

RCRC PARENT ACADEMY

Helping Tools Series

Presents:

Tips for Enjoying the Holidays with Your Child With Special Needs



What do you think about when holidays approach? Special food? Decorations? Time with friends and family? Traditions to be visited or created? Or do you find yourself stressing over how “this year will go?” Holidays can be a time filled with joy and great memories, but for some individuals with special needs and their families, the holidays can mean a time of stress, unpredictability, and concerns over meeting expectations of what a holiday “should” be.

Preparing your child in advance can help make your holiday, whatever it might be, less stressful and more joyous. Join us for our December Parent Academy where we will share tips and guidelines for dealing with the changes in routines; extra stimulation from different sights, smells, and sounds; increased level of activity and getting ready for happy holiday visitors and events that can be enjoyed by all. A question-and-answer period will follow the presentation *all* are welcome to attend.

This presentation is provided by Redwood Coast Regional Center and funded through the Mental Health Services Act (MHSA) FAST Grant in Partnership with the California Department of Developmental Services.

Redwood Coast Regional Center is solely responsible for the content of this presentation. The Department of Developmental Services has not developed,



Join Us!

When:

December 15, 2021
3:30 pm to 4:30 pm

Where:

Via Zoom

[https://zoom.us/meeting/register/tJMudeyvz4uGNKp4YF0rkbPoT1e2tsNo_IF](https://zoom.us/join/https://zoom.us/meeting/register/tJMudeyvz4uGNKp4YF0rkbPoT1e2tsNo_IF)

Or

Email

bctservices2@gmail.com
To receive your link to register

Questions?

Call Denise at 707-489-9972

Redwood Coast Regional Center
Serving Lake, Mendocino,
Del Norte, and Humboldt Counties
Respecting Choice in the Redwood Community