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**Empowering families of children with special needs since 1983** **Helpline 800.578.2592**

August 2016 Monthly Express

## Getting a fresh start...

Time to breathe a sigh of relief. School is (or will soon be) back in session. Your concerns about how to keep your child(ren) busy during the hazy, lazy days of summer are changing.



They are morphing into concerns about trials and triumphs in IEP-land, the recess jungle, the hope that your child will be integrated into the school community, and the desire that you will be the best advocate you can be for your child.

Phew. Just reading that last sentence is overwhelming!

As parents of children with disabilities, we experience intense stress. This can complicate our lives and overwhelm us to the point of exhaustion and beyond. Now is as good a time as any to review self-care strategies we could all use to keep our sanity. After all, we're of no use to anyone – especially our kids – if we allow our stress to control our lives.

**DONATE to Matrix**

[En Español](#)

### Upcoming Matrix Events

#### [Matrix Milers Race Day!](#)

It's your lucky day.  
Do something for YOU!



[Check out all three of Erik Weber's Matrix Milers Videos](#)

### Make an Impact!



[Join Our Kitchen Table](#)

### School Supplies...

Check out these links for stress relieving and relaxation techniques ... and enjoy the rest of summer!!

- [10 Relaxation Techniques That Zap Stress Fast](#)
- [20 Simple Stress Relief Techniques](#)
- [Coping with stress for families and parents of children with disabilities](#)

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## Getting a fresh start in the Early Years

"Remember, the bond you develop with your babe will last a lifetime."

There really is no "summer break", no "back to school", for our little ones in Early Intervention programs. This doesn't mean they – and we – don't need a break. Even if you don't have other kids who are on summer vacation, take some time out of your kiddo's IFSP services routine to just be present with your young one.

Play hooky with your child. Remember, the bond you develop with your babe will last a lifetime. Let some down time be a part of that bond. Enjoy!

- [5 Helpful Practices for Parents of Children With Special Needs](#)
- [A Guide to Dealing with the Stress of Caring for a Child with Special Needs](#)

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## Upcoming Matrix Trainings, Workshops, & Events

TRAINING

**What are Independent Living Services (ILS)**

Friday, August 19

By Nora Thompson



Remember back to childhood how the beginning of the school year meant new pencils, folders, notebooks and crayons? [Read more](#)

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### Upcoming Matrix Trainings & Workshops

ENGLISH TRAININGS  
[Independent Living Services](#)

[Overview of Social Security Services](#)

SPANISH TRAININGS  
[Servicios Para una Vida Independiente ñ En Español](#)

[Sobrevista de los Servicios de Seguridad Social ñ En Español](#)

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### Road to Independence Conference



Saturday, October 1  
Contact: Karen Kaplan,  
Executive Director, Offerings  
Phone 415.497.3751; Email  
[karensupportsu@comcast.net](mailto:karensupportsu@comcast.net)

Suisun City Library  
601 Pintail Drive

[Click here to register](#)

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## TRAINING

### Overview of Social Security Services

Thursday, August 25

Sonoma County Office of Education (SCOE)  
5340 Skylane Boulevard, Santa Rosa

[Click here to register](#)

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## EVENT

Matrix Milers [Race Day](#) is here, August 28



**AND...we have three incredible videos to share from Erik Weber and Sandy Weber!**

- [Erik Weber's Matrix Milers Video](#)
- [ENW - Matrix Milers Santa Rosa Preview](#) (no voiceover)
- [ENW - Matrix Milers Santa Rosa Preview](#) (Narrated by Mom)

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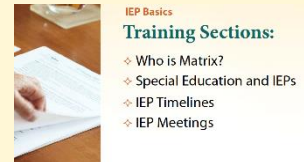
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CEU's OFFERED By Golden Gate Regional Center

[Download flyer here](#)

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## Matrix News



- [Online Training Portal](#)
- [We're Hiring!](#)
- [New Board Members](#)
- [Solano Office Closed](#)

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## Community Events



### Parent Project

Sponsored by the City of Vacaville and Vacaville Police Department. To register, call 707-249-5223, or email [gstanoff@cityofvacaville.com](mailto:gstanoff@cityofvacaville.com)  
[More...](#)

### Sensory Sensitive Film

This film series provides a special opportunity for families to enjoy their favorite films in a

## Ways to Give

### Matrix Kitchen Table



Your \$20 a month provides support to 12 families a year. Join us at [Our Kitchen Table](#).

## Matrix News

### Online Training Portal

Matrix received a grant and we developed our first online training video.

### We're Hiring

Matrix is seeking a new Development Director.

Matrix welcomes Two New Board Members : Colleen Arnold and Eli Gelardin. Colleen has worked as an education specialist in Marin County for over ten years. Eli serves as the executive director of Marin Center for Independent Living (MCIL).

Our Solano Office has been closed.

## En Español

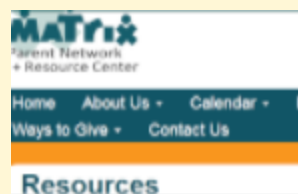
## Conseguir un nuevo comienzo...

Es hora de dar un suspiro de alivio. La escuela está (o será pronto) de regreso en la sesión. Sus

safe and non-judgmental environment. Airport Stadium 12, Santa Rosa.

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

### Explore Our Resources



- [Information by topic](#)
- [Matrix Newsletters](#)
- [Links to Key Public Agencies](#)
- [Matrix Libraries \(in our offices\)](#)

Connect Online!

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[Facebook](#)



[Twitter](#)

Check out our 3 Facebook support groups!

preocupaciones sobre cómo mantener a sus hijos ocupados durante los flojos y calurosos días de verano que están cambiando.

Ellos se están transformando en las preocupaciones sobre pruebas y triunfos en el terreno del IEP, la selva receso, la esperanza de que su hijo se integrará en la comunidad escolar y el deseo de que va a ser el mejor defensor que puede ser para su hijo.

Uf. Sólo la lectura de esta última frase es abrumadora!

Como padres de niños con discapacidades, experimentamos estrés intenso. Esto puede complicar nuestras vidas y nos dominaría hasta el punto de agotamiento y más allá. Ahora es un momento tan bueno como cualquier otro para revisar las estrategias de autocuidado que todos podemos usar para mantener nuestra salud mental. Después de todo, somos de ninguna utilidad para nadie – especialmente a nuestros hijos – si permitimos que nuestro estrés controle nuestras vidas.

¡¡Echa un vistazo a estos enlaces de técnicas de relajación para aliviar el estrés ... y disfrutar el resto del verano!!

- [10 Relaxation Techniques That Zap Stress Fast](#)
- [20 Simple Stress Relief Techniques](#)
- [Coping with stress for families and parents of children with disabilities](#)

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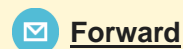
## Conseguir un nuevo comienzo en los primeros años

"Recuerde, el enlace que desarrolle con su bebé va a durar toda la vida."

[Sonoma](#)

[Marin](#)

[Solano/Napa](#)



**Forward**

En realidad no hay "vacaciones de verano", no "volver a la escuela", para nuestros pequeños en programas de intervención temprana. Esto no quiere decir que ellos-y-nosotros no necesitemos un descanso. Incluso si usted no tiene otros niños que están de vacaciones de verano, tomar algún tiempo fuera de la rutina de los servicios del IFSP de su pequeño para sólo estar presente con su otro niño.

Hacer novillos con su hijo. Recuerde, el enlace se que desarrolle con su bebé va a durar toda la vida. Deje un tiempo de descanso sea una parte de ese vínculo. ¡Disfruta!

- [5 Helpful Practices for Parents of Children With Special Needs](#)
- [A Guide to Dealing with the Stress of Caring for a Child with Special Needs](#)

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## Próximos Entrenamientos y Talleres de Matrix

### Servicios Para una Vida Independiente ñ En Español

Miércoles, 17 de agosto  
Suisun City Library  
601 Pintail Drive

[Haga cliq aquí para mas información y para registrar](#)

### Sobrevista de los Servicios de Seguridad Social ñ En Español

Martes, 23 de agosto  
Sonoma County Office of Education (SCOE)  
5340 Skylane Boulevard, Santa Rosa

[Haga cliq aquí para mas información y para registrar](#)

[Volver arriba](#)



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