



PARENT MENTOR PROGRAM

Random Acts of Kindness Week from February 14 to February 20 annually. It's a celebration of all the ways we can become a positive influence in each other's lives. Even one small act of kindness can mean a great deal to somebody. So in celebration of Kindness Week, consider how you can be kinder to yourself and in turn, kinder to others!

HOW TO BE KINDER TO YOURSELF

It's easy to get stuck in a state of negativity. You are your harshest critic. Turn negative thoughts into positive ones to be kinder to yourself, feel more confident, and achieve your success!

- I CAN'T DO IT!** This is something I can learn.
- IT'S TOO HARD.** Nothing is easy to start with, but I can practice until it becomes easy.
- I AM NOT GOOD AT _____** I'm not good at _____, but I can learn. What is my plan to be successful with this?
- WHY IS THIS EASIER FOR EVERYONE ELSE?** Others may have more experience, but maybe they can help me!
- THIS DOESN'T MAKE SENSE TO ME.** This isn't working for me. Is there another approach I can try or someone I can ask for help?
- IT LOOKS LIKE A LOT OF WORK.** This looks like a challenge! What is my plan to get started?
- IS BETTER AT THIS THAN I AM.** I can't be the best at everything, but I am great at _____.
- I TRIED AND FAILED.** This is a learning opportunity. What did I learn and what can I do differently this time?
- I'M OVER-WHELMED.** How can I break this down into manageable chunks?

tutor doctor
How learning fits home.

Newsletter Highlights

- Preschool Zone
- Elementary Corner
- Transition (14+)/High School
- Reading
- Learners with Complex Needs
- Tip Corner
- Local Resources/Events



Paula Drummer
(440) 324-5777 ext. 1166
drummer@esclc.org
Lorain County:
Elyria, Firelands, Keystone, Sheffield-Sheffield Lake and Wellington
Erie, Huron and Sandusky Counties:
Bellevue, Norwalk and Monroeville



Kendis Bender
(440) 324-5777 ext. 1166
bender@esclc.org
Lorain County:
Amherst, Avon, Avon Lake, Columbia, Lorain, Midview, North Ridgeville, Oberlin

PRESCHOOL

Music Therapy and More
Designed for children 0-6 years of age
Learn songs and other musical tools that you can use to reinforce safety rules at home and in the community with our February programs. To register, visit connectingforkids.org/music
North Ridgeville Branch of Lorain Public Library System (Feb 23 at 6:30 p.m.)



ELEMENTARY

Do you have a student that struggles to get started on homework or projects? [HERE](#) is an article with some great strategies to help conquer procrastination. .

HIGH SCHOOL

Transition (14+)

We are quickly approaching what is affectionately called “IEP season.” We can't stress how this course has been helpful in our personal journeys. Sessions are held each Monday from 4:00pm-5:30pm via Zoom. Register [HERE](#).



READING

If your child has been enjoying their monthly books from Dolly Parton's Imagination Library of Ohio, check out some of the [corresponding worksheets](#) to enhance the fun!



LEARNERS WITH COMPLEX NEEDS

This is a great opportunity to learn about the **Ohio Waiver** program. We highly encourage those who haven't started the process through their local county board to attend this informative session. The session will be held via Zoom on February 7th beginning at 6:00pm. Register [here](#).



TIP CORNER

[HERE](#) is a great article on preparing for your student's upcoming IEP meeting! It offers six tips to help you prepare and we would add Tip 7. Reach out to your Parent Mentor. We can meet with you ahead of the meeting AND attend meetings with you! The more prepared you are for the meeting, the more comfortable you will feel during the meeting.



RESOURCES/EVENTS

Virtual Cooking Classes

The KIDnections Group is offering a **virtual cooking class via Zoom on Saturday mornings each month.** Chefs of all ages and abilities are welcome. Cost for the class is \$20 and anyone in your household that can cook or assist with cooking is welcome to join at no additional cost. For more information and to register, click [HERE](#).





The Center
for Disability
Empowerment

ADULT SIBLINGS Future Planning

For Adult Siblings and Families of people
with Intellectual/ Developmental Disabilities

FEBRUARY THURSDAYS:

2—9—16—23 | 6:30 PM-8:00 PM

Planning for future long-term care of adults with I/DD: Identifying our Relationships, Roles and How to Have Difficult Conversations.

• 2/2/2023 Adult Sibling Panel- Handling difficult caregiver conversations concerning the future care for your family member with I/DD. *S. Hall, V. Zielinski, B. Sapaharas, D. Graham, D. Temple*

• 2/9/2023 Understanding Relationships and mapping for potential support. *~Barbara Sapaharas*

• 2/16/2023 The Club Sandwich Generation- Adults juggling the caregiving of aging parents, their own children, as well as their brothers and sisters with disabilities. *~Sarah Hall Ph.D., FAAIDD*

• 2/23/2023 Sibling Support for Kids and Teens with brothers and sisters with disabilities. *~Dianna Temple*

[Click Here to Register for All Sessions](#)

Presenters:



Sarah Hall, Ph.D., FAAIDD, Research Associate in the Institute on Community Integration at the University of Minnesota—Sibling



*Derek Graham, Attorney Resch, Root, Philipps & Graham, LLC.—Parent
www.rrog-law.com*



Veronica Zielinski, Support Administrator at the Cuyahoga County Board of DD—Sibling



Barbara Sapaharis, Charting the LifeCourse Ambassador, LifeCourse Nexus Facilitator—Sibling



Dianna Temple, Executive Director Ohio SIBS—Sibling



Ohio

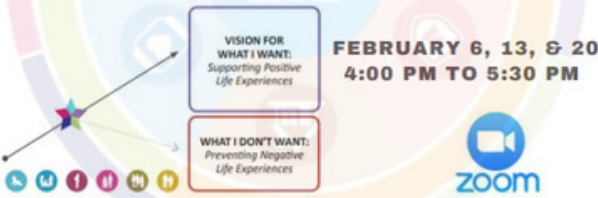
Department of
Developmental Disabilities



Reasonable Accommodation 5 Days In Advance For Each Session:
Debra Petermann | 614-575-8055 | dpetermann@disabilityempowerment.net

Charting the Lifecourse: UTILIZING THE FRAMEWORK FOR THE IEP

You and your child's vision is an imperative piece to IEP planning. Join us to learn how the Charting the LifeCourse framework and tools can support you in the IEP process and the tools can help to share your vision



**FEBRUARY 6, 13, & 20
4:00 PM TO 5:30 PM**



Presented by:
Celia Schloemer MA, Family Support Coordinator,
UCCEDD CCHMC,
Ambassador and Coach for Charting the
LifeCourse



WHO?

Everyone concerned about a youth, including concerns about disabilities or mental health.

WHY?

Find resources and talk with service providers.

WHAT?

Adapted camps
Adapted rec programs
Alternative schools
Disability services
Early intervention
Educational advocates
Funding sources
Job services
Mental health providers
Music therapy programs
Occupational therapy
Physical therapy
Respite providers
Social skills programs
Specialty legal services
Speech-language therapy
Transitional services
Tutors and academic programs
Much more!

GRAB & GO OPTION DETAILS

Families who are not comfortable attending an in-person event can register to drive up to the grab & go tent and receive materials in a safer, more socially-distanced manner.

REGISTER

For more information or to pre-register & win, visit connectingforkids.org/lorain-resource-fair



To register, you can also scan the above code with your smartphone camera.

Lorain County Resource Fair

Register

A free event for families with youth between the ages of 0-22.

This in-person, indoor event with drive-up grab & go option, offers resources for families with concerns about their youth (ages birth-22) in Lorain County and surrounding communities.

Tuesday, March 14, 2023 from 6:00 - 8:00 p.m.

Lorain County Community College: Spitzer Conference Center
1005 Abbe Rd N, Elyria

PLATINUM SPONSORS



**Lorain County
Children and Family
First Council**



GOLD SPONSORS



SILVER SPONSORS

Abilities First LLC
Albeit Weiker LLP
Avon Lake Public Library
Building Block Therapy
Cleveland Clinic Children's Hospital for Rehabilitation
Cleveland Sight Center / Bright Futures Preschool
Down Syndrome Association of NE Ohio
Friendship Circle

Galvin Therapy Center
Mental Health, Addiction and Recovery Board of Lorain County
Milestones Autism Resources
North Pointe Ballet
OhioGuidestone
Shield Healthcare
Summit Academy Schools
The Lakewood Public Library
Westlake Counseling and Wellness

Medina Family Support Group

**6pm,
Tuesday
Feb 7,
2023**



CONTACT US

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216-513-1557

Cheryl Mendel,
Parent Mentor
cmendel@medinaesc.org
330-421-1475

Wonderful World of Waivers

GUEST SPEAKERS GARY TONKS AND DAVID LEWIS FROM THE ARC OF OHIO WILL DISCUSS WAIVERS AND SHARE NEW UPDATES FOLLOWED BY TIME FOR Q AND A'S.

