



FREE PARENT WORKSHOPS!

Sponsored by the Special Education Resource Center located at The White Oak School
Baltimore County Public Schools Office of Special Education

2019 Winter Workshops

Registration now open!

Help My Child is Anxious! Understanding Anxiety and How to Help Your Anxious Child

An overview of anxiety disorders and how they develop will be discussed. Additionally, the speaker will address common difficulties seen in anxious children; current treatment options for anxiety; and what parents can do to help their anxious child. *Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic of the Department of Behavioral Psychology at Kennedy Krieger Institute*

Wednesday January 30, 2019, 5:30 p.m. - 7:30 p.m., Catonsville Library Meeting Room

Wednesday February 20, 2019, 5:30 p.m. - 7:30 p.m., White Marsh Library Meeting Room

Wednesday March 6, 2019, 5:30 p.m. - 7:30 p.m., Reisterstown Library Meeting Room

Wednesday March 27, 2019, 5:30 p.m. - 7:30 p.m., North Point Library Meeting Room

Understanding Your Child's IEP

This workshop is designed to give parents a more in depth examination of the components of their child's Individualized Education Program (IEP) document. A closer look at the IEP will help you learn what you need to know to become more effective as an equal member of your child's IEP team. *Presented by Attorneys from Disability Rights Maryland*

Wednesday February 6, 2019, 5:30 p.m. - 7:30 p.m., Reisterstown Library Meeting Room

Wednesday February 27, 2019, 5:30 p.m. - 7:30 p.m., North Point Library Meeting Room

Wednesday March 20, 2019, 5:30 p.m. - 7:30 p.m., White Marsh Library Meeting Room

Thursday March 21, 2019, 5:30 p.m. - 7:30 p.m., Catonsville Library Meeting Room

Registration is required and limited!

To register, please call or email the Special Education Resource Center

(410) 887-5443 serc@bcps.org

Let us know in advance of any accommodations you may require

*** Workshops are for adults only, NO childcare available. If Baltimore County Public Schools are closed, close early or evening activities are cancelled, workshops will be cancelled. ***

Daytime Winter Workshops





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Let's Talk Series

Presented by Tana Hope, Ph.D. The Child and Family Therapy Clinic of the Department of Behavioral Psychology at Kennedy Krieger Institute

Talk One:

Help My Child is Anxious! Understanding Anxiety and How to Help Your Anxious Child

An overview of anxiety disorders and how they develop will be discussed. Additionally, the speaker will address common difficulties seen in anxious children; current treatment options for anxiety; and what parents can do to help their anxious child.

Tuesday January, 29, 2019 10:00 a.m. - 12:00 p.m. White Oak School Main Training Lab

Talk Two:

ADHD - Intervention Strategies for Home and School

Specific strategies that have been proven to be successful for improving your child's behavior and successful learning will be provided. Topics covered will include home-school communication, social interactions, executive functioning/ organizational skills, behavioral self-control, and homework/ class work completion.

Tuesday February 5, 2019 10:00 a.m. - 12:00 p.m. White Oak School Main Training Lab

Talk Three:

Behavior Management at Home

Effective home behavior management strategies for use with elementary age children and teens will be discussed. Emphasis will be on how to effectively improve your child's behavior at home. Ways to increase cooperation, foster prosocial behavior and promote positive family interactions will be explored.

Tuesday February 12, 2019 10:00 a.m. - 12:00 p.m. White Oak School Main Training Lab

Talk Four:

Overcoming Depression: Functional Coping Skills for Parents to Share with their Teens & Tweens

Depression in Tweens and Teens is quite common, and the consequences can be devastating. In this workshop, parents and caregivers will learn about causes of depression, how to identify signs of depression versus naturally occurring teen moodiness, prevention strategies that can be completed by parents and/ or their child, and how to assist your child through their depression.

Tuesday March 5, 2019 10:00 a.m. - 12:00 p.m. White Oak School Main Training Lab

Registration is required and limited!

To register, please call or email the Special Education Resource Center (410) 887-5543 serc@bcps.org

Let us know in advance of any accommodations you may require

*** Workshops are for adults only, NO childcare available. If Baltimore County Public Schools are closed, or open 2 hours late workshops will be cancelled. Workshops will be held if there is a 1 hour delayed opening. ***