

# Family Partners' Virtual Events & Programs

# DECEMBER TOPICS

## Navigating the Special Education Landscape During Covid

Lunch & Learn!  
**Thursday December 3rd**  
12-1 PM



With a global pandemic disrupting every part of our education system, there is additional confusion and concern about how COVID-19 is impacting students with disabilities. Join us on Thursday, December 3rd at noon when Special Education Attorney, Arla D. Cahill, Esq. will present a general overview of special education rights and provide tips on ensuring that students receive the support to which they are entitled. Arla will discuss effective collaboration and communication strategies with district personnel, and participants will learn about timely addressing disputes over program and placement with the school district and the filing of due process with the New Jersey Department of Education Office of Special Education Services. Arla will also discuss the implications of proposed changes in a caregiver's ability to bring a non-legal advocate into school meetings.

**Zoom Link: <https://zoom.us/meeting/register/up0kfuuuqDwoskdW8C32xmeAWCZ58AqSmA>**

## Talking to Your Young Adult Who Has an Intellectual/ Developmental Disability About Sexuality

Special Guest Speaker at Mom Squad  
**Thursday December 3rd**  
6-7 PM



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**Zoom Link: <https://zoom.us/meeting/register/tjJodu-spz8iHNbFNlmcYsUK2Oj1rX8PxApj>**

## **Terapia cognitivo-conductual centrada en el trauma, ¿qué es y por qué funciona?**

¡Tenemos un Invitado Especial para este Grupo de Apoyo!

**Martes 8 de Diciembre**

**7:30-8:30 PM**



La terapia cognitivo-conductual centrada en el trauma (TF-CBT) es un tratamiento altamente eficaz y científicamente respaldado para ayudar a los niños, adolescentes y sus cuidadores en las secuelas de experiencias traumáticas. Los padres son las personas más importantes en la vida del niño. Las investigaciones muestran que a los niños les va mejor en la terapia cuando sus padres o cuidadores están involucrados. Únase a nosotros el 8 de Diciembre para obtener más información sobre TF-CBT y el programa TF-CBT de violencia doméstica en FIS, una división del Centro de servicios para la familia de Gissell Reyes, consejera bilingüe de TFCBT. Gissell es un consejero asociado con licencia con certificaciones nacionales para brindar este servicio. Gissell nos hablará sobre el modelo basado en evidencia de la terapia cognitivo-conductual centrada en el trauma, los beneficios de esta breve intervención y cómo acceder a este servicio.

**Zoom Link: <https://zoom.us/meeting/register/uZUvfUctrT4o2ctyctLFimY1SrLBv0NSoQ>**

**Telefono: +1 646 558 8656**

## **HA HA HAppier Holidays - No Joke!**

Lunch & Learn!

**Thursday December 10th**

**12-1 PM**



Join us on December 10th for our Virtual Lunch & Learn at noon when Malissa K. M. Arnold, MPA, CPS, will introduce us to the practice of Laughter Yoga. Arnold will discuss the documented mental and physical health benefits and allow participants to experience how it works.

Arnold trained in the practice developed by Dr Madan Kataria, a medical doctor from Mumbai, India, popularly known as the 'Guru of Giggling' (London Times). He is the founder of Laughter Yoga Clubs, a movement that started in 1995 with a small group of people in a public park in Mumbai. It has since grown into a worldwide movement of more than 6,000 Laughter Yoga clubs in over 60 countries, roughly 200 of which are in the US. Arnold trained under Karen Siugzda.

Laughter Yoga has been documented to strengthen the immune system which not only prevents you from falling ill, but also helps to heal a variety of conditions like hypertension, heart disease, diabetes, depression, arthritis, allergies, asthma, bronchitis, backache, fibromyalgia, migraine headaches, menstrual disorders, and many others.

Arnold, Program Coordinator for the Drug-Free Communities grant at Mercer Council by day, is also certified as a Laughter Yoga Leader, Prevention Specialist, Nurtured Heart Trainer, TIPS Trainer and in Mental Health First Aid for Youth and Adults. Join us on the 10th - you'll be tickled with the experience - we promise!

**Zoom Link: <https://zoom.us/meeting/register/up0kfuuuqDwoskdW8C32xmeAWCZ58AqSmA>**

Parent Power Hour!  
**Monday December 14th**  
7-8 PM



**The Joys and Pitfalls of Foster Parenting**

Join us when Paul Cecala, in his 4th year of being a foster parent, will share his experiences - the joys, the pitfalls, and the reasons one should consider becoming a foster parent. Cecala will share his candid observations, resources and then open the floor for your questions and discussion.

**Zoom Link: <https://zoom.us/meeting/register/tjAlfumrrTkuE92sweQjdz3ZaA707ava2LSs>**



Lunch & Learn!  
**Thursday December 17th**  
12-1 PM



**Jingle, Jangle, Jingle - It's Time To Mix and Mingle!**

The team at Family Partners of Morris & Sussex Counties invites all service providers, caregivers, educators and community partners to join us for a celebratory hour of connection and celebration! Participants will be asked to keep cameras on as we will divide our group into several breakout sessions allowing for conversation and merry making. We have all worked very hard this year! This is your opportunity to lift up a success, acknowledge someone who was a real gift to you or your mission or simply share a hope for 2021. Ugly sweaters or holiday attire is encouraged, but not required. Your presence will be our present!

**Zoom Link: <https://zoom.us/meeting/register/up0kfuuuqDwoskdW8C32xmeAWCZ58AqSmA>**



**December 24 & 25 Office Closed - Happy Holidays**  
No support groups or events between Christmas and New Year's