

We are...



The **Parent Training and Information Center** provides training, resources, and individual assistance at no cost to parents who have children with disabilities and/or special health care needs. For 35 years, our workshops and individualized assistance have helped parents understand the complex systems of special education, healthcare, and community services.

The **Family-to-Family Health Information Center (F2F)** provides guidance and support for families of children and youth with special health care needs (CYSHCN). We help families navigate health care systems and work with their child's medical home. We provide individual information on how to advocate for your child in the health care system.



How We Can Help

Training & Information...

- serve families of children and young adults from birth through age 26 with all disabilities: physical, intellectual, learning, emotional, attention deficit disorders, etc. and special health care needs;
- train and inform parents and professionals to help families obtain appropriate education and medical services for their children with disabilities and/or special health care needs;
- work to improve education results for all children, and resolve problems between families and schools or other agencies;
- connect families to community resources that address their needs.

Individualized Support

- On the phone
- In person
- Connect to other families who have traveled similar paths through our Parent-to-Parent program

Families Together, Inc.

Available Workshops

Workshops for parents & families whose children have disabilities and/or special healthcare needs and the professionals with whom they work.

Topeka Parent Center

(785) 233-4777

1-800-264-6343 toll free

topeka@families-together-inc.org

Wichita Parent Center

(316) 945-7747

1-888-815-6364 toll free

wichita@families-together-inc.org

Garden City Parent Center

(620) 276-6364

1-888-820-6364 toll free

gardencity@families-together-inc.org

Statewide Spanish Parent Line

Lina Estratal de Padres en Espanol

1-800-499-9443

espanol@families-together-inc.org



Families Together's workshops are offered to parents, education advocates, general educators, special educators, para-professionals, administrators, service providers, and other individuals who care for and about children/youth who have disabilities. Please contact the center near you to schedule a workshop.

Criteria for Training Requests

Since we receive more requests for training than we are able to facilitate each year, priority for trainings is determined based on the following criteria:

- Target audience includes parents
- Grant priorities
- Attendance should number at least 15 people
- Training is open to all members of the community
- Local sponsors providing space, AV equipment, publicity, and refreshments when able

About Us

Families Together Inc. Presentation

This presentation will provide an overview of the various services, supports and trainings we offer families and those who care for and about children and youth who have disabilities. Participants will also be provided with a summary of our history and funding sources.

www.familiestogetherinc.org

Transitions

Getting & Keeping the First Job

Many families wonder if their son or daughter can or will be employed. The goal of this session is to help families, caregivers, and professionals understand the realities of today's workplace so they can help youth with disabilities earn competitive employment. Participants will learn the importance of job interviews and job accommodations. Particular attention is paid to the role of families in the career exploration and job hunting process.

Step Ahead at Age 3: Transition to Preschool

The transition from Infant-Toddler services to education services can be a scary and exciting process. This workshop will provide parents with an understanding of the process so that the transition is as smooth as possible.

Planning for the Transition from School to Adult Life

This workshop is a must for parents with a youth 14 or older; it will help parents discover how the transition plan can (and should) reflect their youth's dreams for his/her future. Participants will explore the process of transition from school to adult life including independence, employment and education. Participants will learn how to effectively use transition services in the IEP to prepare for the future.

For Transition Age Youth

iTran: It's My Life

This interactive workshop is designed specifically for students to help them become active participants in their transition plan. Students will have an opportunity to brainstorm and talk about their educational, career and life goals.

Legal

Five-Oh What?

The focus of this workshop is for participants to understand how a student is determined eligible under Section 504 of the Rehabilitation Act. An overview of the requirements of a Section 504 Plan and practical uses of accommodations will also be presented.

Individualized Education Program

IEP Development

This workshop will provide information necessary for parents to be constructive members of the Individualized Education Program (IEP) team. The training begins with the basics --what an IEP is, brainstorming on preplanning, understanding the various components of the IEP from developing the Present Level of Academic Achievement and Functional Performance to determining the Least Restrictive Environment (LRE). Effective communication skills and measuring success in the IEP will also be presented. Participants will discover strategies to become an effective IEP team member and get what their child needs to succeed.



Advocacy

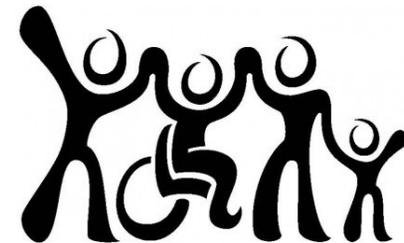
Working for Change: Using the Power of a Personal Story

This workshop was developed to help parents become “system change agents” in order to be better equipped to improve access to services and supports for children with disabilities and their families. Participants will explore what advocacy is, why changing systems is important, and how to use the power of their personal story to create change.

Behavior

Discover Strategies to Prevent and De-escalate Challenging Behaviors

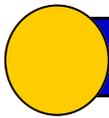
In this workshop, participants will gain information and learn strategies related to children and youth who present challenging behaviors. We will discuss multi-tier system of supports and school-wide positive behavior supports. Participants will understand the functional behavioral assessment process and how to use those results to develop a positive and meaningful behavior intervention plan.



Disability Awareness

Learning with a Difference

Every educational setting is unique and every child learns in his or her own way. During this interactive session, participants will experience many of the environmental and learning barriers that students who learn differently struggle with daily.



Family

Bullying Prevention

According to Kansas statute, schools must have a bullying prevention policy and provide training for students and staff. During this workshop participants will gain a better understanding of Kansas's definition of bullying, and learn about prevention strategies.

Stress Management

The purpose of this workshop is to let parents know that they are not alone. Raising a child who has a disability can increase stress levels, and parents need to find ways to ease the stress they experience. Participants will discuss ways to take care of themselves each day.

The Journey to Adulthood: What Parents Need to Know (Sexuality)

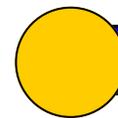
The goal of this presentation is to provide parents with the basic information about the changes that puberty and adolescence bring to every child—including their son or daughter with a disability. The information is intended to help participants feel more comfortable as they help their youth safely navigate this important transition.

Medical Home

Medical Home is not a physical location, but more a state of medical mind. So, how does one go about creating a medical home? This workshop will discuss what a medical home is, how to work with medical professionals within a medical home setting, and how to best help your family member with a disability navigate the process.

Family, School & Community Partnerships

Partnerships between families, schools and communities are good for all kids, all teachers, and all schools. In this workshop, current research in the area of parent involvement and the positive benefits will be presented. Strategies on being an effective team member are discussed.



Legal

Special Education: Parents' Rights & Responsibilities

The Individuals with Disabilities Education Act (IDEA) mandates a free, appropriate public education in the least restrictive environment for children 3-21. This workshop will take a step-by-step look at the special education process with an emphasis on parental rights.

Emergency Safety Interventions

The Kansas State Board of Education recently approved regulations regarding the use of emergency safety interventions (seclusion and restraint) within the public school system. This training provides an overview of the regulations and how Kansas requirements align with the guidance from the United States Department of Education. Positive Behavior Interventions and Support (PBIS) strategies will also be shared.

Families are Important

This workshop will assist parents in understanding Part C of the Individuals with Disabilities with Education Act. Parents will gain a better understanding about the early intervention program and available services for their children birth to age three. This workshop will walk participants through the steps involved in early intervention, and development of the Individualized Family Service Plan (IFSP). Parents will gain skills and information to strengthen their role as their children's first and most important advocate.

Discipline

This workshop will provide an overview of the protections available to students with disabilities under the IDEA discipline section. The rights of students not yet eligible and preventative strategies will also be presented.