

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

Date & Time		Title and Description	Location
<b>Online Workshops &amp; Support Groups</b>			
O	Tuesday <b>February 28</b> 7:00 - 8:00 PM	<b>Mindfulness Stress Reduction Series-</b> Got stress? We Can Help! This ongoing series is an opportunity for parents, caregivers, and youth across New York State to meet virtually with other families and learn about mindfulness. Join us to learn strategies and techniques to reduce stress. Mindfulness is a way of paying attention to whatever is happening in our lives, in the present moment, both inside and out.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
W	Thursday <b>March 2</b> 10:00 am- 12:00 pm	<b>Celebrate Raising Children-</b> Teaching families to promote positive social emotional environments while also promoting positive behavior.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
O	Tuesday <b>March 7</b> 7:00 - 8:00 PM	<b>Mindfulness Stress Reduction Series-</b> Got stress? We Can Help! This ongoing series is an opportunity for parents, caregivers, and youth across New York State to meet virtually with other families and learn about mindfulness. Join us to learn strategies and techniques to reduce stress. Mindfulness is a way of paying attention to whatever is happening in our lives, in the present moment, both inside and out.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
O	Wednesday <b>March 8</b> 07:00 - 8:00 PM	<b>What is a NY ABLE Account?</b> The NY ABLE Program is a tax-advantaged savings program for individuals with disabilities and their families to save for their current or long term needs while maintaining their ability to benefit from federal benefits programs such as SSI, SSDI and Medicaid. Our program offers multiple investment options including a checking account and debit card option allowing individuals with disabilities to maintain their independence and have quick and easy access to their own money.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
O	Thursday <b>March 9</b> 11:00 AM - 1:00 PM	<b>Parent’s Guide to Special Education</b> – Learn about the Special Education Process and the Individualized Education Program! Gain understanding about procedures, NYS regulations, and strategies to promote a parent’s understanding and participation in an Individualized Education Program (IEP) meeting.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
O	Friday <b>March 10</b> 4:30 - 6:00 PM	<b>Understanding Your Child’s Functional Behavior Assessment (FBA) and Behavior Intervention Plan (BIP) Process</b> – Gain an understanding of the regulations, the process, and the roles of the families and the school.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
G	Monday <b>March 13</b> 6:30 - 8:00 PM	<b>The Link WNY’s Family &amp; Caregiver Group</b> – Are you a parent of a child with disabilities or do you suspect they have a disability? Get the support you need from Parent Network of WNY, Empower, and other group members! Discuss topics such as special education, sensory processing disorders, autism spectrum disorders, and more!	Support Group – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
O	Tuesday <b>March 14</b> 7:00 - 8:00 PM	<b>Mindfulness Stress Reduction Series-</b> Got stress? We Can Help! This ongoing series is an opportunity for parents, caregivers, and youth across New York State to meet virtually with other families and learn about mindfulness. Join us to learn strategies and techniques to reduce stress. Mindfulness is a way of paying attention to whatever is happening in our lives, in the present moment, both inside and out.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
G	Wednesday <b>March 15</b> 12:00 - 1:00 PM	<b>Charla Con Nosotros</b> – ¡Únase a nosotros para obtener respuestas a sus preguntas e inquietudes! Responderemos sus preguntas sobre: transiciones, educación especial y discapacidades, manejo de tiempo en el hogar, trabajo escolar, comportamiento, tecnología virtual. ¡Y cualquier otro tema que quieras discutir!	Support Group – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
W	Monday <b>March 20</b> 6:00 - 8:00 PM	<b>Transition in Individualized Education Programs (IEPs)</b> – Learn how to help teens decide what they want to do after high school and how to get there. Understand how you can help teens prepare to be independent adults.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>

<b>G</b>	Tuesday <b>March 21</b> 12:00 - 1:30 PM	<b>Chautauqua County Family &amp; Caregiver Support Group</b> – Providing a welcoming environment for parents, family members, and other caregivers of individuals with disabilities to meet, share experiences, ask questions, and receive support.	Support Group – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
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<b>O</b>	Thursday <b>March 23</b> 12:00 - 2:30 PM	<b>Values, Culture, &amp; Cultural Responsiveness in Schools – Teaching Professionals!</b> Culturally responsive teaching is a student-centered approach to education. It is based on the idea that every student brings unique cultural strengths to the classroom. Recognizing and nurturing those strengths not only encourages success but also promotes an open-minded, supportive environment that celebrates cultural differences.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
<b>W</b>	Thursday <b>March 23</b> 6:00 - 8:00 PM	<b>Nurtured Heart Approach-</b> Are you frustrated by behavior challenges that put your child in control of your home? Have your discipline methods stopped working? Do you want your children to have good morals, be compassionate, and be self-confident? The Nurtured Heart Approach (NHA) is a language-based approach that can help you regain focus and power and rebuild the love you want in your home. NHA teaches us why our typical parenting methods don't always work and can even make things worse.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
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<b>W</b>	Thursday <b>March 30</b> 6:00 - 8:00 PM	<b>Nurtured Heart Approach-</b> Are you frustrated by behavior challenges that put your child in control of your home? Have your discipline methods stopped working? Do you want your children to have good morals, be compassionate, and be self-confident? The Nurtured Heart Approach (NHA) is a language-based approach that can help you regain focus and power and rebuild the love you want in your home. NHA teaches us why our typical parenting methods don't always work and can even make things worse.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
<b>G</b>	Monday <b>April 10</b> 6:30 - 8:00 PM	<b>The Link WNY's Family &amp; Caregiver Group</b> – Are you a parent of a child with disabilities or do you suspect they have a disability? Get the support you need from Parent Network of WNY, Empower, and other group members! Discuss topics such as special education, sensory processing disorders, autism spectrum disorders, and more!	Support Group – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
<b>O</b>	Tuesday <b>April 11</b> 6:00 - 8:00 PM	<b>How to Protect My Child's Future Through Guardianship, Wills &amp; Trusts-</b> Planning for the future is especially important when you have a child with a disability. This workshop provides parents or caregivers with an overview of things to think about: guardianship, wills, and trusts. The workshop will help you to understand your options as you begin to think about plans for your special needs child.	Workshop – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
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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

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<b>G</b>	Wednesday <b>April 19</b> 12:00 - 1:00 PM	<b>Charla Con Nosotros</b> – ¡Únase a nosotros para obtener respuestas a sus preguntas e inquietudes! Responderemos sus preguntas sobre: transiciones, educación especial y discapacidades, manejo de tiempo en el hogar, trabajo escolar, comportamiento, tecnología virtual. ¡Y cualquier otro tema que quieras discutir!	Support Group – Sign up for free at <a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>
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