

# Save the Dates!

## BRIDGES Parent Trainings for 2011-2012

Parents and Professionals Welcome!



- October 10, 2011:** **Sensory Integration/Sensory Processing Disorder:** What is it? How does this impact my child? Does your child struggle with sensory issues such as: food aversions, oversensitivity/undersensitivity to touch, movement, sights, sounds, smells, tastes, etc.? If so, Shelli Spurling and Karen Barth, Occupational Therapists, will help parents gain a better understanding of what SPD (Sensory Processing Disorder) is and will provide ideas and ways to help children both at home and in the classroom. Shelli currently works with preschool and elementary aged students and Karen works with middle and high school students. **Register by Oct. 3<sup>rd</sup>**
- November 7, 2011:** **Successfully Coping with ADHD at Home/School:** Mary Ann Mulcahey PhD, Program Coordinator for Springer, will present about ADHD and Executive Function: Promoting Consistent Behaviors at Home. Learn how to work with ADHD children at home while partnering with school for greater academic success. Examples of topics covered: Getting your child up and out in the morning; making sure homework is returned; dealing with forgetfulness, fostering compliance with rules, and connecting strategies between home and school. **Register by October 31<sup>s</sup>**
- November 28, 2011:** **The \$mart Money Series for Special Needs Planning:** The Arc of Southwest Ohio and Paragon Financial Group will present on making your money work for you. Information and How 2's including: wills, trusts, government benefits, guardianship, formal and informal supports which capture your vision for the future and make it a reality for your family. Participants will receive the ARC Future Planning Book. **Register by November 21<sup>st</sup>**
- January 17, 2011:** **A Positively "Positive Approach" to Understanding ADHD:** Don't miss this positive approach to changing negative perceptions of ADHD. Become educated on what it truly means to live with ADHD and how expert, Joyce Kubic, who is an ADHD coach and an adult with ADHD, sees this as the best thing that ever happened to her! Watch a video and learn how we've spent far too much time focusing on "what's wrong with this picture" instead of learning how to take our positive qualities and use them to overcome our more challenging concerns. She will also share strategies to help parents/children cope with living with ADHD. **Please note: This training only is on a \*\*\*Tuesday\*\*\*!**  
**Register by Jan 10<sup>th</sup>** **\*Snow Date: April 17<sup>th</sup>\***
- February 6, 2012:** **Youth and Family: Insights on Resiliency:** All children and families need support and strength from time to time. Youth and families who have special challenges such as; anxiety, depression, social/emotional/behavioral challenges, and/or mental health concerns are likely to need more support than the average individual. Terre Garner, founding member of the Ohio Federation for children's Mental Health will: highlight tools to strengthen kids and families, present strategies for parents/students as they navigate challenging times, present resources/supports that families can access for help, provide tips on collaborating and working with schools, and will share ways to recover and move forward in spite of challenges. Terre will also share her personal journey with her own son. This journey is what has led her in the direction to help other families and individuals. **Register by Jan. 30<sup>th</sup>** **\*Snow Date: March 5\***

**At: Nagel Middle School: Media Center**  
**1500 Nagel Rd**  
**Cincinnati, OH 45255**

**6:30 PM-8:30 PM**  
**Light Snacks and Drinks Provided**  
***\*But No Pizza this year\****

To register: Contact: Tina Brophy, Parent Resource Coordinator  
At [Tinabrophy@foresthills.edu](mailto:Tinabrophy@foresthills.edu) or 616-6111

