

Spring 2020 Children's Developmental Class
Parent Lecture/Discussion Group Presentations

Date	Presenter	Bio/Work Experience	Topic/Description
Feb.8	Ellen Galvez	Ellen Galvez has been a Special Educator for over twenty years. . Throughout her career she has worked with students ages 3-21 and their families with a variety of disabilities, predominantly Autism. Currently Ellen is the Parent Liaison for the BCPS Office of Special Education and manages the Special Education Resource Center and Lending Library.	<i>Accessing Resources & Supports for Your Special Needs Child</i> /Ellen will review the resources provided by the Special Education Resource Center, accessible to all Baltimore County Public Schools parents, teachers and students. A limited selection of books from the Lending Library will be available for checkout.
Feb.15	Leslie Seid Margolis	Leslie Seid Margolis is a managing attorney at Disability Rights Maryland (DRM), Maryland's protection and advocacy agency, where she has worked since 1985. In her practice at DRM, she handles individual special education cases and engages in special education policy work at the local, state and national levels, and has extensive experience with systemic urban school reform litigation. In 2014, Ms. Margolis was the co-recipient of COPAA's Diane Lipton Award for Outstanding Advocacy, and in 2017 she received the Arc Maryland's Outstanding Advocate of the Year award.	<i>Understanding Your Child's IEP: A Page by Page Review of Key Elements</i> This workshop will help parents understand the IEP, the blueprint for their child's special education and services, by walking through each page with an explanation of key elements and discussion of issues to consider during IEP development and review.
Feb.22	April Tripp, Ph.D.	April is a faculty member at CCBC in the Department of Wellness. She specializes in holistic health practices for the mind, body, and spirit. Prior to coming to CCBC April worked with children with disabilities and their family unit to create inclusive experiences for the whole family in natural settings. She is particularly interested in how our "mind-set" influences our actions and ultimately our lifestyle choices.	<i>Mental Training: Simple Practices to Nourish and Calm Your Mind</i> <u><i>Did you know that through mental training and practice we can:</i></u> Quiet the inner critic, boost well-being, build resilience, improved sleep. decrease stress and anxiety, increase calm, centered, and focused attention, find greater "ease" in the everyday, learn to work with difficult emotions <u><i>You will learn:</i></u>

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			<ul style="list-style-type: none"> • How the mind and body are connected and influence each other • A variety of simple approaches for mental training • Simple ways to cultivate a daily practice
Feb.29	Kelly Nelson	<p>Kelly Nelson has worked in the field of disabilities for more than 30 years. She has served in many roles supporting people with disabilities and their families through advocacy, education, and connecting them to vital resources within their community. As a parent of a child with disabilities, Kelly is passionate about helping her daughter to become a confident self-advocate as she pursues her goals of working and living independently in the community. As the Outreach and Communications Manager for Maryland ABLE, she is delighted to have the opportunity to connect with many people with disabilities, their families and the staff that support them.</p>	<p><i>ABLE Accounts: A Savings Tool to Promote Independence and Financial Stability for Your Child’s Future</i></p> <p>Maryland ABLE is a way to help people with qualifying disabilities and their families save for everyday needs, save and invest in a tax-free account, and prepare for the future without losing state or local benefits such as SSI and Medicaid Waiver services. Join us to learn about eligibility criteria, enrollment, account management, tax benefits and how to use an ABLE account to pay for qualified disability expenses that support your child’s health, independence, and quality of life.</p>
Mar. 7	Matt Edelstein Ph.D.	<p>Matt is a staff psychologist at the Behavior Management Clinic at Kennedy Krieger, where he sees pediatric patients ages 2-12 with a variety of issues ranging from developmental disabilities to mood and behavioral problems.</p>	<p><i>Practical Strategies for Managing Challenging Behavior in Children and Young Adults</i></p>
Mar.14	Tammie Ulrich	<p>Tammie is a local mom of 2 boys. She has almost 20 years of experience teaching in both public and private settings. She was inspired to learn about best practices for children on the Autism Spectrum by her so, and she continues to seek ways to guide families toward resources that address their own unique challenges</p>	<p><i>Superflex: A Fun and Motivating Way to Explore Social Behavior with Children/</i>“Superflex” is a k-5 program that helps kids become more flexible thinkers! The Superflex character is a superhero people have in their minds to help them use strategies to promote self-regulation and social skills</p>

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Mar.21	Tammie Ulrich	See the above description of Tammie	<i>Superflex, Part II, Continued:</i> The program introduces the concept of the Team of Unthinkables, characters that represent the different ways our brain has not-so-flexible thinking in social situations, for example the very common Rock Brain, who gets kids stuck on just one thing and thwarts their superflexible thinking. Don't we all want to be more Super?
Mar.28	Caroline Artley	Caroline Artley is a psychotherapist with more than a decade of experience working with children, teens, and adults in a variety of settings. In her private practice, she now focuses on helping parents recognize the ups and downs of how prior experiences have shaped how they parent today.	<i>Coping Mechanisms for Parents and Children</i> Learn and share strategies to manage and recover from strong feelings and difficult experiences.
Apr. 4	Melissa Corkum	Families raising children with special needs often feel isolated and unsure of what to do next. No amount of yelling or punishing is working, and they just want more cooperation from their kids. As a coach, writer, and speaker, Melissa Corkum helps parents understand what is going on behind the behaviors and provides practical solutions so they can laugh more and yell less with their kids. She's a mom to six kids by birth and adoption which has led her to learn a lot about what creates thriving parent-child relationships...and what doesn't. Parents can connect with her at thecorkboardonline.com for lots of free resources. She also hosts the online TV show, Back Talk, and co-hosts the podcast, The Adoption Connection.	<i>A Simple Secret to Successful Parenting</i> <u>You will learn:</u> *How a working definition of success can give us more confidence as parents *We can only control ourselves *How a simple hack can change our brain chemistry Parents will walk away with less pressure and more confidence that they are getting this parenting thing right.