

EVENTS AT A GLANCE
www.parentnetworkwny.org

Are you looking for updated events, educational and translated materials as well as interpretation services within the eight counties of WNY? We are your Western New York Hub for support.

**Support Educate
Connect Empower**

Updated 1.14.2026

W – Workshop	SP – Spanish Event
G – Group	FE – Family Event
C – Conference	O – Online

Date & Time		Title and Description	Location
Online Workshops & Support Groups			
O	Saturday January 17 10:00AM – 12:00PM	Special Education 101: Training a Parent Member – Learn about the Special Education Process and the Individualized Education Program! Participants will gain an understanding about procedures, NYS regulations, and strategies to promote a parent's understanding and participation in an Individualized Education Program (IEP) meeting.	Online Workshop Workshop – Sign up for free www.parentnetworkwny.org/events
G	Tuesday January 20 6:30PM	ADHD/Learning Differences Support Group – Are you a parent of a child with ADHD or do you suspect they have a learning difference? We will be sharing experiences, discussing strategies, and providing support.	Online Support Group Support Group – Sign up for free www.parentnetworkwny.org/events
O	Tuesday January 27 6:00PM – 7:00PM	The Formula for Feeding Success in Your Baby's First Year – Participants will learn more about different formula options and common digestive concerns like reflux, constipation, and milk protein allergy.	Online Workshop Workshop – Sign up for free www.parentnetworkwny.org/events
G	Wednesday January 28 6:00PM	Rural Disability Family & Caregivers Support Group – Our goals are to support families and caregivers of loved ones with disabilities in rural communities, provide a space for connection and mutual support, and share tools, knowledge, and resources tailored to rural caregiving. Whether you're a parent, sibling, spouse, or extended family member providing care for an individual with a disability, you're welcome here.	Online Support Group Support Group – Sign up for free www.parentnetworkwny.org/events
O	Wednesday January 28 6:00PM – 7:30PM	Positive Solutions for Families: The Pyramid Model Parent Training – Meet other caregivers and parents during this 6-week virtual series and learn new ways to be a positive parent/caregiver. Families will learn how to promote positive social emotional environments while also promoting positive behavior. Participants will be able to identify the importance of building positive relationships with children and link building relationships, using positive comments/encouragement, and play to children's behavior.	Online Workshop Series Workshop – Sign up for free www.parentnetworkwny.org/events
G	Thursday February 5 6:00PM	Disability Care: Men's Support Group – This ongoing support group is designed specifically for men who are caregivers to individuals with disabilities, whether they are fathers, brothers, spouses, partners, or friends. Each session focuses on relevant topics such as stress management, navigating systems, advocating for loved ones, and maintaining personal well-being.	Online Support Group Support Group – Sign up for free www.parentnetworkwny.org/events
G	Monday February 9 6:30PM	The Link WNY's Family & Caregiver Group – Are you a parent of a child with disabilities or do you suspect they have a disability? Do you want to feel less overwhelmed, feel a sense of belonging? Get the support you need from Parent Network of WNY, Empower & other group members! Discuss topics such as Special Education, Sensory Processing Disorders, Autism Spectrum Disorders, & more!	Online Support Group Support Group – Sign up for free www.parentnetworkwny.org/events

*All workshops are **FREE to attend** (unless otherwise stated)*
*Childcare and transportation are not provided. **Childcare & transportation stipend available.***
Check your local TV broadcaster for cancellations.

O	Tuesday February 10 6:30PM – 8:00PM	Building Bridges to Resolution: Strategies for Effective Mediation and MDRs – This workshop provides families with the knowledge and skills necessary to navigate disagreements effectively, build stronger relationships, and arrive at mutually beneficial solutions for the success of all students.	Online Workshop Workshop – Sign up for free www.parentnetworkwny.org/events
W	Tuesday February 17 10:00AM – 11:00AM	Kindergarten Readiness Series with APOT – This is a group for kids ages 3-6 led by a pediatric occupational therapist (OT) focusing on skills necessary to get everybody Kindergarten ready. This series will cover pre-academic, social emotional, and daily living/life skills development to help support caregivers & kids of all needs.	In-Person Workshop Series Parent Network of WNY 1021 Broadway Street Buffalo, NY, 14212 Workshop – Sign up for free www.parentnetworkwny.org/events
O	Tuesday February 17 2:00PM – 4:00PM	Agency 101 – Join this Agency 101 training to increase your knowledge of available post-secondary resources so you can advocate for your child with confidence.	Online Workshop Workshop – Sign up for free www.parentnetworkwny.org/events
O	Tuesday February 17 4:00PM – 6:00PM	Explicit Vocabulary Instruction for Parents – Participants will come away with tangible set of resources that can be utilized at home to support vocabulary development. Participants will be able to explain the importance of vocabulary instruction for their children and describe ways to incorporate explicit instruction and vocabulary instruction in the home.	Online Workshop Workshop – Sign up for free www.parentnetworkwny.org/events
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