



Meeting Street

Fall 2010 FREE Parent Seminars at Meeting Street

Meeting Street is committed to providing parents and caregivers with the support they need to enhance the education and development of their children. Three important seminars will be offered this Fall at the **Meeting Street Campus on 1000 Eddy Street in Providence**. All seminars are **FREE to ALL FAMILIES**. **FREE child care** will be available. Registration for the seminar and a request for child care are required for each seminar.

To register for a seminar and to set up child care, please call the Meeting Street Seminar Office at 533-9299 or e-mail information to info@meetingstreet.org.

Marching to the Beat of a Different Drummer: Understanding Kids with Asperger's Syndrome

Tuesday, September 28 6:00 – 7:30 p.m. at Meeting Street

Presented by Connie Rinehart, Speech/Language Pathologist and Coordinator of Meeting Street's Autism Services

When a child has Asperger's Syndrome, it affects how they experience the world and how the world experiences them. This seminar will help parents and caregivers better understand the characteristics of Asperger's Syndrome and will provide strategies to help support these children. Participants will get a better understanding of how kids with Asperger's think and learn and how Asperger's affects a child's behaviors. The impact the disorder can have on their lives at home, in school and in the community will also be discussed. Special attention will be paid to the social communication deficits experienced by these children and how kids can be helped in this area.

Stress Relief Strategies for Parents and Caregivers of Children with Special Needs

Tuesday, October 19 6:00 – 7:30 p.m. at Meeting Street

Presented by Jodie Regan Sexton, Mental Health Counselor, Manager Early Childhood Case Management Services, Meeting Street

Raising children is one of the greatest joys in life, but it can also be stressful and sometimes leads to physical, mental, and emotional exhaustion. Parents and caregivers of children with special needs are especially prone to stress and its negative effects on health and wellness. This seminar is designed to help participants recognize the symptoms of unhealthy stress and provide simple techniques to help manage it. The seminar will include tips on recognizing stressors and ways to develop coping skills. Participants will learn positive ways to address the people, places and things in their lives that contribute to stress.

How to Get Your Picky Eater to Eat

Tuesday, November 16 6:30 – 7:30 p.m. at Meeting Street

Presented by Emily Lennon, Manager of Occupational Therapy, Meeting Street

Getting a child to eat the food that will contribute to their healthy development is not always easy. In this seminar parents and caregivers will learn activities and techniques to use with their children to improve the variety of foods they eat. Guidelines on how to introduce new foods will be discussed. Attendees will also get information on the typical feeding skills and the behaviors to expect based on a child's development.