



## ARE YOU THE PARENT/GUARDIAN OF A CHILD WITH A DISABILITY?

### Join our parent group!

Walking in My Shoes (WIMS) is a monthly meeting for parents of children with special needs, of all ages to meet, greet and share experiences through facilitated discussions and guest speakers.

Facilitator - Darlene Donnelly  
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WALKING IN MY SHOES



citizen advocacy  
parrainage civique



LIFETIME NETWORKS  
RÉSEAUX POUR LA VIE

## ONE MEETING A MONTH

7:00-9:00 PM

January 15

February 19

March 19

April 16

May 21

June 18

## ONE CENTRAL LOCATION

Citizen  
Advocacy

312  
Parkdale  
Ave,

Ottawa ON

K1Y 4X5

### **Tuesday, February 19**

#### **Informal Discussion and Information Sharing with a focus on the Special Education Advisory Committee**

Susan Muleme is on the Special Education Advisory Committee (SEAC) which is government mandated to advise boards of education on issues concerning our vulnerable student population. Learn about the Special Education Report, and how parents can access the services and resources available for their children through school board. Her interest in SEAC comes from her own son requiring access to special education. The rest of the evening will be information and discussion sharing.

### **Tuesday, March 19**

#### **Creating a Circle of friendship and support for your loved one with Kelly Howson, Lifetime Networks Coordinator from Citizen Advocacy Ottawa**

Join Kelly to learn more about how to build friendships and create a circle of support for a lifetime for your loved one. Kelly will share concepts from the Safe and Secure book which outlines how to create a good life for people with disabilities, share information about the Lifetime Networks Program and PLAN. Learn strategies and tips to help give your loved one a full and meaningful life and give you piece of mind.

### **Tuesday, April 16**

#### **Informal Information and Discussion Sharing Evening with a video to view and a Social Web Assessment work sheet.**

Join us for discussion and sharing of valuable information on creating a social web for your loved one. We will watch a video from PLAN Vancouver highlighting a family who succeed in creating a future for their loved one, then discuss and review a work sheet to help guide you in planning and organizing. Resources will be available for you to gather and to discuss.

### **Tuesday, May 21**

#### **Anxiety and Disabilities with Jennifer Jarvis, M.ASD, BCAB, Behaviour Analyst with CHEO Behaviour Services and consultant to families and staff teams who support children, youth, and adults diagnosed developmental disabilities.**

Anxiety is a behaviour that is often observed in children, youth, and adults diagnosed with developmental disabilities. In this presentation, we will discuss what anxiety might look like, how it may affect a person's ability to function, and how to identify triggers and trends. Jennifer will provide an overview of some preventive and coping strategies that may be beneficial to use at home while waiting to access services.

### **Tuesday, Jun 18**

#### **Informal Information and Discussion Sharing with a guest speaker for the first 30 minutes.**

Join us for the last meeting of the season. We will discuss important issues to you and learn about a valuable resource in the city from our guest speaker.