



The Parenting Center Groups

Join Us!

Attend one or all the meetings of any group

Parenting Center groups are free of charge and open to all. Groups meet at the Board of Education Building ▪ 525 Academy Street, Maplewood, NJ

(Unless otherwise indicated)

2018-2019 Parent Groups

- **SEPAC**
- **2E (Twice Exceptional)**
- **Special Siblings**
- **Selective Mutism Parent Group**
- **ADD /ADHD Support Group**
- **Using Effective Behavior Strategies at Home**
- **Navigating the Middle School Social Scene**
- **Screen Smart Kids**

SEPAC (Special Education Parent Advisory Committee)

SEPAC is an advocacy group focused on policies, programs, and practices within the South Orange/Maplewood School District. Families and caregivers of student(s) with learning needs or students eligible for or receiving services under an IEP or 504 plan are encouraged to attend SEPAC Meetings.

This year, the community has one special education parent group as the Special Education PTO has merged with SEPAC. SEPAC provides parents with tools and information to work collaboratively with the school district and to be more effective advocates for their children with special educational needs. Our meetings consist of featured conversations/ presentations as well as support, resource sharing, and the ability to connect with other members of the special education community. Meetings with featured topics are our attempt to get those with similar concerns in the same room at the same time but **all** are always welcome!

Questions?

website: sepacsoma.org

Email: sepacsoma@gmail.com

Location: Central Office District Meeting Room, unless otherwise specified

- **September 25** - General Support Meeting/ Voting for New Executive Board ***Note Change of Location to: CHS room D16**
- **October 24** - Understood.org presenting on creating an IEP Binder
- **November 27** - Support Meeting for families with preschoolers and newcomers to SEPAC
- **December** - social event for families, details TBD
- **January** - date TBD, Renay Zamloot, Educational Advocate to speak
- **February 26** - support for families of secondary students
- **March 27** - Support for families of out of district students
- **May 22** - General support for all families/ end of year wrap up

2E (Twice Exceptional) Parent Support Group

A child with remarkable ability whose performance is impaired by physical and/or learning disabilities is considered twice exceptional, or 2E. SOMA 2E helps local families connect and share their concerns, experiences, and resources. SOMA 2E leadership communicates with SOMSD administration on issues that affect twice exceptional children.

Questions?

Please email sonyaselig@gmail.com,

or find us on Facebook <https://www.facebook.com/groups/soma2e/>

Dates: First Wednesday, bi-monthly:

October 3, 9:30 am

December 5, 9:30 am

February 6, 9:30 am

April 3, 9:30 am

June 5, 9:30 am

Special Siblings

Youth led support group, with Laura Reichgut LCW, for siblings (Grades 5-8) of people with special needs.

Do you ever feel like it is difficult to have a sibling with special needs? Do you sometimes feel like you're alone, and there isn't a place to share your thoughts or feelings? SPECIAL SIBLINGS gives you a free, safe space to talk to other kids in the same situation. We have snacks! Please join us!

Parents/Caregivers: These are kids only, drop-off meetings. There is an adult present to help guide and support the discussion.

Questions?

Email somaspsibs@gmail.com

All meetings are 4:00 pm - 5:30 pm at The Parenting Center in the BoE Building.

October 15

November 19

December 17

January 14

February 11

March 18

April 8

May 20

Selective Mutism Support Group

A support group for families with an SM child to share stories, experiences, support and resources. The goal of the group is to smooth out the journey for parents, teachers, and students in overcoming and dealing with Selective Mutism.

Questions or can't wait for the next meeting date?

Contact Kathleen Hong at kitkathong@earthlink.net.

Meetings will be held 7:00 - 8:30PM on the third Tuesday of the month (dates listed below).

October 16

November 20

January 15

February 19

March 19

April 16

Using Effective Behavior Strategies with Our Kids to Help Them Create Peace & Harmony at Home & at School

Join this one-time group and...

Learn common behavioral triggers and how to identify behavioral triggers.

Learn techniques to improve and enhance communication with your children, adolescents, and young adults.

Learn valuable strategies to maximize the attention you are giving to on task behavior.

Learn ways to establish effective limits and boundary setting.

Led by Dr. Penny Petcher, School Psychologist and District Behavior Management Specialist

Questions?

Contact Dr. Penny Petcher, ppetcher@somsd.k12.nj.us.

Tuesday January 15th, 7:00 p.m. in the District Meeting Room

ADD/ADHD Parent Group

The *ADD/ADHD Parent Group* offers parents of elementary and middle school children who have been diagnosed with ADD/ADHD or who have attentional difficulties the opportunity to share information, concerns and solutions. This is a supportive group open to ongoing members and "Drop-ins". "We've all been there" is our motto, so know that we have a welcoming attitude with no judgments. Please join us!

Questions?

Contact Alison Steiner at asteiner@somsd.k12.nj.us.

Meetings will be held 7:30 - 9:00PM on the third Wednesday of the month (dates listed below).

October 17

November 21

December 19

January 16

February 20

March 20

April 10 – due to Spring break and Passover the following week.

May 15

Screen Smart Kids

Screen Smart Kids is a support group for parents who are interested in exploring the ways in which technology, smart phones and social media are impacting their kids' developing minds. This group will equip families to best address the challenges of our technology immersive culture.

Questions?

Contact Claire Kaplan claireskb@gmail.com or Stephanie Bourgeois stephanieblcsw@gmail.com

Meetings will be held 7:00 - 8:30PM on the dates listed below.

- **October 29** - Are you considering giving your child their first smart phone? or have you recently? Learn how to work together with your child to set up a 'cell phone contract' that best suits your family's needs.
- **November 12**
- **January 14**
- **March 25**

Navigating the Middle School Years- Cliques, Squads , Bullying & More

Parents will discuss and practice with the School Social Worker and School Nurse how to take care of their children, themselves, and each other as they parent teens in Middle School. We'll explore strategies on how to support, guide, and direct children to succeed in Middle School - to be ready to face the day and have enough resilience to get through it.

Questions?

Please contact Eric Stoudemire, MMS School Social Worker estoudem@somsd.k12.nj.us or Julie Porter, MMS School Nurse jporter@somsd.k12.nj.us

Meetings will be held 7:30 - 9:00PM on the first Monday of each month

Oct 1

Nov 5

Dec 3

Jan 7

Feb 4

Mar 4

April 1

May 6

June 3