Wildwood
Respect. Integrity. Creativity. Holism.

Wildwood Programs Presents:
Workshops for Families and Professionals
Fall 2021

Transition & Beyond

Thursday, October 14, 2021 9:00 am – 10:00 am
Presented via Google Meet
Presented by: Lauren Reynolds, CAS in School Counseling, Transition Specialist, Wildwood Programs

Learn about the transition process from school services to adult services. Learn about the steps involved, program options, timelines, and helpful tips and resources.

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Basics of Positive Behavioral Supports

Monday, October 18, 2021 9:00 am – 10:00 am
Presented via Google Meet
Presented by: Ingrid Martinez, LMSW, Behavior Intervention Specialist and Brittany DeBell, LMHC, Behavior Intervention Specialist, Wildwood Programs

Positive Behavioral Support is a strength-based approach to behavior change. You'll be learning the basic strategies to help your loved one gain productive and self-determined skills to build confidence and success. This approach aims to use the least restrictive forms of behavior intervention to decrease difficult behaviors by changing our communication, environments and routines to amplify your loved one's strengths.

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Family Support Services: An Overview of Offerings

Tuesday, October 26, 2021 9:00 am – 10:00 am
Presented via Google Meet
Presented by: Heather Giorgianni, Director of Community & Individualized Supports & Amrit Michelle Singh, LMSW, RTY 500, Coordinator of Family Support Services, Wildwood Programs

Join Heather & Michelle to learn about the various Family Support programs that we offer at Wildwood. We will share information about Family Reimbursement, Family Support Services Network (counseling, therapeutic yoga, workshops and trainings), In-Home Behavior Support Services and our newest program – SoRSE – Social Relationships & Sexuality Education. Learn who is eligible for FSS and how to apply!

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Stepping Out of the Pandemic

Wednesday, November 3, 2021 9:00 am – 10:00 am
Presented via Google Meet
Presented by Melinda Burns, Director of Adult Education, Wildwood Programs

With all of the uncertainty of the next wave of the pandemic, we are faced with daily decisions that affect our family's physical, mental and emotional well-being. This workshop will highlight some fresh ways to keep you and your family healthy and happy.

Community Hab and Respite: What's the Difference?

Tuesday, November 9, 2021 9:00 am – 10:00 am
Presented via Google Meet
Presented by Heather Giorgianni, Director of Community & Individualized Supports, Wildwood Programs

Waiver Respite and Waiver Community Hab services: Who is eligible? What is the difference between the two services? Find out which service you really need, and how to access the services.

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And Announcing…

Yoga for…Making Sound Choices, Releasing Impulses & Understanding Dignity of Risk

Wednesdays in October and November 4:30 pm – 5:45 pm
Presented via Google Meet
Presented by Amrit Michelle Singh, LMSW, RYT 500, Coordinator of Family Support Services, Advanced Teacher of Therapeutic Yoga, Wildwood Programs

So who hasn't made a decision they regretted the next day? Do we learn from our mistakes and/or can we learn without making a mistake? Are mistakes often based on impulse? And what about the dignity of taking a risk – when is this important for growth and when is it harmful? In this class we will practice all of the yoga tools: breathing, meditation, hand gestures, affirmations & postures from our chair or standing. A yoga mat is not needed, but could be utilized under your feet for additional support and cushioning. Blankets & pillows could be available as additional props, as well.
***See flyer for more details!**

All workshops will take place via Google Meet

To register: Please complete Google Form. Or email fss@wildwoodprograms.org

Within your email include the following:

1) Indicate your preferred email
2) Indicate your preferred phone number
3) Indicate title of workshop(s)
4) Interest in training (professional and agency affiliation or family member)
5) Age of child
6) FSS eligible (If family member, does your child/loved one live with you and are they OPWDD eligible.) This is not required to attend the training but we do need to note this for grant purposes.
7) Number of people attending

To attend, you must click on the Google Meet link at the time of the training. Or call in to the number shared with you upon registration.

(For questions *only*, please contact Michelle Singh at 518.640.3350 or msingh@wildwoodprograms.org)

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Wildwood Programs Presents:
Social Relationships and Sexuality Education Program
Fall 2021

Parents, Disability and Sexuality: Helping Parents find the right balance of being supportive and maintaining boundaries as their children emerge into adulthood

Friday, September 24, 2021 12:00 pm – 1:00 pm
Presented via Google Meet
Presented by Kate Napolitano, MA, LCSW, Social Relationships and Sexuality Educator

Being a parent, especially over this last year with so much at-home time, is NOT easy to say the least. While many aspects of parenting are certainly challenging, sexuality is perhaps one of the toughest for many, and for a lot of understandable reasons.

This workshop is appropriate for anyone who is a parent or has a parent. It's meant to be a reflective workshop, where we can all check in about how we're doing with whatever role(s) we have in this very important type of life relationship.

We'll explore issues like: the emotions that can come with parenting children with disabilities, and how they can healthily or unhealthily impact your choices; parent-child communication, and how those dynamics usually demand change as your child grows; how to identify when it's time to make shifts about things like privacy, communication and boundaries; NY State Legal rights pertaining to your growing child. We'll emphasize specific healthy communication skills for parents and their young adult children to continue maintaining, to improve relationship quality overall.

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LGBTQIA+, Kink, Poly lifestyles and Disability

Wednesday, October 27, 2021 10:00 am – 11:00 am
Presented via Google Meet
Presented by Kate Napolitano, MA, LCSW, Social Relationships and Sexuality Educator

This is a general educational workshop for anyone who wishes to improve their awareness and understanding of the broad spectrum of sexual, romantic, and affectionate identities that exist, and how, indeed, having a disability can nuance such lived experiences. For example, people who identify with both the LGBTQIA+ population and with disability can have the experience of a "multiple marginalized identity," and are typically at an increased risk for discrimination, depression, and other well-being-related issues.

We'll take a look at some of the basic definitions of a variety of sexual and affectionate identities to increase your comfort with discussing them. The emphasis of this workshop will be that multiple sexual and affectionate identities

do exist, and we all have a daily responsibility to treat each other safely and respectfully, no matter our sexuality. However, no one will be specifically encouraged to adopt a particular identity. Everyone is welcome.

We'll also examine: how to respectfully include the existence of such identities into sex education discussions with your child in ways that also respect your own culture; what can happen for a person with disabilities who realizes they identify with anything considered outside the sexual or affectionate "norms," and how everyone can best support them. This workshop is generally targeted for teens, adults, and parents.

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Saturday Morning Social Skills (for individuals 16+)

Starts Saturday, September 18, 2021 10:30 AM -11:30 AM
Presented via Google Meet
Group facilitator: Kate Napolitano, LCSW-R, MA, Social Relationships & Sexuality Educator, Wildwood Programs

A new educational support group for individuals and their families where we learn about and practice the daily social skills related to social relationships and human sexuality.

SAVE-THE-DATE!

Our Second Annual Conference on Sexuality and Disability will take place all day on **Wednesday, November 17, 2021. Theme TBA.** Generally speaking, we'll host speakers from throughout the Capital Region and beyond who will provide workshops and activities for education on different topics related to sexuality and disability. Keep an eye on our upcoming announcements to get all of the details! Our First Annual Conference was a huge success - hope to see you for our second-time around!

All workshops will take place via Google Meet

To register:

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Wildwood
presents

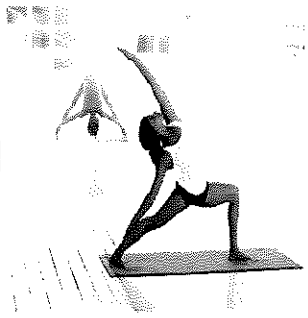
Yoga for Making Sound Decisions,

Releasing Impulses & Dignity of Risk

with Amrit Michelle Singh, LMSW, RYT 500

Our focus will include…

- ❀ Attention to the way you move and the way you breathe
- ❀ Space for silent & guided meditation



- ❀ Applying appropriate hand gestures to our practice
- ❀ Time to share and connect with others

Join me and others for 6 classes
(seated in a chair and standing poses)

Wednesdays, 4:30 pm – 5:45 pm

October 6, 13, 20, 27
November 3, 10

Via Google Meet

Please call or email to register:
Amrit Michelle Singh, LMSW, RYT 500