

Participant



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For more information, contact:

Sharon Lewis 830-377-1484
slewis2@unm.edu

NOW HIRING!

Education Program - Full Time Position

- **Do you have a passion for the disability community?**
- **Do you like helping others?**
- **Bilingual is a plus.**
- **Join Our Team!**

For more information email:
rcorabi@parentsreachingout.org

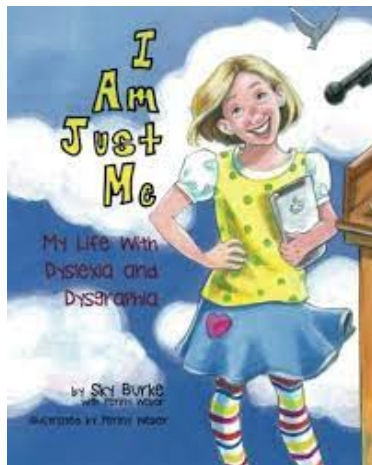


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Call 505-247-0192 | www.parentsreachingout.org



Reading Recommendation



I Am Just Me: My Life With Dyslexia and Dysgraphia

"A one-of-a-kind true story of a little girl with Dyslexia and Dysgraphia, who is striving to overcome her learning disabilities by self-advocating for herself and gains permission by the school to use an iPad to help her learn. This is a true story written by a special child, Sky Burke, age 12, with a co-author, and illustrator Penny Weber for children and adults."

[More Information](#)



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