

## FAMILY LEARNING SERIES

## SPRING 2019 SESSIONS

### To Register:

Parents/Teachers/Staff: Please email [tktalbott@henrico.k12.va.us](mailto:tktalbott@henrico.k12.va.us) or call (804) 652-3787 to sign up to attend one (or more) of the workshops. Recertification points will be awarded to teachers who attend.



### Tuesday, April 16, 2019 • 6:00 - 7:30 p.m.

Gayton Public Library (Meeting Room) 10600 Gayton Road, Henrico, VA 23238

#### Choosing Quality Child Care

*Patricia Koon, Outreach and Recruitment Supervisor – Child Savers*

Choosing child care for your child is a very important and sometimes difficult decision. As a parent, you want to ensure that your child is safe and happy in a child-care environment that is fun, educational and nurturing. This workshop will discuss the different types of child care and help parents identify what quality care looks like for infants, toddlers, preschoolers, school agers and children with special needs. It will also assist parents in ways to find child care that fits their needs, and suggest community resources.

### Wednesday, April 17, 2019 • 12:00 -1:30 p.m.

North Park Public Library (Meeting Room) 8508 Franconia Road, Henrico, VA 23227

#### Parent-Child Relationships- Actions that Matter!

*Vivian Stith-Williams, Parent Resource Social Worker, Family and Community Engagement, HCPS*

This workshop helps parents understand five areas of parent-child relationships. Building these five keys in our relationships with our kids is one of the most important things we can do as parents. You will: 1) learn why parent-child relationships are key to your child's success; 2) learn five keys to strong relationships with your children; 3) share ideas with others and 4) have a chance to commit to doing one thing to strengthen your relationship with your child.

### Tuesday, April 23, 2019 • 6:00 - 7:30 p.m.

Sandston Public Library (Meeting Room) 23 E. Williamsburg Road, Sandston, VA 23150

#### "And The Survey Says"

*Steve Hixson, BSW, MBA, Prevention Services Coordinator, and Pat Hill, Ph.D., Prevention Manager, Henrico County Mental Health Services*

This workshop will share results on youth drug use from a recent Henrico County youth survey. Learn what the survey shows about parental communication and parental influence as key drug use prevention strategies, and explore resources for parents.

### Wednesday, April 24, 2019 • 12:00 -1:30 p.m.

Eastern Henrico Recreation Center (Classroom) 1440 N. Laburnum Ave., Henrico, VA 23223

#### "And The Survey Says"

*Steve Hixson, BSW, MBA –Prevention Services Coordinator & Pat Hill, Ph.D. Prevention Manager, Henrico County Mental Health Services*

This workshop will share specific results on drug use by youth as indicated by a recent Henrico County youth survey. Findings from the survey regarding parental communication and parental influence as key drug use prevention strategies will be highlighted, along with various resources for parents.



**Tuesday, April 30, 2019 • 6:00 - 7:30 p.m.**

New Bridge Learning Center (Training Room – Door 7) – 5915 Nine Mile Road, Henrico, VA 23223

### **Parent's Voice in the Special Education Process**

*Henry J. Millward, Jr., Director, Office of Specialized Education Facilities and Family Engagement – Virginia Department of Education*

Parents of children identified as having a disability play a crucial role in the education of their children. Federal and state law require that parents and school personnel work together to provide children with appropriate educational services. This session will provide information and resources about the special education process and how parents can maximize their voices, and be active participants in improving outcomes for their children. Definitions, procedures and an overview of the Individualized Education Plan will be included in this session.

**Tuesday, May 7, 2019 • 12:00 - 1:30 p.m.**

North Park Library - (Meeting Room) 8508 Franconia Road, Henrico, VA 23227

### **Transition and Student IEPs**

*Rebecca Woods and Kathryn Costly, Transition Coordinators, HCPS*

Learn about a multitude of programs offered within Henrico County Public Schools, and find out about programs and agencies that can assist with postsecondary planning for students with special needs.

**Tuesday, May 7, 2019 • 6:00 - 7:30 p.m.**

Tuckahoe Public Library – 1901 Starling Drive, Henrico, VA 23229

### **Depression and Teenagers**

*Kurt Stiefvater, LPC, Adolescent Services Clinician-Henrico Area Mental Health & Dev. Services*

Issues such as peer pressure, academic expectations and changing bodies can cause a lot of ups and downs for teens. But for some teens, the lows are more than just temporary feelings – they're a symptom of depression. The key areas of discussion will include: recognizing depression signs and symptoms; possible causes; what parents can do to help; evidenced-based treatment and when to go for professional help.

**Wednesday, May 8, 2019 • 12:00 - 1:30 p.m.**

Fairfield Public Library 1001 N. Laburnum Avenue, Henrico, VA 23223

### **Medicaid Waivers**

*Deanna L. Parker, MPA -Sr. DD Policy Analyst, Virginia Department of Behavioral Health and Developmental Services*

The session will provide an overview of the four Medicaid waivers in the commonwealth which pertain to individuals with developmental disabilities. The session will include waiver program redesign resulting in creation of the Commonwealth Coordinated Care Plus (CCC+) waiver and the three amended DD community waivers. The session will also cover the regulatory authority and description of each waiver, program application and eligibility requirements, screening process, and waiver services and support options.

**Tuesday, May 28, 2019 • 6:00 - 7:30 p.m.**

Brookland Middle School Library 9200 Lydell Drive, Richmond, VA 23228

### **Preparing for Life Beyond High School**

*Erica Daniels, School Counseling Director, (CFA10-12) Henrico High School, HCPS*

If you are unsure how to prepare your child for life beyond high school, this session will give you a short guide to the college preparation/admissions process, and to career exploration. We will touch on topics related to admission requirements, interests and skills inventories and options for students with disabilities.

