



IU5 Family Support Center

YOU ARE NOT ALONE



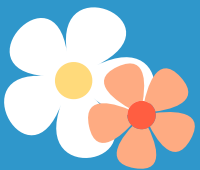
This interactive newsletter contains clickable links to many great resources!

SPRING 22-23 NEWSLETTER

How to Contact the Parent Consultant

My name is **Corinne Davis** and I am here to help you find answers to your questions about Special Education. Did you know that the Parent Consultant can support you at IEP meetings for your child? I can also help you discover disability resources, find community events, or connect with support groups. If you have any questions or concerns about your child's experience in Special Education, please feel free to reach out to me. I am happy to help in any way I can.

Call 814-450-3345 or email FSC@iu5.org.



WHAT WE'RE CELEBRATING THIS SPRING

- * **May 10th** is **National School Nurse day!** Send a thank you to the person at your child's school who manages dozens of ailments every day.
- * **Dance Like a Chicken Day** is **May 14th**. Head to YouTube and [relive the silliness of the Chicken Dance](#) with your kids on this day.
- * **June 2nd** is **National Donut Day**. Visit your favorite donut shop and treat yourself to a sweet treat!
- * Did you know that **June 15th** is **Nature Photography Day**? The early summer weather is a great time to get outside and appreciate everything nature has to offer.
- * **The Summer Solstice** is **June 21st!** This is the longest day of the year. After today, the days will begin to get shorter, losing 2 minutes of daylight each day until the Winter Solstice in December.





May is Mental Health Awareness Month. If you are the parent or caregiver of a child who struggles with their mental health, consider attending an online support group with the [PA Parent & Family Alliance](#). Support groups are a great way to learn more about how to support your child, and care for yourself as well.



Mindfulness

Why is it important?

We hear the word mindfulness used so often, but what does it mean and why does it suddenly seem to be such a buzzword?

Mindfulness is defined as a mental state achieved by focusing one's awareness on the present moment,

while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, It's used as a therapeutic technique to calm and relax both the mind and the body. You may have previously known mindfulness as meditation or guided relaxation.

Studies suggest that mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem. Give mindfulness a try and see what it can do for you!



What's It Like to Have Autism?

Have you ever wondered what it's like to have autism? This video can give you a look into what the daily experiences of an autistic person can be like.



If there's one thing all of us could use more of, it's support. Especially those of us who have children with special needs. **Parent to Parent of PA** connects families who have a child with the same disability. Parent mentors are a fantastic part of a support system. Even if your child has a rare genetic condition, Parent to Parent will help find and connect you with a mentor. **Get matched today!**



UPCOMING EVENTS



* May 20th: **The Autism Society** of Northwestern PA is hosting a sensory friendly morning of jumping fun at Flying Squirrel Trampoline Park! [Register online](#) to attend. Cost is \$7 for ASNWPA members and \$10 for non-members or guests. .

* The **expERIENCE Children's Museum** will be moving into their new location this June! The last day to enjoy the current museum is **Thursday, June 1st**. During the final week in the current location, admission will be half-price and some exhibits may not be available.

* **Bluey** live will be stopping in Cleveland on August 5th and 6th for four shows. Tickets start at \$39.50 and can be purchased through the [Playhouse Square](#) website.

* The **Erie Zoo** offers **educational classes** for infants, toddlers, preschoolers, families, and adults. You'll need to create a free account on the [Erie Zoo website](#) to view and sign up for classes. Start by clicking "Education". Children with special needs are welcome to attend!

UPCOMING TRAININGS



There are many **free** virtual trainings available to parents & caregivers from many wonderful sources.

* Are you interested in learning more about mental health and how to support both yourself and others? The **National Alliance on Mental Illness** or **NAMI** offers a [variety of programs and services](#) at no charge.

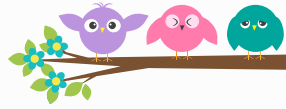
*The **PA Family Network** and **Vision For Equality** offer [many trainings](#) relevant to **parents and caregivers of someone with a disability**. Upcoming webinars cover topics such as transitions through the lifespan, long term planning, and issues at school. Most webinars are held twice, once during the day and once in the evening. There is no cost to attend but you must register in advance.

***Every Monday** at 7pm and **Friday** at noon, the **PA Parent & Family Alliance** hosts a [virtual support group](#) for parents and caregivers of children who are struggling with their mental health. This is a great place to connect with other parents, to share your experiences, or to just lend an ear to those in need.



TRANSITION TIME?

WHAT TO DO AFTER HIGH SCHOOL

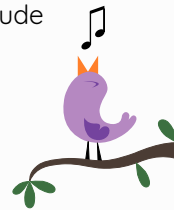


Figuring out what to do after high school isn't always a simple path with clear answers. While college is an obvious choice for many teenagers, others may struggle to discover a career path that excites them. Fortunately, there is help!

PA CareerLink has comprehensive career exploration and planning programs that can help young adults with disabilities find funding for college or vocational school, apply to apprenticeships, find job shadow opportunities, and locate programs with on-the-job training. **CareerLink** also offers a slew of workshops at no cost that include learning basic computer skills, how to utilize the internet to find work, creating a successful cover letter and resume, interview skills, stress management, budgeting, and assessments to discover career paths that would best suit them.

CareerLink's goal is to unite employers with young adults with barriers to employment who are looking to find fulfilling careers.

To explore what **CareerLink** has to offer, please visit PACareerLink.pa.gov. Scroll to the middle of the page where you will be able to read more about Employment & Training and Disability Services. Reach out to your local CareerLink office for more information.



What does Speech Therapy in school look like?



PROVIDER CORNER

Did you know that there is a difference between how speech therapy is provided at school vs. how it is provided outside of school?

Speech therapists, or SLPs, who work with students at schools often see them in small group settings, while outside of school, children are often seen individually. In school, students will see their SLP about once a week. As they make progress, their sessions may become shorter or farther apart, until they are discharged from speech therapy. In private speech therapy, a schedule is developed based on the needs of the client.

Since medical insurance pays the cost of private lessons, children are limited in how many private visits they can have. Services offered in school are provided at no cost to families. In school, there may be a different set of criteria used to qualify a child for speech therapy than in a private practice.

The IU currently has 23 SLPs across Erie, Crawford, and Warren counties.

PARENT SURVEY

Please take a few moments to review our parent survey and provide your input. No personal information is collected and the survey is completely anonymous. The survey is hosted by Microsoft and **no log in is required to complete it**.

Our goal is to improve how your child experiences school at every step of the way. Your input will help us achieve that goal.



Northwest Tri-County Intermediate Unit 5
(814) 734-5610 or toll free (800) 677-5610

It is the policy of the Northwest Tri-County Intermediate Unit not to discriminate on the basis of age, religion, sex, race, color, national origin, ancestry, disability, or non-job related disability (including sexual harassment, sexual orientation, gender identity, and gender expression), in the admission or access to, or in the provision of services, programs, or employment in compliance with Title VI of the Civil Rights Act of 1964, Section 1604 of Title VII of the Civil Rights Act of 1964, Executive Order 11246 and 11375, Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990, the Age Discrimination in Employment Act, the Civil Rights Act of 1991, the Pennsylvania Human Relations Act.
For information relevant to this policy statement, contact: Christine Carucci, 504 Coordinator, and ADA Coordinator, or Sally Daehnke, Title IX Coordinator - 252 Waterford Street, Edinboro, PA 16412 Phone (814) 734-5610 TDD (814) 734-1098



Follow us on Facebook!
fb.com/IU5FSC