

SERC PARENT WEBINARS

free trainings to support you and your child!

Winter 2021

Parenting and High Functioning Autism: Skills and Strategies to Better Support Your Child

Children and Adolescents with high-functioning autism (HFA) face many challenges. This workshop will assist parents to better understand the complexity of HFA, learn skills and strategies to improve interactions with their child or teen, and; how to reduce overstimulation, stress and anxiety; and, how to improve social interactions to bring about overall improvements in functional daily living and self-esteem. Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic Department of Behavioral Psychology at Kennedy Krieger Institute **Register via Eventbrite: Thursday, February 4, 2021 7:00-8:30 PM** <https://sercparentinghfanight.eventbrite.com> **OR Saturday, February 6, 2021 11:00 AM- 12:30 PM** <https://sercparentinghfaday.eventbrite.com>

Rethinking ADHD: What Works, What Doesn't and Why Participants will learn how to become the "surrogate frontal lobes" for their ADHD students and how to change their view of ADHD from a purely behavioral disorder to a unique brain construct that can be accommodated with highly successful outcomes. Presented by Frank Kros, MSW, JD, Transformation Education Institute **Tuesday, February 9, 2021 AND Thursday February 11, 2021 7:00-8:00 PM Register via Eventbrite:** <https://sercrethinkingadhd.eventbrite.com>

****this is a 2 part event, attendance at both sessions is recommended**

ABLE Accounts: A Savings Tool to Promote Independence and Financial Stability for Your Child's Future Maryland ABLE is a way to help people with qualifying disabilities and their families save for everyday needs, save and invest in a tax-free account, and prepare for the future without losing state or local benefits such as SSI and Medicaid Waiver services. Join us to learn about eligibility criteria, enrollment, account management, tax benefits and how to use an ABLE account to pay for qualified disability expenses. Presented by Kelly Nelson, Outreach & Communications Manager for Maryland ABLE **Wednesday, February 10, 2021 11:00 AM-12:30 PM Register via Eventbrite:** <https://marylandableserc.eventbrite.com>

All parent trainings are **free** and brought to you by the BCPS Special Education Resource Center! Register via Eventbrite links and login information will be emailed to you one day in advance. **Questions? Email: SERC@BCPS.ORG**

For more great opportunities check out our partner **Parent University.**

https://cos.bcps.org/departments/communications/family_and_community_engagement/parent_university

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Resilience, Routines and Rockin the Tough Stuff Dr. Stepanek will share insights from both her professional research in trauma and resiliency, and her personal experiences as a parent of four children with complex medical disabilities. Join this session & conversation with an award-winning author and advocate of family support, peace, and spirituality as we discuss coping with challenges and celebrating life. Presented by Dr. Jeni Stepanek, Education & Technical Assistance Specialist **Wednesday, February, 10, 2021, 7:00-8:30 PM Register via Eventbrite:**

<https://sercresilienceroutinesandrockinthetoughstuff.eventbrite.com>

Understanding Your Child's IEP This training is designed to give parents a more in-depth examination of the components of their child's Individualized Education Program (IEP) document. A closer look at the IEP will help you learn what you need to know to become more effective as an equal member of your child's IEP team. Presented by Leslie Seid Margolis, Managing Attorney, Disability Rights Maryland **Register via Eventbrite: <https://sercunderstandingyourchildsiepnight.eventbrite.com> Thursday, February 18, 2021 6:30-8:00 PM OR <https://sercunderstandingyourchildsiepdag.eventbrite.com> Tuesday, February 23, 2021 11:00 AM-12:30 PM**

TRANSITION 101: It is time for parents to move to the back seat... Breathe, you can do this! This presentation will offer an overview of the Transition process for parents of students pursuing a high school certificate of completion, what happens when your child turns 18 and why it is critical for students to participate in this process. Presented by Heather Luke, Director of Training and Education, Parents Place of Maryland **Thursday, February 25, 2021 7:00-8:30 PM Register via Eventbrite <https://serctransition101.eventbrite.com>**

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