

Scheduled Trainings with the Maine Parent Federation: Locations TBA (Dependent upon childcare needs of participants)

March 29th 5:30-7:30 p.m. Dinner and Childcare Provided

TRANSITION TO KINDERGARTEN: A Natural Progression

Description: 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 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)**

April 26th 5:30-7:30 p.m. Dinner and Childcare Provided

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)**

May 24th 5:30-7:30 p.m. Dinner and Childcare Provided

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)**

June 28th, 5:30-7:30 p.m. Dinner and Childcare Provided

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)**

July 26th, 5:30-7:30 p.m. Dinner and Childcare Provided

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)**

September 27th, 5:30-7:30 p.m. Dinner and Childcare Provided

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)**

October 25th, 5:30-7:30 p.m. Dinner Childcare Provided

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)**