



March 2015 Express

Self Determination! What is that?

More and more the word, "self-determination" is being heard. This is an important concept for those with special needs and for those of us who are their parents.



As our children grow, learning to be an advocate for his or herself is a key life skill. Self-determination means making decisions for oneself. It means determining for oneself what path to take. While this seems like a skill to think about when our children are approaching adulthood, it really is a skill both children and parents need to work on from birth!

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Read more about Self Determination



An excellent article on this topic can be found on page 14 in the [Fall edition of Special EDge magazine](#), published by the California Department of Education.

New & Noteworthy

[Matrix is Hiring!](#)

Join us for Matrix
Family Portrait Day
[Sunday, April 19th](#)
Sonoma State University

If a goal is to have our children have independent skills, then self-advocacy and self-determination are core to building this. When we do for our children, we can make it harder for them to learn to do for themselves. Hence, this is a journey for both parents and children. As advice from those of us looking back who wish we had done less for our children and fostered more self-advocacy, read more about this topic!

Upcoming Matrix Trainings & Workshops



Transition to Adulthood
for Students in Special
Education
[Saturday, March 21st](#)
Matrix Novato Office

What to Know about Regional Center and SSI
[Thursday, April 9th](#)
Matrix Novato Office

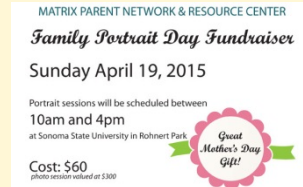
**Entrenamiento en Español Venga aprender y
entender el papeleo de IEP**
[Miercoles, 25 Marzo](#)
Roseland Clinic, Santa Rosa

**Independent Living: Preparing your Student for Adult
Life**
[Monday, April 13th](#)
Vallejo JFK Library
[Tuesday, April 14th](#)
Vacaville Town Center Library

Ways To Give

**Attention parents, grandparents, aunts, uncles and
friends...**

Join us for Matrix's 4th Annual Golf Tournament on
April 24th at the [Windsor Golf Club](#).



Community Events



**Special Education
Strategic Planning for
Marin County (SEAC)**
[Thursday, March 19th](#)

**Mental Health
Community Forum**
[March 19th](#)

**WEBINAR: Common Core
and Special Education:
What Families Need to
Know.**
[Thursday, March 26th](#)

The Nuts & Bolts of Conservatorship



**Conservatorship: What a
Court Wants to Know**
[Read more...](#)



[Click here to download a registration form or register online.](#)

Not a golfer?

Join us for dinner at 6:00 pm (\$40 per person). If you have any questions or need more info please email [Joanne Ferris](#) or call Joanne at 415-475-2118.

Become a sponsor!

We welcome tournament day volunteers!

Matrix Golf Tournament Planning Committee: Bill Allen, Kristie Anderson, Norm Bryan, [Joanne Ferris](#), Sarah Ponsford, Tammy Moratto, Demian Reddy, Nora Thompson

En Español

¡Autodeterminación! ¿Qué es eso?

Cada vez más, se escucha la palabra "autodeterminación". Este es un concepto importante para las personas con necesidades especiales y para aquellos de nosotros que somos padres. A medida que crecen nuestros hijos, aprender a ser un defensor de su o ella misma es una habilidad clave. La autodeterminación significa tomar decisiones por sí mismo. Significa determinar por sí mismo qué camino tomar. ¡Aunque esto parece una habilidad para pensar en cuando nuestros hijos se acercan a la edad adulta, lo que realmente es una habilidad tanto en niños como los padres necesitan trabajar en desde el nacimiento!

Si un objetivo es que nuestros niños tengan habilidades independientes, entonces la autodefensa y autodeterminación son fundamentales para la



[Visit our Calendar for more community events](#)

[Check out the Information page](#) on our website for

- Information by topic
- Our Matrix Library
- Matrix Newsletters
- Resource Guides



construcción de este. Cuando lo hacemos por nuestros hijos, podemos hacer que sea más difícil para ellos aprender a hacer por sí mismos. Por lo tanto, este es un viaje para los padres y los niños. Como consejo a los que estamos mirando hacia atrás que nos hubiera gustado haber hecho menos para nuestros hijos y fomentado más autodefensa.



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