



**Wildwood Programs Presents:
Workshops for Families and Professionals
March - April 2021**

**Online Social Skills Part 1:
Self-Awareness and Emotional Coping Skills Workshop**

Date: Wednesday, March 24, 2021

Time: 12:00pm - 1:30pm

Presented by: Kate Napolitano, MA, LCSW, Social Relationships and Sexuality Educator

Description of workshop: In 2020, people started using the internet more than ever before, especially for socializing, sex, and dating. But that's just what we can say in general. Why are YOU going online? Do you know what you're really looking for? It's perfectly normal if you're interested in socializing, making friends, trying to look for people to date, or trying to find a sexual partner.

Those motivations can bring out emotions: eagerness, loneliness, longing, joy, excitement, frustration, or even sadness and anger if we unfortunately feel pressured, bullied or rejected.

Sometimes, those emotions can be hard to navigate, so going on the internet to socialize becomes complicated.

In this first spring workshop, we're going to look at online safety via stopping and developing: Self-Awareness, Specific Social Goals, Emotional Coping Skills, and Basic Safety Skills, so you can understand yourself better, protect your feelings better, and have a better chance of achieving your desires safely. This will go more in-depth than last fall's original Online Safety workshop, so we encourage everyone to come! Your internet safety starts with you and the choices you make. This workshop is generally targeted for teens, adults, and parents.

**Online Social Skills Part 2:
Trust-Building, Scams and Navigating Popular Apps Workshop**

Date: Friday, April 30, 2021

Time: 10:00am - 11:00am

Presented by: Kate Napolitano, MA, LCSW, Social Relationships and Sexuality Educator

Description of workshop: So, assuming you've attended Part 1 above, now that you've developed a sense of why you're using the internet to socialize, let's talk about how to improve your social skills so you can have safer, more satisfying interactions.

With an emphasis on the topic of Trust, we'll do a brief overview of popular social media apps and popular dating apps, and talk about what's considered polite/safe, and rude/unsafe interaction. We'll also look at some common social scams online, cyberbullying, and what you can do to protect yourself. Additionally, we'll look in-depth at how, online and in-person, to build trust with someone new, and what steps you can take to help new relationships successfully grow. This workshop is generally targeted for teens, adults, and parents.

Guardianship and the Alternatives for Individuals with Disabilities Workshop

Date: Wednesday, March 31, 2021 **Time:** 9:00am - 10:30am

Presented by: Ed Wilcenski, Esq.

Description of workshop: Some individuals with disabilities will never be fully capable of making independent personal and financial decisions. This presentation will focus on the different ways in which parents and other family members can ensure that there will always be a legally empowered advocate to make decisions on behalf of a loved one with a disability.

Special Needs Trusts and Estate Planning for the Special Needs Family Workshop

Date: Wednesday, April 14, 2021 **Time:** 9:00am - 10:30am

Presented by: Ed Wilcenski, Esq.

Description of workshop: Some individuals with disabilities are unable to make good financial decisions. Moreover, many will rely on means tested government benefit programs to support themselves in the community. When preparing their estate plans, parents should strive to accomplish two objectives on behalf of a family member with a disability: reliable financial management and continuing eligibility for government benefit programs. This presentation will review the essential components of a Special Needs Estate Plan, and will include an explanation of the different types of Special Needs Trusts used in this type of planning.

An Overview of Social Security Benefits Workshop

Date: Thursday, April 22, 2021 **Time:** 9:00am - 10:00am

Presented by: Elaine Verstandig, Employment Specialist & Benefits Advocate & Jennifer DeCosmo, Associate Director of Employment Services, Wildwood Programs

Description of workshop: Who is eligible for Social Security/SSI benefits and when? How do Social Security benefits apply when someone is working? Join Elaine and Jenn as they provide an overview of these benefits and the eligibility criteria.

Understanding Medicaid Eligibility and Coverage Types Workshop

Date: Thursday, April 29, 2021

Time: 6:00pm - 7:30pm

Presented by: Kristina Cunningham, Director of Benefits & Entitlements, Care Design NY

Description of workshop: This session will introduce participants to the ways of obtaining Medicaid coverage and the types of coverage that are available. Topics include obtaining Medicaid via New York State of Health (NYSoH) versus obtaining Medicaid from the Department of Social Services (DSS), categorical eligibility for recipients of Supplemental Security Income (SSI), OPWDD's Home and Community Based Services (HCBS) Waiver and its relation to Medicaid, Medicaid spenddowns, Disabled Adult Child (DAC) budgeting, and the Medicaid Buy-In for Working People with Disabilities (MBI-WPD). Special attention will be paid to the importance of recertifications and the Fair Hearing process.

Chair Yoga: It's for You, Me and Everyone!

Date: Wednesdays in April and May

Time: 6:00pm - 7:00pm

Presented by: Michelle Singh, LMSW, RYT 500

Description of workshop: Focus will include:

Attention to the breath and pranayama (breathing) practices

New awareness of how to move more even when working from a desk in your own home

Opportunity for silent and guided meditation

Enjoying the company of others from the safety of our own homes

Call or email to register: 518-640-3350 or msingh@wildwoodprograms.org