

# ISSAQUAH SPECIAL NEEDS GROUP

*families helping families in the Issaquah School District*



## MISSION

- ♥ Provide networking for parents
- ♥ Discuss resources in the community
- ♥ Invite speakers on special needs topics
- ♥ Improve communication between parents and district administration
- ♥ Distribute information on issues affecting children with special needs



## MEETINGS ON THE 2<sup>ND</sup> TUE OF THE MONTH

**Tuesday, October 13, 2009**      **Roseann Popa**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**  
♥ **Open house.** Come meet other parents with special needs students from around the Issaquah School District, Help brainstorm ideas for future topics at our monthly meetings. Kick back and relax a little!

**Tuesday, November 10, 2009**      **Angela McClean**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**  
♥ **Advocating for your special needs child.** Angela McClean, Educational Consultant, will discuss ways that parents can advocate for their child at school. Angela works with parents to help develop 504 and IEP plans. She devises learning profiles which identify learning disabilities. These profiles help parents understand their children's learning strengths and weaknesses.

**Tuesday, December 08, 2009**      **Marilyn Holm**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**  
♥ **Special Services in the ISD.** Marilyn Holm, Executive Director of ISD Special Services, will discuss how our school district provides special services: Find out the meaning of those acronyms: LRCI, LRCII, SLP, etc. Hear about the transition plan for the upcoming boundary changes. Marilyn will also present information about budgets and how they affect Special Services.

**Tuesday, January 12, 2010**      **Carrie Sheppard/Mary Fuhr**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Clark Elementary Multi Purpose Rm**  
♥ **Self-regulation strategies for you and your child.** Carrie Sheppard, MEd, LMHC & Mary Gengler Fuhr, OTR/L, RYT will teach tools for uncovering sources and triggers of dysregulation. Cognitive and sensory strategies for managing anxiety, challenging emotions, behaviors, and interactions will be presented. Resources, sensory toys, and effective therapy materials will be on hand for discussion of methods for managing escalations and promoting optimal attention. The last 15 minutes of the evening will be dedicated to enhancing the participants' own self-regulation by promoting relaxation and rejuvenation. Please wear comfortable clothes and shoes for gentle movement activities.

**Tuesday, February 09, 2010**      **Sara Gardner**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**  
♥ **Helping the behaviorally challenging child.** Sara Gardner, Parent Educator, says if sticker charts, detentions, timeouts and other traditional discipline and motivational behavioral techniques aren't working, there's still hope. Learn how to reduce meltdowns, improve communication and relationships while increasing skills with a method that can be used at home, school and in the community. This presentation is applicable to both parents AND educators.

**Tuesday, March 09, 2010**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Clark Elementary Multi Purpose Rm**

**Tuesday, April 13, 2010**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**

**Tuesday, May 11, 2010**      **7<sup>PM</sup> - 8:30<sup>PM</sup> at Issaquah Middle School Commons**



## INTERESTED?

- ♥ Get on the email list! Contact Roseann Popa at [order2popa@comcast.net](mailto:order2popa@comcast.net)
- ♥ Have a topic suggestion? Send it along!