

Morris-Union Jointure Commission
PARENT AWARENESS WORKSHOP

**How the Practice of Mindfulness Can Help Children With Special Needs
Learn to Navigate the World More Effectively**

This workshop will provide concepts of mindfulness as a practice that can help children with special needs learn how to calm themselves in times of stress. Research is exploding in this field and mindfulness has been proven to have lasting benefits on both the body and the mind. Science indicates that mindfulness can help reduce stress, improve sleep, help individuals make better choices, increase focus, foster compassion and enhance overall performance. Discussions will include calming practices and practical strategies to encourage children and families to learn tools to de-stress, think more positively and be more responsive versus reactive. This workshop will focus on learning about mindfulness, discussing how mindfulness can help children with special needs, and understanding ways to implement mindfulness strategies.

Presented by:

Dr. Shannon Albarelli, Clinical Psychologist

Date & Time:

Thursday, October 18, 2018
7:30 p.m. – 9:00 p.m.

Sponsored by / Location:

Morris-Union Jointure Commission
340 Central Avenue
Professional Development Center - West Wing
New Providence, NJ 07974
908-464-7625, ext. 1109
MUJC website: www.mujc.org

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REGISTRATION FORM - Parent Awareness Workshop

Thursday, October 18, 2018

***How the Practice of Mindfulness Can Help Children With Special Needs Learn to
Navigate the World More Effectively***

There is no cost for this workshop however registration is required. Please complete and return to:

Morris-Union Jointure Commission
340 Central Avenue, New Providence, NJ 07974
Email dhenriksen@mujc.org or fax to: 908-464-1244

Check here and include your email below if you would like to receive future Parent Awareness Workshop offerings.

Name _____

Address _____

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Home Tel: _____ Work Tel: _____

Email: _____ Cell: _____

Morris-Union Jointure Commission
PARENT AWARENESS WORKSHOP

**Technology: Uses for Language and
Communication to Social Skills and Independence**

Advances in technology have had a tremendous, impact on individuals with autism spectrum disorder. This impact ranges from improved systems to support communication to applications that address skills acquisition. Technology can be used to increase your child's level of independence in home, school and work. This workshop will provide a review of the most effective new AAC systems that have been developed, apps that are used to work on skills such as vocabulary development to abstract language concepts and new technology that can be used to address independence and social skills.

Presented by:

Janine Kipp, M.A., CCC-SLP; Regina Volodarsky, M.S., CCC-SLP, Eden II Programs

Date & Time:

Thursday, March 7, 2019
7:30 p.m. – 9:00 p.m.

Sponsored by / Location:

Morris-Union Jointure Commission
340 Central Avenue
Professional Development Center
West Wing
New Providence, NJ 07974
908-464-7625, ext. 1109
MUJC website: www.mujc.org

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REGISTRATION FORM - Parent Awareness Workshop

Thursday, March 7, 2019

**Technology: Uses for Language and Communication to
Social Skills and Independence**

There is no cost for this workshop however registration is required. Please complete and return to:

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