

OASIS 2009-10

Weaver Lake Elementary School-Media Center
15900 Weaver Lake Road, Maple Grove (763) 420-3337

Tuesdays 7:00 -9:00 p.m.

Meet at 6:30 p.m. prior to our meeting, for a time of support and sharing with other parents.

Share your concerns, or just listen. Get the support of others who have struggled and found solutions. This part of our meeting is facilitated by Sue Sullivan, experienced teacher and parent.

11/10/09- Promoting Resiliency in Children and Teens with special needs- Our speaker will be sharing her passion for promoting health and wellness in students of all ages. She will give us ways to teach children self-care skills that can empower them to more effectively deal with a variety of mind and body challenges. **Rebecca Kajander BSN, MPH, CPNP**, a Certified Pediatric Nurse specializes in using an integrative approach to help children and adolescents deal with medical, health and emotional issues. She is the author of Living with ADHD: A Guide for Coping with Attention Deficit Disorder, and co-author with Timothy Culbert, MD of Be the Boss of your Stress, Be the Boss of Your Pain, and Be the Boss of Your Sleep

1/12/10- ADHD and Learning from a Developmental Perspective- Understanding learning from a developmental perspective will greatly improve parents' awareness of how to best be their child's coach. Without knowledge of how learning takes place developmentally, it can be frustrating and difficult for parents and children to work co-operatively together. This workshop is designed for parents of AD/HD children, and professionals who want to learn more about the brain's function in behavior. Using real life examples, Ms Jones will help parents gain new and positive ways to view AD/HD so that they can incorporate helpful strategies for dealing with learning and behavior issues into their daily lives. **Holly Jones, M.A.**, AD/HD Coach, provides coaching, counseling and education for families, students and other professionals in her private practice in Excelsior, MN

2/9/10- Building Attachment Behaviors with Traumatized Children: Practical Strategies For Home and School-Join us for an interactive evening to see us demonstrate safe ways to partner with kids to manage strong feelings, calm their bodies and try problem solving as triggers pass. We will share a number of adult to child or child group activities designed to create new neural pathways in our children, diminish fear responses and build capacity to be in safe relationships with others. Bring your creativity, your questions and despair, and your desire to feel alive again with our most challenging children **Krista Nelson LICSW, LMFT** is the Project Coordinator for the Wilder Foundation Center for Children with Reactive Attachment Disorder **Martha Johnson** is a mother of three and adoptive parent to a 9 year old boy with an early life history of significant neglect, loss and prenatal exposure to alcohol. She is also a middle school teacher

3/9/10 - Guiding Toward Growth- This workshop presents the principles that guide parents, and caregivers toward creating successful programming for children and young adults with autism spectrum disabilities (could also be useful for children with ADHD). Participants will learn: *The Band of Regulation* – the state of focus and calm needed for academic and social learning; *The Ten Hurdles* – the internal and external conditions that get in the way of maintaining a state in which learning can occur; Methods to assess the impact of each *Hurdle*; Innovative interventions that are being used in schools and in community based groups. **John Merges** is a *Licensed Independent Clinical Social Worker* in private practice assisting individual with ASD and their families. He also consults and does training in many area school districts and charter schools, and leads *FunJoyment* social enjoyment groups at school and at community locations

4/13/10 –Managing hard to handle mental health disorders in children- Our speaker will discuss brain development and behavioral strategies for parents. Her talk will be particularly helpful for those children with ADHD, oppositional defiant disorder, bipolar disorder, and other challenging behavior. **Dr. Char Myklebust MA, PsyD**; is the Mental and Chemical Health Supervisor in Intermediate District 287. She works with students with learning disabilities, emotional behavioral disorders, neurobiological disorders, traumatic brain injury and mental health issues. She uses PET and SPECT scans to teach students about the brain and psychotropic medication; as well as multi-modal, interactive approaches while involving students as peer teachers.

5/11/10-PACER-Advocating for your child-Understanding IEP's and 504 plans-Two federal laws provide for specialized free public education services for students with disabilities: the Individuals with Disabilities in Education Act 2004 and Section 504 of the Federal Rehabilitation Act. Our speaker will help you understand and use these as tools so that your child can have a successful educational experience. **Renelle Nelson, M.A** is a parent advocate at PACER dedicated to training parents for leadership roles in impacting children's mental health policy statewide.

Questions: Contact: Michele Vance (651-631-3219) michelevance@hotmail.com; or Sue Sullivan (763-494-3240)sullivans@district279.org;Michelle Spurrierspurrierm@district279.org,

CHILDCARE: contact Weaver Lake Elementary 763-420-3337 prior to the meeting.