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Empowering families of children with special needs since 1983
Capacitar a las familias de niños con necesidades especiales desde 1983

Helpline 800.578.2592

December 2017 Bi-monthly Express

'Tis the Season

for Celebration, Support, Stress, and...Fudge



Reflections on Gift Giving

Matrix often provides tips on how to relieve your stress – now we're modeling how to relieve stress this December by taking one task off our collective plate! Please enjoy these recycled tidbits during the hectic holiday season:

Past Matrix Blog posts:

- [The Art of the Present](#)
- [Playing Santa is Sometimes Hard](#)

And how about a gift for yourself or your friends? We've recommended these before, but they're worthy of repetition:

- ***The Elephant in the Playroom***, edited by Denise Brodey: Parents of children with diverse special needs share stories to provide "solace, connection and community."

**DONATE
to Matrix**

[En Español](#)

Upcoming Matrix Events

Join us for our **3rd Annual "Hops & Harmonies"** event at Lagunitas Brewery in Petaluma, January 30th!



Tuck some tickets into the stockings of family and friends!

[Tickets Here](#)

- ***More than a Mom: Living a Full and Balanced Life When Your Child Has Special Needs***, Heather Fawcett: Topics include taking care of yourself, family ties and overcoming barriers to quality care.
- ***A Cup of Comfort for Parents of Children with Special Needs***, edited by Colleen Sell: A collection of 50 stories by parents of kids with needs, reminding us that we need to always listen to our children and know that they are who they are, not who someone else wants them to be.



The Early Years: A "good" present is...?

Are you pulling your hair out every time a well-meaning relative asks what a "good" present would be for your little one with needs? Check out these suggestions:

[Mama OT Blog: 10 Holiday Gift Ideas for Toddlers](#)

For some sensory-friendly craft activities:

[Pinterest: Holiday | Christmas Sensory Activities](#)

Christmas inspired ideas and activities for children needing sensory integration and sensory outlets

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UPCOMING TRAININGS

TRAINING

The IEP Form: One Page at a Time

Upcoming Matrix Trainings & Workshops

ENGLISH TRAININGS

Understanding the IEP Form

[Fairfield](#)

[Novato](#)

[Santa Rosa](#)

Understanding Alternative Dispute Resolution

Novato

Assessments

[Fairfield](#)

[Novato](#)

[Santa Rosa](#)

SPANISH TRAININGS

Comprender el Formulario del IEP

[Fairfield](#)

[Novato](#)

[Santa Rosa](#)

Evaluaciones

[Fairfield](#)

[Novato](#)

[Santa Rosa](#)

Matrix News

Happy Holidays from
our Matrix family to
yours!

Friday, January 26

Sonoma County Office of Education (SCOE)

[Click here to register](#)

Thursday, February 1

State Council on Developmental Disabilities

[Click here to register](#)

Friday, February 2

Matrix Novato Office

[Click here to register](#)

TRAINING

Understanding Alternative Dispute Resolution

Tuesday, February 27

Matrix Office

Details to be announced

TRAINING

Assessments: The Key to Special Education

Friday, March 2

Sonoma County Office of Education (SCOE)

[Click here to register](#)

Thursday, March 22

Location to be announced

[Click here to register](#)

Friday, March 23

Matrix Novato Office

[Click here to register](#)

UPCOMING EVENTS

Save the Dates!



Additional Resources:

From Brain Balance Achievement Centers:

[3 Unique Gift Ideas for Your Child](#)

[Holiday Party Guide for Children Who Struggle Socially](#)

UNDERSTOOD.ORG:

[5 Strategies for Choosing Gifts for Your Child With Learning and Attention Issues](#)

Make an Impact!



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

Community Events

3rd Annual Hops & Harmonies – January 30

Lagunitas Tap Room in Petaluma



Come on out for an evening of wonderful music by Vardo and O Happy Dagger. Enjoy excellent craft beer and tasty food. Bring the entire family. Even your pets are welcome! [Click here to purchase your tickets.](#)

The 2018 Matrix Classic – April 27, 2018



[Sign up here for the 2018 Matrix Classic Golf Tournament](#)

It will be held at the Windsor Golf Club,
Windsor

Questions?
Contact: Dominique
Soileau: dominiques@matrixparents.org

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MAKE AN IMPACT



Father's Support Group
[Saturday, January 13](#)

Explore Our Resources

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

Connect Online!
[Like us on Facebook](#)



[Facebook](#)

**Check out our 3
FaceBook Support
Groups!**

[Marin](#)
[Solano/Napa](#)
[Sonoma](#)

Raising a child with special needs is a marathon, not a sprint, and sometimes it feels like they keep moving the finish line! When you support Matrix, you help a family get closer to the finish line!



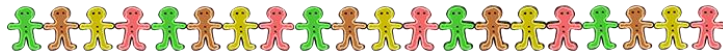
Matrix is a 501(c)(3) nonprofit organization. Give to Matrix in lieu of a gift. Honor someone who doesn't need another sweater or potted plant.

[Click here to make your tax deductible donation today!](#)

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EN ESPANOL



Reflexiones sobre Obsequios de Regalos

Matrix a menudo ofrece consejos sobre cómo aliviar el estrés: ¡ahora estamos tratando de cómo aliviar el estrés en este mes de diciembre al quitar una tarea de nuestro plato colectivo! Por favor, disfrute de este exquisita golosina durante la agitada temporada de vacaciones:

Publicación anterior del blog de Matrix:

[Es difícil algunas veces ser Santa](#), de Nora Thompson

¡Felices Fiestas de nuestra familia de Matrix a la suya!

¿Un "buen" regalo es ...?

Los Primeros Años:

¿Se jala los cabellos cada vez que un pariente bien intencionado le pregunta qué regalo sería "bueno" para tu pequeño con necesidades? Vea estas sugerencias:

[Understood.org: 5 estrategias para escoger regalos para su hijo con dificultades de aprendizaje y de atención.](#)

Y para algunas actividades artesanales amigables con los sentidos, eche un vistazo a:

[Holiday | Christmas Sensory Activities \(English only\)](#)

[volver arriba](#)

PROXIMOS ENTRENAMIENTOS

ENTRENAMIENTOS

El Formulario IEP: Una Página a la Vez

Viernes 19 de enero

Matrix Novato Office

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

Miércoles 24 de enero

Via Esperanza Family Resource Center

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

Jueves 15 de febrero

State Council on Developmental Disabilities

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

ENTRENAMIENTOS

Evaluaciones: La Clave de la Educación Especial

Viernes 16 de febrero

Matrix Novato Office

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

Miércoles 21 de febrero

Via Esperanza Family Resource Center

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

Jueves, 15 de marzo

UBICACIÓN DEL EVENTO: Por determinar

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

[volver arriba](#)



Helpline: 800.578.2592

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www.matrixparents.org

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