Late October and November 2016 Events/Information

THE JOURNEY

By: Lisa Pittman

“I want to share my journey because my eyes have been opened to just how important any support can be with a child that has special needs.”

I have worked in Human Services for going on 12 years now, working primarily in the trenches of Child Protective Services as an investigator of child abuse and neglect. I have fought the good fight all hours of the day and the wee hours and nights included. I have seen many of the darker moments of humanity while in this profession. I have seen poverty in its most vivid colors in these homes. I have comforted crying children that must now leave their homes after enduring what no child should ever endure. I have taken them from their home and everything that they are used to, and dropped them off at group homes, therapeutic foster homes, regular foster homes etc. Leaving pieces of my heart with them as they must now navigate a totally new environment after having suffered in what was supposed to be a safe haven, what we call home. I have joined with these families in battling addiction, mental health, and the fight to sustain a life and the activities of daily living so that their children can remain in the home. My heart has been broken as I have watched these families unravel and lose those heartbreaking battles that life has thrown at them...

Please click here to read the whole story.

TIPS TOOLBOX

Gluten-Free Peanut Butter Cookies

Ingredients:
- 1 1/2 cups ground flaxseed
- 1 cup of unsweetened, all-purpose flour
- 1/4 cup of sugar
- 1/2 cup of applesauce
- 1/4 cup of vanilla extract
- 1/4 cup of unsweetened applesauce

Directions:
1. In a bowl, combine egg, sugar, and vanilla extract. Add in peanut butter and chocolate chips and stir until well combined.
2. Drop dough about 1 tablespoon of dough and roll into a ball. Place on greased baking sheet and flatten with a fork.
3. Bake at 350°F for 12 to 15 minutes.
4. Let cool for a couple of minutes before transferring them to a cooling rack.

Visit our website at www.parent2parent.appstate.edu
ANNOUNCING A TRAINING FOR PARENTS OF CHILDREN WITH DISABILITIES!!!

Please Join us on:

October 18th at Hardin Park School

Angie Hicks, WCS Speech Language Pathologist, will present regarding

Executive Functioning and Organizational Skills

Training will be from 5:30 to 6:45.
(The first fifteen minutes will be an open time for attendees to eat a light dinner. The session will be a large group session for the last hour.)

*****Child care and homework help will be provided.

FREE WORKSHOP

Fetal Alcohol Spectrum Disabilities (FASD)

- What is FASD
- How is it diagnosed
  * What are the primary disabilities
  * What are the secondary disabilities

Presenters: Vickie and Richard Horodyski

Richard & Vickie Horodyski both have a BA from the University of Wisconsin-Whitewater. They have both worked for 35 years and provided 30 years of hospice care in the state of Wisconsin. They became the first diaper parents to have to speculate in FASD. Of the seven children fostered in their home, they adopted two of them. Richard and Vickie have attended FASD supporting groups, University of Washington, and the International FASD Parent Support Group in Kentucky, as well as attending the Kentucky FASD Conference. They facilitate the FASD Parent Support Group in Kentucky, Alabama for years. Vickie served as a panel moderator on the FASD Kraibli Workshop as well as a surrogate parent specializing in FASD in the public school system for children in Stark's custody.

Tuesday, October 25, 2016
2:00-4:00 p.m. For Service Providers (Snack provided)
6:00-8:00 p.m. For Community (Light meal provided)

Wilkes Community College
Room 204 & 206 Sparta, NC

Please RSVP by October 21st

Norma Bouchard 828-262-6089 or bouchardnj@appstate.edu

Join us for our Spooky Duke 10k, 5k, & Costume March! For more information or to register, please go to parent2parent.appstate.edu or click here.
Help! Not Another Snow Day
Tuesday November 1, 2016
at 5:30pm to 7:30pm
Newland Elementary School Library

- Are snow days a struggle for you and your children?
  - Please join us to learn ways to bring structure to snow days, reduce behavior problems and make snow days more enjoyable! Make and take activities will be provided.
  - Julie Reed Neel, MA, PA will be our presenter. She is a certified Prolific Discipline Parent Educator and affairs parenting classes for ASU staff, family members, and the general public.
  - Workshop, Child Care, and Dinner will be provided at NO COST.

Contact Hope Watkinson to register at 828-265-5391 ext. 217. Register by 10/24/16.

Sponsored by
Avery Children's Collaborative and Appalachian State University

Special Needs Respite Events
For children or adults with special needs, and their siblings — large motor area, sensory room, play room, pet therapy, crafts, call for parents, and more! Caring experienced volunteers!
Friday, November 4th, 2016, 6:00-8:30pm
Alliance Bible Fellowship Commons
1035 NC Highway 105 Bypass
Boone, North Carolina 28607
Email for questions: rawright@skybest.com

Informed Effective Parents
A FREE Institute for the families of children with disabilities, their educators and other professionals.

When:
Saturday, November 5
from 9:30am-2:00pm

Where:
Midway Baptist Church
1779 Mt. Jefferson Road
West Jefferson, NC 28694

Do you have questions about special education and IEP’s? Would you like to become more active in developing your child’s IEP? Just need to refresh and break up on your skills? Then...
Please join us for a fun and interactive day as we explore ‘special education’ together. Meet other parents and learn more about...

- IEP’s
  - For Individual with Disabilities Education Act
  - Parental Rights and Responsibilities
  - Navigating the System
  - 504
  - Subpart B
  - Subpart C
  - Subpart E
  - Subpart F
  - Subpart G
  - Subpart H
  - Subpart I

- Alternative assessments
  - Alternative instructional strategies

- Other service providers
  - Oregon Health
  - Physical therapy
  - OT
  - Speech Therapy
  - ABA

All materials and lunch will be provided at no cost!

Educators and other professionals are encouraged to join us. Please bring a parent with you (both must register)
Triple P Positive Parenting Kick OFF
November 8th
11-1pm
Wilkes County Cooperative Extension Office
416 Executive Dr. Suite A (Wilkesboro, NC 28697)

YOU ARE INVITED!
There will be a 15 minute intro session at 12:30pm.

Lunch will be provided.

RSVP & Questions: please contact Brandy Miller at braking.miller@apphealth.com
Please RSVP By Nov 1st!
Thank you for your Wilkes Triple P Commitment.
Hope to see you there!

Saturday, November 3rd at 2:00 p.m.
The film showing began at 2 p.m. sharp (no exceptions)

WHERE:
J.C. Greene Super Sieve
Appalachian State University
Boone, NC 28607

COST per person:
$5.00 at the door CASH ONLY
$1.00 if purchased in advance at the Pierce Student Union Ticket Center

Reasonable, priced concessions are available to purchase.
CASH ONLY

No outside food or drink allowed for

WHERE TO PARK:
On campus, parking is FREE on weekends. There are some
parking along the street near 30 Greene. The Rivers Street
Packing Deck also has a list of parking. There will be signs
posted to guide you to 30 Greene from the Parking Deck.

For more resources, please go to
www.p2presources.com

Parent to Parent FSN-HC
2359 Hwy 105
Boone, NC 28607
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