

Our Parent Support Groups

What Are They?

- Opportunities for parents of children with special needs to get together and talk about issues related to their kids' academic, social and emotional development
- Chances for parents to discuss– and listen to other parents discuss– family dynamics and the impact that having a special needs child has on those dynamics
- Times for parents to network with other parents to help expand their children's social spheres

Why Are They?

- Because coping with special needs happens not just in school but in a variety of other contexts as well
- Because it is helpful for parents to feel less alone in dealing with the emotions / frustrations / insecurities of parenting our kids
 - Because discussing and learning parenting strategies from other parents is invaluable

Who Are They?

- Parents of kids with special needs who are connected to SPED*NET Wilton through their webinars and presentations, website, email list, or otherwise
- Groups are facilitated by school psychologist Dave Sylvestro, of The Southport School

Will There Be Topics?

- There will be broad themes associated with each meeting, such as Staying Flexible; Moving from Acceptance to Empowerment; Centering Ourselves in our Competitive Communities; Talking to Extended Family; and more
 - However, if attendees have pressing issues that they wish to discuss, which may not be directly related to the theme, those issues can be addressed

Strict confidentiality is emphasized in the groups