



Family Support News



1-5-2024



Do you need help organizing your student's IEP paperwork?

The Arc of Bristol County's IEP Tool Kit is the answer! Bring your IEP documents such as IEP's, evaluations, progress reports, behavioral plans, and any other relevant paperwork. Our educational advocates will guide you on how to organize and advocate for your student. You will receive a free pre-loaded IEP binder with advocacy strategies and educational resources. RSVP required.

Registration closes TODAY!

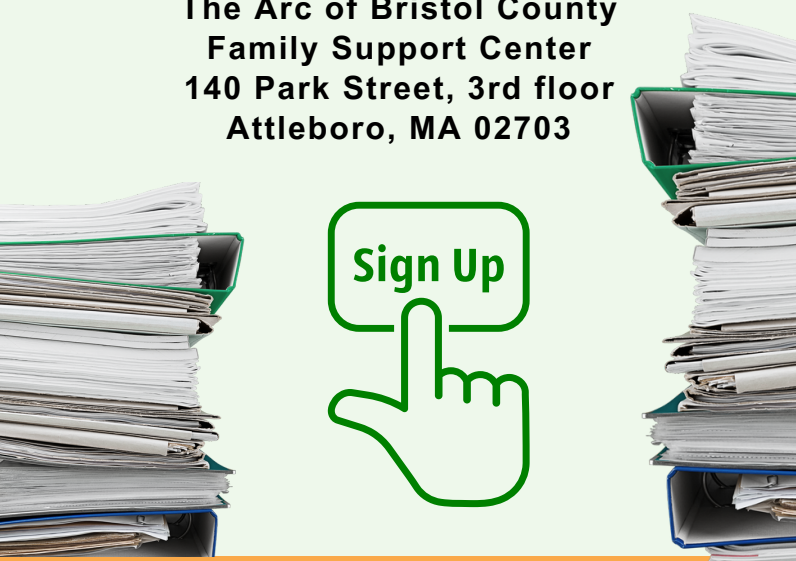
Questions? Email Nicole at nperry@arcnbc.org.

Date & Time:

Tuesday, January 9th
12:30 - 2:00 pm

Location:

The Arc of Bristol County
Family Support Center
140 Park Street, 3rd floor
Attleboro, MA 02703



Discussion Support Group Series for Caregivers

The Arc of Bristol County Family Support Center welcomes autistic self-advocate Michael John Carley as host of a virtual discussion series of support groups for parents and caregivers. Join us to discuss topics and support one another through our caregiving journeys. Use the registration link to share your interest with us. We will send the meeting link with reminder the week before and week of each meeting. Attendance at every session is not required. All are 6-7:30pm.



[Register here!](#)



January 10th - TRULY Positive Sex Messaging & Reframing Our Definition of the Word Sex Itself

Please plan for a very candid and open discussion

February 7th - Upping the Bar on Inclusion

March 13th - Neurodiversity, Disability, & the Theoretical Quagmires Yet to be Resolved

April 10th - To Be Determined



[sign up here!](#)



The Arc of Bristol County's Family Support Center is pleased to host the American Foundation for Suicide Prevention for their Talk Saves Lives webinar.

Tue. Jan. 23rd, 7-8pm

A Brief Introduction to Suicide Prevention

Suicide can be prevented. This presentation will cover what we know about this leading cause of death, the most up-to-date research on prevention, and what we can all do to fight suicide.

Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.



Follow The Arc of Bristol County on Facebook for daily information updates and further resource sharing!



Adults, Families, and Staff!

Save the Date



Join us for a Winter Celebration!

February 29th, 2024
5:30-8:30 PM

More details to come!

ATTLEBORO LODGE OF ELKS

Come Join Us for Food, Fun & Friendship!

Achieve with us.



Community Autism Resources

A PRESENCE ALONG YOUR JOURNEY

Join Community Autism Resources for
A Conversation About: Understanding Autism in Girls: Missed and Misunderstood
with Dr. Anna Merrill, Licensed Psychologist
January 17th, 6:15 – 7:30pm via Zoom

REGISTRATION

This webinar will highlight information regarding Autism in girls and why it can often go missed or misunderstood. Studies suggest that there is a male bias in our conceptualization of Autism. This webinar will review our growing understanding of how the presentation of symptoms and life experiences of girls diagnosed with Autism may be different from boys. Appropriate implications for treatment and supports will be discussed. Registration is required.

Free Family Yoga Hour



Date & Time:

Saturday - 1/20/24 - 11:30am to 12:30pm

All ages are welcome.

Hosted by:

Taunton Family Resource Center

Event Location:

Old Colony YMCA Taunton

Registration is required.

RSVP:

Email Britany by 1-19-24 at bfreitas@oldcolonyymca.org.



VILLAGE SPEECH

SOCIAL GROUP

Fridays 3:45 - 5:00
February 2nd to March 15th

ACTIVITIES

- Arts and Crafts
- Board Games
- Recipe Making
- Storytelling
- Sports/Movement
- Roleplay

SKILLS

- Conversation Skills
- Flexible Thinking
- Perspective Taking
- Self-Regulation
- Problem Solving and Compromise
- Active Listening Skills
- Navigating Friendships



\$95 per session for 7 sessions

early enrollment discount if paid before 1/26

ages 8-11

If you are interested in your child joining who is close in age, please reach out!



Run by licensed Speech-Language Pathologists specialized in social pragmatics

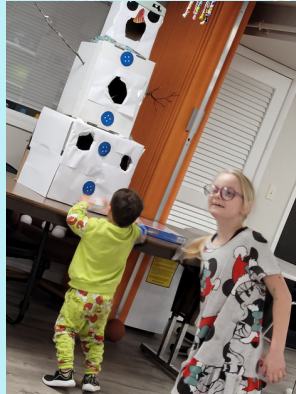
REGISTER NOW



Email jennie@villagespeech.net



Thank you to everyone who helped make the Celebration of the Season event an amazing evening of fun and friends!



Who had a great time jumping, swinging, flying, and playing at Urban Air? We did!



Local Resource Spotlight!



Order Free At-Home COVID-19 Tests, Free Shipping

Residential households in the U.S. can order one set of 4 rapid antigen COVID-19 tests from USPS.com.

Order Your Free Tests



USPS.COM



Ask the Advocates!

The Arc

Click to submit a question or share an idea for a future workshop topic!



Angela & Nicole

Did your family experience holiday stress?



We hope everyone has been enjoying time with their loved ones and friends this holiday season, but know that the changes in routines and attending large gatherings can be difficult for many. Plan ahead for your next get-together and alleviate your stress with these articles from Understood.com Happy New Year!

Read these 11 helpful tips for navigating the holidays and family or friend gatherings for people with ADHD.

Learn 7 ways to help prepare children for visiting with relatives during the holiday season.

The Arc

Angela & Nicole

Educational Consultants