Advocacy Basics: Strategies for Success – Successful communication & advocacy tips for parents, family members & youth that can be used in a variety of settings. Vicki Hardy-Murrell – Virginia Federation of Families

Avoiding Foreclosure – Challenged by the current economic downturn. Find out about all the options you have to avoid foreclosure of your home before it’s too late. Leonard Gray - NCCCED

Behavioral Skills – My kid is driving me nuts! Why won’t he/she do what I tell him to? My kids will not listen to me. How can I get control of my kids at home? Practical & useful tools to help you manage your child’s behavior. Adam Dreyfus – Commonwealth Autism

Brain Development in Infants & Toddlers – Learn about brain development & how the first 3 years lay a foundation for success throughout life. Hands on strategies. Designed for anyone who cares for children ages 36 months or younger. Christine Hallman – ITS Network

Color Me Healthy – Preschoolers moving & eating healthy through colors & songs. For parents, childcare providers & teachers. Beth Jimenez – VA Cooperative Extension

Emergency Preparedness - What You/They Need To Know - Workshop to develop an informational file about your family for emergency personnel including people with specific health issues. Kim Lett, disability Resource Center

Exercises for a Healthy Spine, Life and Weight – Feel better and healthier with the proper exercises. Ryan McDonnell, DC – Caroline Chiropractic

How to be Stress-Smart at Home & at School – Learn how to manage your own response to stress, reduce reactivity & trigger relaxation & calmness. Then teach your children self-calming techniques too. Home & classroom will be more peaceful, productive & enjoyable. Jule Millard, PhD, LPC-Caroline Counseling Services

Internet Predators – How Do You Know? – Do you know who you are talking to on the other end of the computer? Learn ways to be safe and savvy on the internet and chat rooms. Deputy George Honeycutt – Caroline County Sheriff’s Office

Introduction to Autism – Everything you ever wanted to know about Autism but were afraid to ask! Is Autism increasing? What are the early warning signs? Do vaccines cause Autism? Adam Dreyfus – Commonwealth Autism

Keys to Success as a Childcare Provider – Overview of the basic steps to operating a quality child care program in the home or day care center. – Becky Sagle – DSS Daycare Licensing Specialist – Caroline

Language and Social Skills – I’m afraid my kid isn’t fitting in. What can I do to help? My child is having trouble with some of her language skills, how can I help her at home? All this & more in this informational workshop. Adam Dreyfus – Commonwealth Autism

Living Above the Influence - Inappropriate teen behavior, gangs, prescription drug abuse, alcohol, inhalants. How can you avoid, prevent and stop this influence? Deputy George Honeycutt – Caroline County Sheriff’s Office

Maximizing the Message – Helping families make healthier food choices with emotion based positive messages. USDA promotion.

Measurable IEP Goals – This workshop brings families & educators together using a common language to build measurable goals. What is a measurable goal? How do you understand & write a measurable goal? Catherine Burzio – PEATC-Parent Educational Advocacy Training Center

Preparing for Homeownership – Understand your credit in the loan process, steps to assessing your readiness, shop for the right mortgage lender, avoid predatory lenders & more. Leonard Gray - NCCCED

Special Needs Trust/Life Care Plan – What happens when you &/or your spouse are no longer there? Is your child sheltered from losing their governmental benefits? Learn how the Special Needs Trust works & allow your wishes to be carried out throughout your child’s lifetime – The Washington Group Special Care Planning Team

Success is EASY! – Workshop designed to provide students and adults with a roadmap for achieving financial & personal success. Jason Whiteman – SunTrust Bank

Summer Survival Basics-Ten Terrific Tips for Families – Get through the summer months, create memories & keep your children & you happy. Julie Anne Rivnak-McAdam-RACCAP

Teen Suicide Prevention – Parents & Educators can become equipped with information, tools & resources to possibly recognize at risk youth & how to help. Tonya Pulliam – CTS-Children’s Treatment Kids Resource Center

Understanding Credit & Credit Scores – What’s your credit score? Learn factors that improve a credit score. How to review a credit report for accuracy. Ways to build positive accounts to improve credit scores. Leonard Gray - NCCCED

Understanding Special Education – This workshop will help you identify your child’s learning strengths & challenges as well as organize your important information. Learn ways to work as partners with teachers & other school personnel. Catherine Burzio – PEATC-Parent Educational Advocacy Training Center

What to Do When Kids Fight –Help kids choose the right behavior for their emotions & minimize fighting between children in your family. When should you step in? Julie Anne Rivnak-McAdam-RACCAP

What’s New at the VA Department of Education? – Latest information about SPED regulations, parent guides, IEPs, local advisory committees and more –Gloria Dalton, Virginia Dept of Education (DOE)

Why Do I Age? Get sick? Get Disease? – How can you fight sickness if you don’t know what caused it? Equip yourself with the knowledge that might make you better able to live a longer & healthier life. Eunice Key – Usana Health Sciences

Your Dreams/Your Future-Transition Planning – There is life after high school & plan to be a part of it. Target audience – Students 14 and up and their parents - Kim Lett – disability Resource Center