

Archangel Michael Special Needs Family Support Ministry

Meeting Dates and Topics

Meetings will be held once a month on Tuesday at 7:30 pm. We will have three meetings at 10:30 am to accommodate those who cannot make the evening time.

September 25th @ 7:30 pm: Meet and Greet: We will get together to catch up on summer events and have an opportunity to share the plans for the upcoming sessions for the 2018-19 year.

1. **October 30th @ 7:30 pm:** Supporting the Anxious Child: In this session, participants will discuss the different faces of anxiety and ways to support the anxious child.
2. **November 27th @ 10:30 am:** Giving it to God: In this session, we will discuss ways to let go, trust and leave it in God's hands. We will learn from each other how we each use our faith to help us during difficult times.
3. **December 18th @ 7:30 pm:** Dietary Supports: In this session, participants will discuss how our dietary choices can affect our children. We will also discuss benefits and myths of popular diets.
4. **January 29th 7:30 pm:** The Other Sibling: In this session, participants will look at how the siblings of the child with special needs are feeling. We will discuss the benefits and challenges for that sibling. The participants will leave with strategies to support the other child.
5. **February 26th @ 10:30 am:** Supporting the Picky Eater: In this session, participants will discuss the strategies to help your picky eater start loving a variety of healthy foods. We will share how to have meals with less tears and frustration.
6. **March 26th @ 7:30 pm:** Supporting your Child Through Supplements and Natural Methods: In this session, participants will discuss natural methods to support your child's mood and behavior. We will share alternative methods as well as give helpful resources.
7. **April 30th @ 7:30 pm:** Dealing with Others Point of View: In this session, participants will share their experiences with positives and negatives of family, friends and society's views on raising a child with special needs.
8. **May 21st @ 10:30 am:** Parent Self-Care: In this session, participants will identify where in their life they have become overstressed, overwhelmed, and overworked. They will learn the importance that self-care plays on parenting and create a new self-care regimen.
9. **June 18th @ 7:30 pm:** Summer with your Special Needs Child In this session, participants will discuss ways to structure your summer so that your child experiences success.