

Find Parenting Information, Support, and New Ideas at

"Parenting Today!"

Do you

- ... want to help your child do better in school?
- ... want to learn about the Special Education process?
- ... want to get tips on being a better parent?

Join our sessions about raising children featuring

- Current topics •Guest speakers •Idea exchange •Professional guidance

Take time to make a difference you'll really notice!

For people who care for children

(Parents, adoptive parents, foster parents, guardians, grandparents, and service providers)

Day	Date & Time	Topic	Description
Thursday	April 24 10 am – 12 pm	How to Talk the Talk: Communicating With Professionals	Do you walk out of a meeting with your child's doctor, teacher or other professionals feeling frustrated? Do you want to learn how to effectively communicate with professionals? This workshop will give you tips for communicating and collaborating with professionals.
Tuesday	May 6 6 pm – 8 pm	Sensory Integration	Does your child have coordination and balance difficulties? Have they ever shown sensitivity to sounds, textures, or touch? Has there been any difficulty with speaking or learning basic sounds? You may want to learn more about sensory integration and what services to ask for to help your child.
Thursday	May 15 10 am – 12 pm	Eating Smart	Learn more about healthy eating and lifestyle behaviors that will benefit you and your children. Learn quick and easy tips to stretch your food dollars to buy nutritious foods.
Tuesday	May 20 6 pm – 8 pm	Getting Ready for Summer	Explore your feelings and your child's feelings as the summer approaches. Plan for your child's time and activities during the summer months and develop good back-to-school practices.
Thursday	May 29 10 am – 12 pm	Recognizing Sexual Predators	Learn ways to prevent child sexual abuse, including recognizing the signs.
Tuesday	June 3 6 pm – 8 pm	Taking Charge of Your Child's Future	Explore ways to become a meaningful advocate in your child's education.

Call (716) 332-4170 to register for any Parenting Today session.

EPIC and Parent Network Offices * 1000 Main Street, Buffalo, NY

Must allow one week notice for Free Childcare

