



PILGRIM AREA COLLABORATIVE EXTENDED SERVICES

Caregiver or SEPAC Offerings

PACES

Connecting SCHOOL – HOME – COMMUNITY

www.pilgrimac.org

Topic	Description
Social Matters An Introductory Workshop to Social Thinking™	Are peer playdates challenging for your child? Is your child having trouble establishing and maintaining friendships? Does your child have a hard time making connections with other kids? While most children learn the skills of Social Thinking™ intuitively, some children have great difficulties understanding the nuances of the social world. If you are concerned about your child’s social skills attend this workshop to learn more about Social Thinking™ and how you can help your child.
From Chaos to Calm: Supporting your student with Executive Functioning Challenges	Executive function is an umbrella term used to describe a set of cognitive processes that are necessary for emotional and behavioral control. In this workshop participants will learn what executive functioning skills are and will provide insight into the role they play in student learning and the impact difficulties in EF skills have on school success. Oftentimes, students who appear “unmotivated” about schoolwork simply do not have the EF skills required to initiate, plan, organize and persist on school/homework tasks until completion. Parents and caregivers won't want to miss this interactive presentation that will help them gain a clearer picture of how to help their children become more successful and independent learners.
The Challenges of being Autistic, “Bright and Verbal”-A Personal Perspective	<p>A person’s ability to communicate has been a defining characteristic of autism. Many correlate a person’s degree of autism severity with their level of speech impairment. When an autistic is articulate, the assumptions, expectations and misunderstanding of others bring unique challenges. This presentation welcomes you to look deeper into the experience from an autistic perspective, so that through greater understanding, as well as more suitable strategies, warmer connections and positive life outcomes can be better supported for those who are autistic, bright and verbal.</p> <p>This workshop is presented by Patricia Menzel, a member of autism’s "Lost Generation," who has over 50 years’ experience as an autistic. While mostly verbal, she sometimes loses speech, and uses AAC as back-up. Her aim is to make some of autism's more enigmatic behaviors, such as wandering, bolting, sequestering, and self-injury more understandable from an autistic perspective, as well as sharing autism's strengths in a positive light. Patti uses mindfulness practices, sensory diet, and clean eating to manage her autism. She lives mainly independently with some support.</p>
Taking a Closer Look at Anxiety	Anxiety is increasing among school aged children and often goes misunderstood or unnoticed. It can impact a student’s ability to perform optimally in the school environment. To support students with Anxiety, we need to understand it ourselves. During this workshop you will learn about the different types of anxiety, how they impact a child’s performance and useful strategies to use and consider when raising a child with anxiety.
The Emotional Brain	Emotions have an impact on learning. They influence our ability to process information and to accurately understand what we encounter. But how much do parents really know about emotions? There has never been a more important time to look more closely at how emotions impact our children. Youth are presenting with higher rates of anxiety, depression, suicidal

~For specific questions about our workshops or to customize an offering for your District please contact Joanna Silverman at 508.747.6686 x2703 or jsilverman@pilgrimac.org

	thoughts, and substance abuse making it difficult for them to be fully present in the learning environment and functioning members of society. During this workshop we will explore the emotional system, gain a better understanding of how it impacts behavior and learn effective strategies to incorporate emotional resilience into parenting.
Meeting the Challenge: Understanding, Preventing, and Responding Effectively to Challenging Behavior	Having a child with challenging behavior can affect the entire family. This interactive workshop will provide parents with a basis for understanding the causes and functions of their child's challenging behaviors. Practical strategies and pro-active interventions will be discussed as participants learn new ways to prevent and respond to challenging behaviors more effectively.
Letting Go Slowly	<p>Parents: Do you wonder if you do too much for your child? Do you wish your child was more self-sufficient?</p> <p>Oftentimes families struggle to know when to increase expectations for their child's independence and reduce the support they have always provided. There are no clear instructions to guide parents on this journey. This workshop will provide you with information about age-appropriate expectations, tools to foster self-sufficiency and begin the discussion of letting go.</p>
Parenting Through Connection	Did you know emotional connection between a parent and child is crucial for regulating emotions, learning and behavior? During this workshop we will explore effective tools based on the neuroscience of emotional connection that you can begin using with your children to improve the emotional wellness of your entire family. Children who are parented through connection become emotionally intelligent individuals who fare well in emotional well-being, physical health, social competence, and academic performance.
Technology Troubles: Too Much Time Online!	With children ages 8 to 18 spending nearly 50 hours per week in front of screens, parents are increasingly concerned that screen time is robbing them of real-world experiences. Video games are entertaining, enjoyable and Technology has become a part of everyday life in and out of the classroom. When is it too much? Is an hour a day okay? Two? Join us for an honest look at how technology is impacting our children's health, mood, and social development, and learn strategies to help children interact with technology in a balanced way.

~For specific questions about our workshops or to customize an offering for your District please contact Joanna Silverman at 508.747.6686 x2703 or jsilverman@pilgrimage.org