



Dear Parents/Grandparents/Guardians and Professionals,
 The MSC Department and Early Childhood Direction Center at STIC invite you to a new round of Family Education and Training Sessions at **Southern Tier Independence Center, 135 East Frederick Street, Binghamton, NY 13904. PLEASE NOTE: THIS IS OUR NEW LOCATION, see our website for directions: www.stic-cil.org.**

- For questions or to reserve your space, please contact Cynthia Meredith at Phone/TTY (607)724-2111 x349, fax 772-3602, or email sc@stic-cil.org (please put "FET" in subject line for faxes or emails. Thank you.)
- Due to State Requirements, there are limited spaces available for each session, please call to register.
- For lunch or dinner time sessions you are welcome to bring a bag lunch/dinner. Sorry, but due to budgetary restraints we are no longer able to provide snacks or beverages, please bring your own if needed.
- Please contact YOUR Medicaid Service Coordinator to let him/her know that you will be attending an FET at STIC. There is paperwork your MSC must complete for the class to count as a "waiver service."
- If you do not need FET credit as a "waiver service", come anyway! Everyone is welcome to attend - parents, guardians, friends, professionals!
- If you need a sign language interpreter or other accessibility accommodations, please let us know in advance. Our building is accessible. This flyer is available in large print and by email. Please call, email, or fax us to request either.

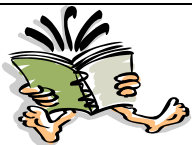
"I Want to Meet With An Educational Advocate!"

Resource people: Casey Calvey, Educational Advocate, and Beth Kurkoski,
 Parent Mentor Advocate, STIC

Wednesday February 15, 2012, 12NOON – 2:00PM, Ryan White Room



Bring your child's IEP or 504 Plan from school and discuss YOUR concerns regarding your child's education with our experienced educational advocates. Learn your rights, and how to address your concerns in a productive manner.



Kid In a Book (Organizing Your Child's Records)

Presented by Kathy Ryan, Educational Specialist, Family Resource Network

Thursday February 16, 2012, 12NOON-2PM, Lisa Theodore Room

Do you have trouble keeping track of all the papers you get from the school, doctors, dentist, counselors and therapists? Do you have all of their numbers handy? Can you remember which one you saw last? Do you have all of your child's I.E.P.'s together? Need help organizing all these important pieces of information? Come to this meeting and Kathy Ryan from the Special Education Parent Center will help you put it all together. You will leave here with the binder, tools and skills needed to organize your child's medical and educational history!

MORE ON THE NEXT PAGE!!!!!!!

Southern Tier Independence Center
 135 E. Frederick Street, Binghamton, NY 13904
 Phone/TTY: (607)724-2111; Fax: (607)772-3602; Email: sc@stic-cil.org



Increasing Your Range of Motion and Reducing Stress through Therapeutic Touch

Dacia Legge, Licensed Massage Therapist

Wednesday February 29, 2012, 6:30-8:30PM, Lisa Theodore Room

Do you or a loved one suffer from decreased range of motion, contractures or pain due to a disability or injury? Come attend this interactive FET with a partner and learn how to incorporate a variety of stretching and massage techniques that are used in alternative complimentary medicine. This workshop will also demonstrate techniques for stress reduction and relaxation. Bring your child or a partner or friend, and a blanket for hands on experiences!

Expressive Art Experience for Parents and their Children with Disabilities

Presenter: Shannon Weed, Expressive Art Instructor

Thursday March 8, 2012, 5:30PM – 7:30 PM



Join us for a parent/child interactive expressive art experience with Shannon. Bring an old t-shirt to wear as a smock. Right brain/left brain integration can be enhanced through art, as well as self-esteem and self expression. Please register one week ahead of time so we can order enough supplies.



Calming Techniques for Verbal and Nonverbal Children with Disabilities

Presented by Rachel Schwartz, LMSW, Behavior Specialist

Thursday March 15th, 5:30 – 7:30 PM, Lisa Theodore Room

Many children with disabilities struggle to find and appropriately use calming techniques to manage their own emotions. Please join us for a discussion on how you can help your child learn to use more effective calming techniques.

Ten Advocacy Strategies Every Parent Must Know

Presented by Julie Michaels-Keegan, Esq.

Co-sponsored with Family Resource Network

Tuesday March 20, 2012, 9:00AM-12NOON



Julie Michaels Keegan is a Special Educational Attorney!
Come learn strategies to effectively advocate for your child in the education system!

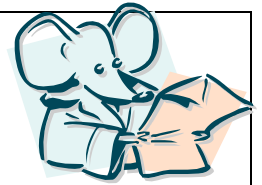
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Understanding FBAs (Functional Behavioral Assessments)

Presented by Julie Michaels-Keegan, Esq.
Co-sponsored with Family Resource Network

Tuesday March 20, 2012, 1:00PM-3:00PM



Julie Michaels Keegan is a Special Educational Attorney!
Learn the ABCs of FBAs!

Schools use Functional Behavioral Assessments to create behavior intervention plans (BIPs) for children with behavioral issues. Come learn what they are, how they are used, and what you need to know about them.



Insights into the Experience of Growing Up with a Disability

Presented by Susan Link, supervisor of Peer Counseling, STIC, and guests

Thursday April 10, 2012, 10AM-12NOON, Lisa Theodore Room

Hi, My name is Susan Link and I am a person who has lived all of my life with a disability. As I have become older I have had new labels added to my disabilities. I am asked often what is it like growing up with a disability and how have I survived? There are a lot of what I call survival skills that not only do I still use but I pass on the others. I would like to take this opportunity to share with you and to answer any questions that you might have as well. Why does my son or daughter do this? or that? How can I help my child be more interactive? Just to name a few. Please join me for an informal discussion of what it was like for me, and what it might be like for your child.

Using Social Stories and Social Scripts with your child

Presented by Rachel Schwartz, LMSW, Behavior Specialist

Thursday April 19, 2012, 5:30 – 7:30 PM, Lisa Theodore Room



Many children with disabilities miss social rules or 'cues', which negatively impacts their performance or participation in activities. Social Stories and Social Scripts are tools that can help your child pick up the cues they miss, better understand social expectations, and learn more appropriate behaviors in specific settings. Come join us for a conversation about how you can use these tools to help your child.



Overview of Assistive Technology

Presented by Cheri Robinson, TRAIID coordinator (Technology Related Assistance for Individuals with Disabilities) and Accessibility Consultant, STIC

Wednesday April 25, 2012,

2 times to choose from: 10AM-12NOON or 6:00PM-8:00PM,

Alli Acker Room Downstairs

Presentation will include information about services provided by the Technology Related Assistance for Individuals with Disabilities (TRAIID) Project, device demonstrations including assistive communication devices, computer access hardware/software, environmental control units, adaptive toys and a variety of switches. Bring your questions and situations and we'll brainstorm options to increase independence!