

Parents Reaching Out is a statewide non-profit organization. We connect with parents, caregivers, educators and other professionals to promote healthy, positive and caring experiences for families and children. We have served New Mexico families for over twenty five years.

The *mission* of Parents Reaching Out is to enhance positive outcomes for families and children in New Mexico through informed decision making, advocacy, education, and resources. Parents Reaching Out provides the networking opportunities for families to connect with and support each other. This mission supports all families including those who have children with disabilities, and others who are disenfranchised.

Parents Reaching Out achieves this by:

- Developing family leadership
- Connecting families to each other
- Building collaborative partnerships
- Providing families knowledge and tools to enhance their power

Make Parents Reaching Out your one stop resource for a stronger family. Stop by our office, call us and visit our website!



1920 B Columbia Dr. SE
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505-247-0192 / 1-800-524-5176
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Your One Stop Resource for a Stronger Family



Learning Opportunities for Every Community

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Bring Learning Opportunities to Your Community!

Contact Parents Reaching Out and follow these easy steps.

1. Call 1-800-524-5176 (Toll Free in NM) or 1-505-247-0192. Our office is open Monday-Friday, 9am-5pm.
2. Tell our receptionist that you want a workshop in your community. If you are calling on behalf of an agency, school or group, please share this information.
3. Identify the area of interest for your workshop (early childhood, education, special education, health care, parent to parent or any other). The receptionist will connect you with staff in our network of programs to schedule your event.
4. Once you connect with our staff, you'll discuss focus topics, possible dates, times and other information to help us design a workshop to meet your needs.
5. Give the name and phone number of a local contact person who will work with PRO staff to set up the workshop, distribute flyers and sign up the participants.

Plan ahead for great workshops!

- * Make your call 6 to 8 weeks prior to the date you want your workshop. It's a good idea to have several dates and times in mind when you make your call.
- * Secure a place for your workshop. Our workshops are hands-on. A place with tables and chairs for all participants works well.
- * Invite community partners to sponsor a workshop and help with related costs like fees, snacks, etc. Parent Involvement funds through Title I, IDEA, Johnson O'Malley and other sources can be used for our workshops.
- * Stay in touch with your PRO contact.
- * Get set for great learning opportunities!



Learning Together

Parents Reaching Out works with families, educators, service providers, health care providers and others in communities across New Mexico. We are ready to work with you to design workshops that meet your needs.

Our workshops and materials are available in English and Spanish. Here are a few of the learning opportunities we offer.

Begin with the Basics!

PROspective 101 (1-2 hours)

Learn about Parents Reaching Out, the resources we offer and discover tools for effective advocacy.

Family Leadership in Education, Culture and Healthcare Access (3 hours each)

FLECHA is a four-part curriculum with tools, information, and resources that families can use as they raise healthy children who are ready to grow, learn and succeed.

Grab-N-Go (2 hours)

Record keeping is a very important tool for every family. Grab-N-Go folders focus on topics to begin record keeping. Stay up to date with your child's progress and needs to work with systems like health care, early intervention, education, special education, and more).

Keeping It All together (KIAT) (3 hours)

This in-depth record keeping workshop uses a notebook system. It is especially useful for families of children with extensive health concerns or special needs.

Telling Your Story (3 hours)

We learn from our experiences. Our "life lessons" help others understand our position and improve the quality of life for our children and others. Discover the importance of telling your story and learn easy ways to prepare your story.

DreamCatchers

(Early Intervention /Parent to Parent)

Developing the Dream (3 hours)

Learn about early intervention services, natural environments, building an IFSP (Individualized Family Service Plan) that fits your family.

Next Steps to Success (2 hours)

Learn how to plan for transition from the Family Infant Toddler (FIT) early intervention program to preschool special education IDEA Part B or other services

Connecting Families with Families

Parent to Parent (6 hours)
Strategies for families who are ready to help other parents through their journey. Parents who have been there provide support to other families facing the emotions and challenges of parenting a child with extensive health issues or special needs.

F2FHIC (Health Care Access)

Family to Family Health Information Center

Navigating the Health Care System Series

(Workshops in this series are 2 hours)

I. SSI and Waivers: Learn how to apply and use Social Security and home/community-based waivers to help persons with disabilities.

II. Medicaid/ EPSDT: Learn more about how Medicaid and Early Periodic Screening, Diagnosis, and Training (EPSDT) can benefit your child.

III. State Children's Health Insurance Plan (SCHIP)/Primary Care Organizations:

Activities offer useful tools to help families navigate health care systems and connect with service providers.

Healthy People 2010 (2 hours)

Find out about a set of Health objectives to be used by U.S. residents to help them develop programs to improve their health.

Cultural Awareness (2 hours)

Share the strengths of your culture and learn from others. Strong communities celebrate the rich culture of all people in New Mexico.

PIRC (General Education)

Parent Information and Resource Center

No Child Left Behind (NCLB) (6 hours)

Information and activities focus on Parental Involvement through Title I and Section 1118. Find out about Adequate Yearly Progress (AYP), Highly Qualified Staff, Supplemental Educational Services (SES), School Report Cards and Public School Choice (PSC).

Right Question Project (2 hours)

This workshop helps participants learn how to formulate questions to get the answers they need to make informed decisions.

Mission Transition (2 hours)

The NMPIRC offers transition workshops for pre-school to kindergarten or elementary to middle school. Activities offer ideas to make transition a smooth experience for everyone.

Action Team for Partnerships (ATP) (6 hrs)

This workshop offers a brief overview of No Child Left Behind and ways to build parental involvement using the Joyce L. Epstein Model for School-Family-Community Partnerships.

Partnerships for Student Success (2 hours)

As partners, we can help all children and young adults succeed in school and in life! Epstein's Six Types of Involvement help schools, families and communities use Action Teams to improve student results. Workshops focus on:

- Parenting
- Communicating
- Volunteering
- Learning at Home
- Decision Making/Action Teams for Partnerships
- Collaborating with the Community

Families as Faculty

Host Family 101 (2 hours)

Families of children with special needs are invited to become a Host Family for Families as Faculty. Make a difference by sharing your story with future teachers, doctors, and others. Families as Faculty adds the family perspective to learning experiences for university students.

PTI (Special Education)

Parent Training and Information Center

Let's Begin the Journey (2 hours)

Learn the basics about parents rights and special education procedures. Discover tools for home and school partnerships including communication, record keeping and more.

Advocacy and the IEP Process (6 hours)

Build your skills in understanding the IEP process and parental rights under IDEA. Learn how quality communication between home and school helps IEP teams make child-centered decisions to improve the outcomes for students with disabilities.

Practical Inclusive Education (2 hours)

Join other families and educators to learn about ways to improve outcomes for all students. Fill your toolbox with resources and strategies for inclusive school practices.

Positive Directions in Student Behavior

Learn about functional behavior assessments and positive behavior improvement plans. This 3 hour workshop offers tools for Student Assistance Teams (SAT) and IEP teams.

Pathways to the Future (3 hours)

Find out about the NM Diploma Options for students with disabilities and the importance of transition planning. Families, educators and students entering middle or high school explore post-secondary goals and choices, including student-led IEPs.

Tools for Student Success (2 hours)

Learn about Response to Intervention (RTI), Student Assistance Teams (SAT), Section 504 and more. Explore practical and positive ways to improve outcomes for students.

Let us put our minds together and see what life we can make for our children.

Chief Sitting Bull

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