

Community Workshops



It's back!

Fall *Coffee Social Hour*

October 5, 2017 ESTABLISHING A SUCCESSFUL HOMEWORK ROUTINE

When is the best time to do homework? How should you prepare for homework time? How can a parent increase participation and reduce frustration? These are all great questions that parents ask! We will give you the tools for success and some tips for that will help your student be a great learner at home.

November 9, 2017 TEACHING EXTENDED FAMILY ABOUT YOUR CHILD'S DISABILITY

Its not an easy conversation but speaking with family about your child's needs may help them be helpful and supportive. Learn strategies for communicating with loved ones who sometimes *just don't get it!*

December 7, 2017 PARENT SELF CARE AND THE BENEFITS FOR CHILDREN

The benefits of self-care are often evident but who has time for THAT!? Many parents struggle to find time to take care of themselves and those raising children with disabilities may struggle even more. Learn ways to care for yourself and how self-care benefits your child(dren). Also we will explore creative, affordable self-care in our community.

RSVP to our free community workshops at info@thectcenter.com or 301.577.4333



@ 4451 Parliament Place, Suite A
Lanham, 20706
Monthly from 5:30pm-6:30pm