

## Upcoming Workshops at the Cody Center

Hello Everyone,

As the New Year quickly approaches, the Cody Center is not slowing down; we continue to offer a variety of programs and services that you and your family will enjoy this Winter.

### Workshops

#### January 27 - Mother Knows Best Panel

This panel of mothers will share their journeys in supporting a child with autism spectrum disorders, including key lessons learned and resources that have been valuable to them. There will be mothers representing various age groups: preschool/ kindergarten; elementary / high school and post high school / adulthood, all with varying perspectives. This session will be highly interactive, encouraging dialogue between participants and panelists as well as time for questions and answers.

#### February 5 - Autism Research at the Cody Center

This workshop will provide an overview on Autism research at the Cody Center. The session will include insight into historical progress and include overviews of new research directions and the goals of current research efforts.

#### February 29 - Working Effectively with Your School Districts to Gain Services

This presentation will offer basic advocacy skills for parents of children with special needs. It will demystify the Special Education process and provide parents with the basic skills they need to advocate for their children.

#### March 5 and March 16 - Managing Challenging Behaviors at Home

Family life can be significantly disrupted by behavioral outbursts that may be in response to demands, changes in the environment, or for no identifiable reason. This two part workshop will focus on understanding behavior, and learning effective ways to cope with behavioral issues at home.

#### March 26th - How to Track Your Child's Progress: Understanding Evaluations and Test Scores

If you have a child receiving special education services, you know that he or she is evaluated periodically to establish learning needs and measure progress. The results of these evaluations can be difficult to interpret for those not trained in test measurement. It is often hard to know if a child is gaining ground from year to year, or falling further and further behind. This workshop will take the mystery out of test scores, and will give you the ability to assess your own child's real progress over time. If possible, please bring a copy of your child's most recent IEP or summary of their latest scores.

#### April 2 - Helping Children with Autism Spectrum Disorders Make Friends

Children with autism spectrum disorders (ASD) have social skill deficits that make it difficult to establish and maintain friendships, impact every area of their lives and require direct teaching. This workshop will discuss specific strategies parents can use to help school-aged children build positive peer relationships.

April 23 - Recreation Night

Representatives from recreation programs for children with special needs throughout Long Island will give short presentations of their programs and be available to talk with families individually throughout the evening.

Workshop Registration: To register for any of the workshops listed please call the Cody Center at (631) 632-3706 or email [shirley.woodward@stonybrook.edu](mailto:shirley.woodward@stonybrook.edu) at least one week in advance to insure admission.

Workshop Fees: Although the workshops are free, we do suggest a \$10.00 donation in support of the Cody Center per participant. Professionals seeking documentation of attendance are asked to pay a fee of \$25.00.

Workshop Location: Workshops are held in the Wang Center on the campus of Stony Brook University unless otherwise noted on the Cody Center website [www.codycenter.org](http://www.codycenter.org)

This and other program information can be found on our website at [www.codycenter.org](http://www.codycenter.org)

On behalf of the entire Cody Center staff, I would like to wish you and your family a very happy and healthy New Year!

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