



Back to the Basics

***Giving Ourselves the Support We Need
to Care for Children Who Don't Do
What We Say...Immediately!***

Thursday, February 25, 6:00-8:00pm

Eat, Sleep, Exercise, Meditate/Pray: a rejuvenating exercise
Time Out for Parents/Teachers/Caregivers: a stress reduction/centering exercise
Be the person you want the child to be: pay attention, smile, act "as if"
Friendly/Compassionate Awareness Exercise: Say what you see
Jellyfish vs. Brick Wall vs. Backbone: strengthening your core

**All workshops held at Jackson Elementary School,
For more information or child care please call 257-1092.**



Workshop Series:

Behavior Strategies for Home and School: Why does s/he act this way? What can I do about it?
Saturday, February 13, 10:00am-12:00pm

Autism Spectrum Disorder (ASD) in Young Children: What ASD looks like? Strategies for school and/or home.
Thursday, February 11, 6:00-8:00pm

Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder, Learning Disabilities: A Personal Journey, with Dr. Ryan Thompson.
Thursday, February 18, 6:00-8:00pm

Back to the Basics: Giving Ourselves the Support We Need to Care for Children Who Don't Do What We Say...Immediately!
Thursday, February 25, 6:00-8:00pm