

Free Education & Resource Workshops - July 2016



Healthy Summer Days: Food

Safety & Food Management:

Summer can be a time of lots of fun but we tend to lose track of our normal routines, which includes our eating habits. That is why we have teamed up with The LSU

AgCenter to provide a free series of 6 lessons about having a healthy lifestyle. The lessons will be on healthy eating habits, easy recipes, and food management. You can find the complete list all of the topics that will be covered and the dates on the schedule behind this flyer. This series is for youth with disabilities between the ages of 16-26 and their parents, PCA's, guardians, and family are welcome to attend. We hope to encourage you to have a fun and healthy summer.

Healthy Summer Days: Food Safety & Food \$\$ Management

Date: Tuesday, July 5, 2016 **Time** 3:00 pm - 4:00 pm

[Click here to register online!](#)

Healthy Summer Days: Calcium and Dairy

Date: Tuesday, July 19, 2016 **Time:** 3:00 pm - 4:00 pm

[Click here to register online!](#)

Healthy Summer Days: Make 1/2 Your Plate Fruits & Veggies

Date: Tuesday, July 26, 2016 **Time:** 3:00 pm - 4:00 pm

[Click here to register online!](#)

Location: East Bank Regional Library
4747 W. Napoleon Ave., Metairie, LA 70001

Presenter: **Karen Walker-Jones**, Area Agent,
Nutrition LSU AgCenter

To register, please call: 504-888-9111 or 1-800-766-7736 toll free

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Una introduccion para cambiar el comportamiento, por fin! - Los participantes recibirán información sobre el autismo, una introducción a la terapia ABA*, y como obtener servicios. El taller también proporcionara consejos

para obtener servicios a través el programa de educación individualizada (IEP**).

*ABA se deriva del Inglés ‘Applied Behavior Analysis.’

**IEP se deriva del Inglés ‘Individualized Education Program.’

Date: Friday, July 15, 2016 **Time:** 10:00 am - 1:00 pm

Location: East Bank Regional Library
4747 W. Napoleon Ave., Metairie, LA 70001

Presenter: Angela Montes, M.S., BCBA, Clinical Director
Greater Bay Area Autism Spectrum Therapies

To register, please call: 504-888-9111 ext. 209

[Click here to register online!](#)



Independence and Transportation - Transportation is a very important part of independence, but it can be difficult to get around if you can't drive, especially for people who have disabilities. The Jefferson Parish Transit serves our area and they

provide both **fixed route ADA accessible bus service** and **MITS (Mobility Impaired Transportation)** curb-to-curb paratransit van service for certified riders who are unable to use the fixed route service. This **training is especially designed for youth with disabilities to learn the ins and outs of transportation.**

We hope to educate you on how the bus system works, how to use it, and we will provide you with a live demonstration. Come and bring your questions and get ready to explore the bus!

Date: Tuesday, July 19, 2016 **Time:** 10:00 am – 11:30 am

Location: Lafrenier Park Foundation Center
3000 Downs Blvd., Metairie, LA 70006

Presenter Sharon Leader, Jefferson Parish Transit

To register, please call: 504-888-9111 or 1-800-766-7736 toll free

[Click here to register online!](#)



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Person-Centered Planning - Federal Rule changes regarding the Comprehensive Plan of Care (CPOC) that's developed for individuals with disabilities receiving HCBS waivers (NOW, CC, SW, ROW) **MUST BE** developed

using the person-centered planning process.

Person-Centered Planning is an ongoing problem-solving process used to help people with disabilities **plan** for their future. During this training you will learn:

- An overview of the person-centered planning process, terminology, values, and practices
- Become familiar with the role of team members in person centered planning
- Generate goals and objectives from person centered planning materials

Date: Friday, July 22, 2016 **Time:** 10:00 am - 12:00 pm

Location: East Bank Regional Library
4747 W. Napoleon Ave., Metairie, LA 70001

Presenter: Sharon Delvisco, Adult Program Coordinator,
Northshore Families Helping Families

To register, please call: 504-888-9111 or 1-800-766-7736 toll free

[Click here to register online!](#)



Self Advocacy - People with disabilities have the right to advocate for themselves. This means they have the right to speak or act on their own behalf or on behalf of

other people with disabilities, whether the issue is personal (e.g., housing, work, friends) or related to public policy.

Recognizing these rights in a respectful partnership between people with and without disabilities can lead to better outcomes and better lives in the community for everyone.

Date: Thursday, July 28, 2016 **Time:** 6:00 pm - 7:00 pm

Location: East Bank Regional Library
4747 W. Napoleon Ave., Metairie, LA 70001

Presenter: Ricki Ainey, Families Helping Families of SELA

To register, please call: 504-888-9111 or 1-800-766-7736 toll free

[Click here to register online!](#)

Changing Lives Every Day.



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