

Archangel Michael Special Needs Family Support Ministry

Tentative Meeting Dates and Topics

1. **October 3, 10:30 am:** When Life Turns Different Than planned In this session, participants will develop recognition of the initial disappointment or sense of loss of being the parent of a child with special needs. They will identify the differences between hope, dreams and expectations and the reality of their situations. They will create their new vision and goals for their family.
2. **October 24, 7:30pm:** Diagnosis, Now What? In this session, participants will discuss the steps to take after diagnosis to make sure that their child thrives. We will discuss the steps to getting services, specialist as well as getting the most out of your child's current program.
3. **November 14, 7:30pm:** 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.
4. **December 12th, 10:30 am:** 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. **January 16th, 7:30 pm:** The Perfect Parent Trap In this session, participants will discuss the perspectives and expectations we put on ourselves as parents. We will break the myth of the "perfect parent" and instead look at realistic expectations for ourselves as parents.
6. **February 13, 10:30am:** Effective IEP Meetings In this session, participants will discuss the steps for a productive IEP meeting. Participants will be given resources to support them in getting the most out of their meeting.
7. **March 13, 7:30pm:** Response VS Reaction In this session, participants will learn the difference between response and reaction. They will discuss where they have the most difficulty being responsive. Participants will be given tips on how to get to response.
8. **April 17, 10:30am:** Meltdowns and Tantrums In this session, we will look at the difference between a meltdown and a tantrum and where each of our children might fall into. Participants will be given top strategies to support a meltdown.
9. **May 15, 7:30pm:** Planning for Summer
10. **June 5, 10:30am:** Going Out with Our Special Needs Child In this session, participants will discuss difficulties around going shopping, visiting families, and vacationing with the special needs child. Participants will be given strategies and resources for to make it easier to venture out as a family.