



## 2023-2024 Autism Resource Center Parent Training Calendar

**Please note ALL trainings will be held via ZOOM**

**Advanced Registration is Required by contacting [arc@sd54.org](mailto:arc@sd54.org)**

Date	Time	Class	Description
1/9,1/23,2/6, 2/21(W) 3/5 ,4/2, 4/23,4/30, 5/7	8:45-9:15	Mindful Parent Group <i>Presented by: Wanda Farnell D54 Floortime Specialist &amp; Apryl Cano ARC Specialist</i>	Reserve this time for YOU! Find ways to calm your mind and body and stay present. Join us for a wonderful group and many delightful experiences, learn to take mini breaks in your day and take care of yourself.
1/16/2024	11:30-12:15	Health Rhythms Overview <i>Presented by: Wanda Farnell D54 Floortime</i>	Receive an Overview of Health Rhythms. "HealthRHYTHMS® is a research-based group drumming program developed over 20 years ago through interdisciplinary collaboration of experts in Neuroscience, Music Therapy, and Recreational Music Making."
1/29/2024	10:30-11:15	Ways to Improve a Child's Attention <i>Presented by: Michelle Carlson &amp; Caitlin Gallagher</i>	In this presentation we will identify reasons a child may struggle to attend and discuss ways to improve a child's attention <ul style="list-style-type: none"> <li>• This class targets parents of Early Childhood &amp; Kindergarten age students</li> </ul>
2/5/2024	11:30-12:15	<i>Using a Communication System with your Tween or Teen</i> Presented by: Jennifer Podgorski and Laura Garrett AT	Do you worry about your child's communication skills as they move into the upper grades? As a family member, you are in an ideal position to naturally encourage your child to reach higher levels of communication with their communication system. Join us for a lively discussion with practical ideas to put into place the next day!
2/12/2024	11:30-12:15	Meeting Them Where They Are: Supporting behavior in the moment <i>Presented by: Steven Kitowski Sped Coordinator</i>	This session will focus on a variety of approaches to addressing student behavioral needs (e.g. "Size of the Problem," "Zones of Regulation," "Social Communication," etc.) and strategies for supporting students during moments of difficulty and engaging them in the teachable moment afterwards.



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2/26/2024	11:30-12:30 IN PERSON	Make and Take SEL- Size of the Problem <i>Materials Created by: Brittany Reilly SST</i>	Come to this class to make and take materials for a SEL lesson on helping children identify the size of the problem. This skill and lesson can help children work through their emotions and also help them come up with solutions to their problems.
3/7/2024 THURSDAY	10:30-11:15	Holding Engagement <i>Presented by: Kim Vancura SST</i>	Take a dive into engagement, what it look like for our students/ children and how can we increase engagement throughout our daily activities. This course will provide an overview of engagement as well as strategies to increase engagement with students/ children. This includes how to use the prompting hierarchy and wait time to increase student/ child's buy-in to daily activities.
3/18/2024	11:30-12:30 IN PERSON	Make and Take Adapted Literacy- Spring Themed <i>Materials Created by : Isabella Caputo &amp; Mollie Pouska</i>	Create an adapted literacy activity to use and keep for your classroom .A seasonal book with visuals that will be embedded throughout the book. Spring is Here- challenging readers to sequence, characters, setting of the story.
4/8/2024	11:30-12:15	Overview of Yoga for Mental Health <i>Presented by: Wanda Farnell D54 Floortime</i>	A review of the benefits and importance of yoga to improve mental health will be provided. Reserve this time to learn about managing your self care as a caregiver!
4/15/2024	11:30-12:15	Quick Tips to Support Communication & Connection <i>Presented by: McKayla Greco, Carolyn Gruszczyk, Sylvia Borzym, Lena Hagedorn</i>	Our day often consists of many tasks and routines we engage in with our children. How do we make the most of these opportunities? Join us to learn more about taking a strength based approach to enhance your child's communication skills. We will focus on how to use core vocabulary to interact with your child during their favorite activities and routines that you may already be doing at home!
4/25/2024	11:15-12	Connection Based Approach to Feeding <i>Presented by: McKayla Greco, Liz Oliverio, Jen Kalteux D54 Feeding Specialists</i>	Are mealtimes a stressful occurrence in your household? Do you question how you will get your child to eat what you are cooking or try new foods? Join us to learn more about how to shift mealtimes to be a responsive, sensitive and supportive environment that empower our children to be happy, self-directed eaters that are internally motivated to do so!