Parent University Classes:

Saturday
January 23, 2016
9-11am

JANUARY 2016

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**Life after High School**

Presented by: Scarlett K. vonThenen
State Council on Developmental Disabilities

Is your child graduating from high school soon? Are you wondering what he or she will do all day? Do you feel like you have more questions than answers?

Do you know... What supports are available for employment or postsecondary education? What housing, transportation, and recreational opportunities are available? Who can help my child identify and/or apply for these resources?

Presentation on Transition Planning considerations, Post-Secondary Education, Regional Center of Orange County, Department of Rehabilitation, Adult Service Providers, Social Security, Housing and Recreation.

Please join us to learn the role of community service providers in preparing for the next phase of your young adult’s life and get feedback from parents who have already made the journey.

**Feeding your child to support health and learning**

Presented by: Marc Lemer, M.D., Medical Officer, OCDE
Dareen Abdrabou Khatib, MPH, RDN, MCHES

This program for parents of children with special needs and learning issues will address eating, meal time behavior and eating related health issues important to student wellness.

Dr. Lemer is a pediatrician who has worked for many years with students with conditions such as ADHD and autism.

Dareen runs OCDE’s program for obesity prevention and nutrition education. She is a program coordinator, dietitian, exercise specialist and public health professional.

**Effective Communication & Limit Setting with Kids**

Presented by: Center for Healthy Connections
NMUSD Psychological Support Services

Topics will include: Healthy Communication, Helping Kids prepare for Academic Success, building on Strengths, Enhancing Household Structure, Establishing Ground Rules, Limit Setting, Using Logical Consequences and more.

**Conservatorship/ Special Needs**

Presented by: Tamsen R. Reinheimer, Attorney at Law
Mortensen & Reinheimer, PC

Information about the requirements necessary to seek court appointment as a conservator of the person & of the estate of the conservatee/child, such as how to qualify as a conservator, the duties of a conservator. Information to parents about how to get affordable assistance to establish a conservatorship. In addition, information related to Special Needs Trusts.

**The Autism Puzzle: Putting the pieces together through behavioral parent education**

Presented by: Chileen Spaulding & Emily Rubenstein
NMUSD Autism Specialists

Topics will include: behavioral characteristics of autism, etiology, treatment myths and research based information. We will also cover the function of behavior and applied behavioral analysis methodologies including reinforcement and positive behavioral supports that are practical to use in home and community settings.

*en español/ Spanish translation available

For more information, please contact:
Jacqueline Gonzalez
jgonzalez@nmusd.us
714.424.5058

**Upcoming Events:**

Autism Awareness
April 14, 2016 @6pm

Lindbergh
220 23rd Street, MPR
Costa Mesa, CA 92627