



Maine Parent Federation

Parent Training and Information Workshop Descriptions

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Phone 207-588-1933 Toll Free in Maine 1-800-870-7746
Website: www.mpf.org www.startingpointsforme.org
Email: parentconnect@mpf.org (2.15.11)

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All of the workshops in this booklet are developed with the interests and needs of families of children with special needs and disabilities in mind. Providers and educators who work with families can also benefit from these workshops.

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INTRODUCTION

Maine Parent Federation, Inc. (MPF) is a statewide private non-profit organization that provides information, advocacy, education and training to parents and professionals to benefit all children. We promote individual aspirations and community inclusion for people with disabilities. In existence since 1984, MPF is physically located in Augusta, Maine, but assistance is available on a statewide basis.

Through our projects, individuals can receive information about specific disabilities, parenting issues, education, services, support groups and other resources available to assist families and professionals within the home, school and community.

The workshops outlined in this booklet are made possible through a variety of state and federal funding sources including:

- ❖ U.S. Department of Education, Office of Special Education and Rehabilitative Services
 - Statewide Parent Information Network (SPIN)
- ❖ U.S. Department of Education, Rehabilitation Services Administration
 - Partners in Rehabilitation and Independence in Maine (PRIME)
- ❖ Maine Department of Education
- ❖ Children's Behavioral Health Services

While the workshops in this booklet are intended for parents of children with disabilities, other projects at Maine Parent Federation also offer workshops. Please contact the office for more information on workshops or visit www.mpf.org for a complete workshop listing.

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GENERAL WORKSHOP INFORMATION

WORKSHOP SCHEDULE

Please contact the Maine Parent Federation office or visit the MPF website at www.mpf.org to check for workshops already scheduled. MPF can be reached at 1-800-870-7746 (Maine only) or 207-588-1933 or by emailing parentconnect@mpf.org.

SCHEDULING A WORKSHOP

If you, your group, school, agency or organization is interested in scheduling a workshop or would like more information about our workshops, please contact us at 1-800-870-7746 (Maine only) or 207-588-1933 (central office) or email us at parentconnect@mpf.org. Due to the many requests we receive for our workshops we respectfully request that you give us at least 30 days notice when requesting one of our workshops. We make every attempt to reasonably accommodate all requests. Please NOTE: Registrations of less than 10 may require cancellation or rescheduling of the workshop.

WORKSHOP LENGTH

With the exception of the Maine Parent Federation Overview, all workshops in this booklet are two hours in length. We are happy to work with you to adjust the presentation time to meet your needs.

WORKSHOP FEES

Workshop Fees for Parents:

There is no charge for parents or parent groups.

For agencies:

A donation to Maine Parent Federation is suggested from professional groups..

DONATIONS

As a grant-funded, statewide non-profit agency providing education, support, advocacy and training on behalf of all families with children as well as the professionals who support families, MPF welcomes donations at whatever level is affordable.

OFFICE HOURS

Monday through Friday 8:30 AM – 4:30 PM

Walk-Ins welcome during regular business hours.

After hours please leave a message or email us. We are interested in speaking with you and will return your call the next business day.

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TOPIC AREA: COMMUNICATION

CAN YOU HEAR ME NOW?



This beyond the basics workshop provides an up close and personal look at advocacy and communication skills. Discover how to be more assertive without becoming aggressive. Learn to recognize signals such as body language and more. What are some of the feelings and driving motivators that are behind what is said and heard? How can you turn a difficult conversation into a win-win outcome? This interactive journey of discovery assists participants in becoming more effective communicators by taking an in-depth look at how people interact. *(2 hours)*

MAKING PEACE WITH CONFLICT: WEATHERING THE STORM



What is conflict and why is it so hard? We all have individual tendencies or styles we use to manage---avoid---or resolve conflict. Through discussion, reflection and interaction, participants will become familiar with some of the common terms and tools used to manage conflict. Participants will have the opportunity to explore various approaches to resolve conflict, and identify strategies that can be used to resolve future conflicts. This workshop provides an opportunity to view conflict resolution from the eye---or calm center---of a hurricane and leave with strategies that can help you in weathering the storm. *(2 hours)*

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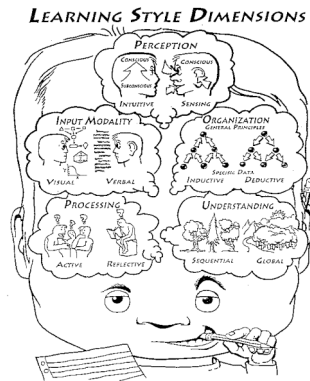
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TOPIC AREA: LEARNING STYLES

GREAT MINDS DON'T THINK ALIKE!

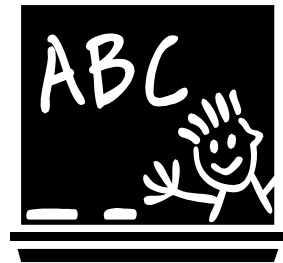
You won't want to miss out on this opportunity! Explore the world of learning styles and multiple intelligences (MI). Through inquiry and interaction, participants learn about their personal learning preferences and discover ways to put their styles to work for them. If you have attended learning styles or MI workshops before, join us again and see what new insights you discover about yourself and those around you. *(2 hours)*



TOPIC AREA: SPECIAL EDUCATION

SPECIAL EDUCATION: THE 3 R'S: RIGHTS, RESPONSIBILITIES AND RESULTS

Come on board as we maneuver through the maze of recent changes in the current Special Education Regulations. Join in the discussion as we explore the ABC's and learn the 3 R's of special education. Discover how to ensure your participation in meetings that address desired educational outcomes. Gain knowledge of strategies for making the most of the Individualized Education Program (IEP) or Individual Family Service Plan (IFSP) meetings. We invite you to bring your insights and questions to this vital workshop. *(2 hours)*



DEVELOPING IEP'S: A STEP-BY-STEP GUIDE



When a student receives special education services, an Individualized Education Program (IEP) is developed that specifies the special education supports and services the student will receive. Parents, as equal members of the IEP team, participate in the development of the IEP. Understanding what goes into the IEP, how to write an IEP and how to participate in the process can seem like a daunting task. Using the Maine Department of Education's IEP form, parents will gain an understanding of the various aspects of the IEP, participate in writing parts of the IEP and discover how to be a full participant in the process. *(2 hours)*

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TRANSITION TO KINDERGARTEN: A NATURAL PROGRESSION

Changes and transitions affect us all. You or your child may feel overwhelmed by all the changes. Preparing for your child's transition to kindergarten is an exciting and, at times, chaotic journey. For parents of children with disabilities and special needs, the transition from Child Development Services (CDS) to public school can seem confusing and overwhelming. Learn some of the changes to expect as you and your child move from the pre-school to the public school experience. Visit us at this exciting workshop and discover how to orchestrate the transition process and feel more comfortable with the changes that will take place. *(2 hours)*



SPECIAL EDUCATION: ANSWERS TO FREQUENTLY ASKED QUESTIONS



Participants are encouraged to join in the discussion as we explore the current Special Education (SPED) Regulations, look at answers to some frequently asked Special Education questions, and review the legacy of SPED. You will receive a copy of the Maine Unified Special Education Regulations and learn how to navigate through it. This workshop provides participants a chance to discover and share strategies for making the most of the Individualized Education Program (IEP) or Individual Family Service Plan (IFSP) meetings. You are invited to bring your own questions and insights. *(2 hours)*

TOPIC AREA: CHALLENGING BEHAVIORS AND POSITIVE SUPPORTS

WHY CAN'T JOHNNY B. GOODE AT SCHOOL?



This workshop has an emphasis on how to use the Functional Behavioral Assessment (FBA) to develop a Behavior Intervention Plan (BIP) for children receiving special education services. Supporting your son, daughter or student in positive ways can be challenging. But, how do you do that? Come explore with us and discover tools that will help him or her learn new skills and responses. *(2 hours)*

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WHY CAN'T JOHNNY B. GOODE AT HOME?



In this 'spin-off' from our popular *Why Can't Johnny B. Goode at School?* workshop, the discussion on challenging behaviors continues. The focus shifts from school to home. All children misbehave, but for some children that behavior is more frequent, intense and challenging. During this workshop participants will gain an understanding of some causes of challenging behaviors. Approaches that can be made at home that work for the whole family, not just for the child, will also be covered. Strategies that can impact in positive ways on a child's behavior will be discussed, and parents will learn some simple ways to take care of themselves. (2 hours)

TOPIC AREA: TRANSITIONS

(FOR PARENTS OF YOUTH WITH DISABILITIES AGES 14-25)

FROM ADVOCACY TO SELF-ADVOCACY: MOVING ON AND LETTING GO

We all know that a parent is their child's first advocate. For parents of children with disabilities, that advocacy takes on a heightened meaning. As children get older, it becomes important to begin the process of shifting advocating for your child to helping your child become their own advocate. Moving on and letting go isn't easy. It doesn't happen overnight. In this workshop, participants will explore some skills needed for self-advocacy and look at ways to begin to let go. Participants will discuss the opportunities that exist to help children begin the journey to becoming their own self-advocate. (2 hours)



TRANSITION FROM HIGH SCHOOL: TAKING FLIGHT

All parents want their child to be the 'pilot' of his or her future, but how do you get there? If you have a child receiving special education services and they are approaching transition age (14 and up), or are already transition age, this is the workshop for you. During this workshop participants will explore ways to prepare for their child's future and how to involve their child in the planning. You will also learn about the IEP requirements for transition plans and begin the process of developing a transition plan for your son or daughter. The information covered can be used to prepare for transition planning at future IEP meetings. Make transition from high school a more pleasant journey by flying with MPF. (2 hours)



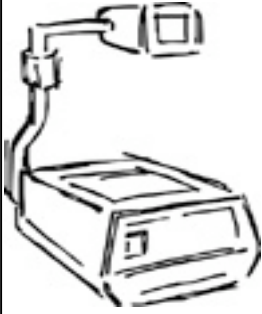
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TOPIC AREA: MPF RESOURCES

MAINE PARENT FEDERATION (MPF) OVERVIEW



Formed in 1984, Maine Parent Federation Inc. has evolved from a single project to multiple projects. Getting the word out about all the services and supports that MPF offers is of vital importance. We are dedicated to assisting people, families and children become all they desire through information and training. The MPF Overview is a great way to explore what our organization is doing to support families in Maine. Our knowledgeable staff offers resources to you, your family and professionals across Maine. To find out more about how our organization and the services we offer, can work collaboratively with you or your organization, call today and schedule this presentation. This workshop is presented at no cost to all groups. *(Length based on individual/group needs)*

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