

OASIS 2009-2010

Osseo Area Source of Information and Support

Information and Support Group for Parents of Children with ADHD, ADD, LD, EBD, ODD, OCD, anxiety, autism, depression, and other learning and behavior differences

Weaver Lake Elementary School-Media Center
15900 Weaver Lake Road, Maple Grove (763) 420-3337

Tuesday 7:00-9:00 p.m.

Meet at 6:30 p.m. prior to our meeting, for a time of support and sharing with other parents.

Share your concerns, or just listen. Get the support of others who have struggled and found solutions. This part of Carour meeting is facilitated by Sue Sullivan, experienced teacher and parent.

We are starting the year with two outstanding programs in October!

10/8/09- Transforming the Challenging Child: The Nurtured Heart Approach-Back again this year, Tina Feigal will help explain why typical parenting and teaching techniques might not work with some children. Learn strategies for students 2-18 that emphasize their physiological response to emotional input, which can then help adults, avoid triggering opposition. These methods are especially helpful for children with ADHD, ODD, and autism. Specific approaches for auditory or sensory integration issues, anxiety, and perfectionism will also be included. **Tina Feigal, MSED**, parent coach, trainer and owner of Circle for Challenging Children. She is KARE 11 TV's "Super Nanny"

10/13/09-ADHD from both sides: medication management and behavior intervention -Our speakers will discuss ADHD and executive functioning. The focus will be on teaching about medication and behavioral interventions. They will review evidenced-based practices and provide parents with tools and strategies to use at home and in the school setting. **Sandy Sondell Ph.D., L.P** of Pediatric Consultative Specialists evaluates children with cognitive, neuropsychological, and social-emotional concerns. **Allen Kuperman M.D** is a pediatrician with a special interest in the evaluation and management of children with behavioral and developmental problems, such as ADHD, Autism and other school-related problems.

11/10/09- Promoting Resiliency in Children and Teens with special needs- Our speaker will be sharing her passion for promoting health and wellness in students of all ages. She will give us ways to teach children self-care skills that can empower them to more effectively deal with a variety of mind and body challenges. **Rebecca Kajander BSN, MPH, CPNP**, a Certified Pediatric Nurse specializes in an integrative approach to dealing with mind and body challenges. She is the author Living with ADHD; A Guide for Coping with Attention Deficit Disorder, and co author with Timothy Culbert, MD of Be the Boss of your Stress, Be the Boss of Your Pain, and Be the Boss of Your Sleep

Mark your calendar for the following dates in 2010.

1/12/10; 2/9/10; 3/9/10; 4/13/10; 5/11/10

****If you would like to be on the OASIS e-mail list in order to receive notice of upcoming programs, please contact Michele Vance at michelevance@hotmail.com**

Questions: Contact: Michele Vance (651-631-3219) michelevance@hotmail.com; or Sue Sullivan (763-494-3240) sullivans@district279.org; Michelle Spurrier spurrierm@district279.org,

CHILDCARE: contact Michele Vance 651-631-3219 (michelevance@hotmail.com) or Weaver Lake Elementary 763-420-3337 prior to the meeting. OASIS is sponsored by Weaver Lake Elem. School, ISD 279 Dept. of Special Education, The 279 Foundation, District 279 Community Education and supported by volunteer parent and professional facilitation. These programs are open to all parents, caregivers, and staff.