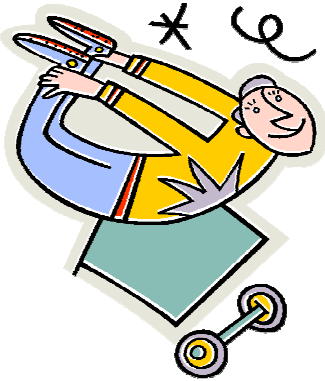


PARENT POWER



*Empowering
Parents with
Knowledge,
Resources, and*

**Missi Baranko
Family Voices
Consultant
701-290-8711
missi.baranko@gmail.com**

**Family Voices of
North Dakota**
A grassroots
network of families
and friends speaking
on behalf of children
with special health
care needs.
Fvnd.org
1(888)-522-9654

Join us for Parent Power Exchange Nights.

A great opportunity for parents and professionals to exchange ideas, gain knowledge, find resources and make new friends.

We will share ideas on favorite books, websites, sensory ideas, success stories, inspiration, etc.

Who: All families with a child with special health care needs (including, but not limited to: ADHD, autism, asthma, cerebral palsy, anxiety, learning disorders, depression, sensory dysfunction, etc) and professionals and providers who work with these children are welcome to attend.

Where: West River Community Center Meeting Room

Time: 6:30 p.m. -8:00 p.m.

October 9th

November 6th

December 4th

January 29th

February 12th

March 11th

April 8th

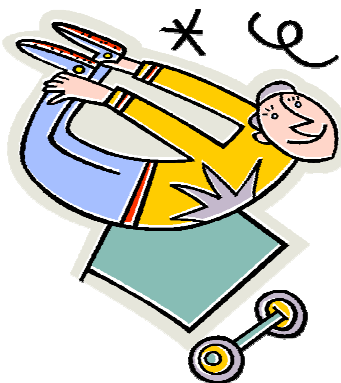
May 13th

The childcare room at the West River Community Center is available for use by participants children. The cost is \$2.00 per child per hour. Parents of children 8 years and above, who are independent, may choose to pay the fee for their child to utilize the facilities (pool, computers, etc) while they are in the building.

Family Voices of North Dakota Mission:

Family Voices, a national grassroots network of families and friends, advocates for health care services that are family-centered, community-based, comprehensive, coordinated and culturally competent for all children and youth with special health care needs; promotes the inclusion of all families as decision makers at all levels of health care; and supports essential partnerships between families and professionals.

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Knowledge Night

Join us to learn more about children with special health care needs!

Where: West River Community Center

Who: Anyone Interested

Time: 6:30-8:00 p.m.

October 23rd: Siblings and Children's Perspective

Ideas on how to talk to children about their diagnosis or their siblings diagnosis.

November 20th: Staying Calm during the Holidays

How to stay calm and keep your family calm when everything else is so hectic.

December 18th: ADHD

A question and answer session about ADHD

January 15th: What's in a prescription?

Find out more information about the medications that children are on, especially those prescriptions for ADHD, Autism, Anxiety and Depression.

February 26th: EPSDT

Is your child on Medicaid? Do you work with children on Medicaid? Come to find out more about the BENEFITS of EPSDT (Early Periodic Screening, Treatment, and Diagnosis)

March 25th: IEP's—Empowered Parents

A night for sharing and learning the "ins" and "outs" of IEP's.

April 22nd: IEP's and Kids—Empowering our children

Learn how to empower our children to be effective IEP advocates.

May 27th: Helping our Children Build Friendships

Learn how to help our children build and keep friendships.

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