



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

Helpline 800.578.2592

February 2018 Express

Matters of the Heart



Support Groups That Support Hearts

Technology is wonderful, isn't it?

It allows us to talk to fellow parents, day or night, about strategies we use to deal with particular aspects of our children's disabilities. We learn, we share, we're grateful for the connections and tips—and that's all good.

No matter how wonderful online communication is, it cannot replace the intimacy and immediacy of in-person support groups.

When connecting to others in-person, it's possible to touch someone else's heart with a shared glance, smile, or laugh. Creating these moments together provides participants with a sense of deep connection, belonging, and yes, support.

Why not join a group or connect with a friend and start your own? [Matrix will support your effort in any way we can!](#)

- Check out [Tips to Start a Parent Support Group](#), on

DONATE
to Matrix

[En Español](#)

Upcoming Matrix Events



Fajitas & Margaritas

The Matrix Classic is back for another round!
[Sign up here.](#)

Join us in May for the 2018 Matrix Bocce Tournament.

[Click here to register!](#)

THANK YOU!

www.parentcompanion.org, about starting a parent support group.

- **Read this post** by Ester Leung on www.friendshipcircle.org, [10 Reasons Special Needs Parents Should Join a Support Group.](#)

If you prefer more individualized support, you may want to join our growing [P2P program \(Parent-to-Parent\)](#). P2P will match you with a Support Parent who can empathize with your challenges. Contact [Sandi Strang](#) to learn more.

Stay tuned for more information on our new Transition to Adulthood Marin group!

Please let us know of any other ongoing support groups in Marin, Napa, Solano, or Sonoma. We'd love to include the information on our calendar!



Support Groups in the Early Years

We know that as a parent of a little one with special needs you barely have time to shower, let alone join an in-person support group—or start one.

Maybe you can start small by connecting with a couple of parents you already know.

- **Go for a walk or a coffee** after preschool drop off.
- **Strike up a conversation with another parent** while you're waiting for a specialist's appointment with your baby.
- **Call Matrix** and ask to be matched with a [P2P Support Parent](#). Who knows where one conversation can lead?

Check out [Stroller Mommies Park Party!](#) Here's a Contact link for [Stroller Mommies](#).

Please let us know of any other ongoing support groups in Marin, Napa, Solano, or Sonoma. We'd love to include the information on our calendar!



Upcoming Matrix Trainings, Workshops, and Events



Hops and Harmonies was a tremendous success Tuesday night.

We owe a huge debt of gratitude to Lagunitas Brewing Company for providing the venue and donating the beer proceeds. We are also grateful to Vardo and O Happy Dagger for providing beautiful music. [Read more.](#)

Upcoming Matrix Trainings & Workshops

[Visit our website to view a quick listing anytime.](#)

You can also scroll down to view trainings here!

Ongoing Matrix Programs



Confused? Frightened? Feeling like no one else understands what you are going through?

ENGLISH TRAININGS

Understanding Alternative Dispute Resolution

[Tuesday, February 27](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

Assessments: The Key to Special Education

[Friday, March 2](#)

Sonoma County Office of Education (SCOE), Santa Rosa

[Friday, March 23](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

Diploma vs Certificate

[Friday, March 9](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

IEP Overview with Special Education Attorneys

[Wednesday, March 14](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

Behavior and Special Education

[Friday, March 30](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

[Friday, April 13](#)

Sonoma County Office of Education (SCOE), Santa Rosa

An overview of In Home Support Services

[Wednesday, April 11](#)

Sonoma County Office of Education (SCOE), Santa Rosa



EVENTS

The 2018 Matrix Classic Golf Tournament



Fajitas & Margaritas

Join us for this year's Fajitas & Margaritas Charity Golf Tournament, Dinner, and Silent Auction.

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

The 2018 Matrix Bocce Tournament

going through?

[Click here to read more about P2P.](#)

En Español

[Haga clic aquí para leer más sobre P2P.](#)

Matrix News

Parent Advisor and Bilingual Parent Advisor positions are available.

[Parent Advisor position announcement.](#)

[Bilingual Parent Advisor position announcement.](#)

Submit your resume and cover letter here:
jobs@matrixparents.org

Join Our Monthly Giving Program



Your \$20 a month provides support to 12 families a year. [Click here to join.](#)

Community Events



The 2018 Matrix Bocce Tournament is coming.

Join us on Saturday, May 12th, at the Marin Bocce Federation in San Rafael.

BOCCE • BEER • BITES

[Register here.](#)

[Get your bocce on!](#)



[return to top](#)

En Español



Grupos de Apoyo que Admiten Corazones

La tecnología es maravillosa, ¿no?

Nos permite hablar con otros padres, de día o de noche, sobre las estrategias que usamos para tratar aspectos particulares de las discapacidades de nuestros niños. Aprendemos, compartimos, agradecemos las conexiones y consejos, y eso está bien.

No importa cuán maravillosa sea la comunicación en línea, no puede reemplazar la intimidad y la inmediatez de los grupos de apoyo en persona.

Cuando se conecta con otras personas en persona, es posible tocar el corazón de otra persona con una mirada compartida, sonreír o reír. Crear estos momentos juntos proporciona a los participantes una sensación de conexión profunda, pertenencia y, sí, apoyo.

¿Por qué no unirse a un grupo o conectarse con un amigo y comenzar el suyo? ¡Matrix apoyará su esfuerzo de cualquier manera que podamos!

- Consulte [Consejos para iniciar un Grupo de apoyo para padres](#) (en inglés), en www.parentcompanion.org, sobre cómo comenzar un grupo de apoyo para padres.
- Lea esta publicación de Ester Leung (en inglés) en www.friendshipcircle.org,
- [10 Razones Necesidades especiales Los padres deben unirse a un grupo de apoyo.](#)

Si prefiere una asistencia más individualizada, puede unirse a nuestro creciente programa P2P (Parent to

Practicing Kindness & Empathy for Success In & Out of the Classroom, SEAC and Mill Valley School District

[Wednesday, February 28](#)

Community Institute for Psychotherapy (CIP), Raising Healthy Families
[Saturday, March 3](#)

Father's Support Group
[Saturday, March 10](#)

[Education at Petaluma Bounty Farm.](#)

Email the [Education and Engagement Director](#) to learn about an experiential, engaging tour for your class.

Partner with SRI International in a research study to help youth with Intellectual Disability (ID).
[Learn More](#)

Tools to Use

- [Getting Organized Early Years](#)
 - [Getting Organized Schoolage](#)
 - [IFSP](#)
 - [IEP Toolkit](#)
 - [Advocating for Your Child with Special Needs](#)
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Additional Resources

unirse a nuestro creciente programa [P2P \(Parent-to-Parent\)](#). P2P lo emparejará con un padre de apoyo que pueda empatizar con sus desafíos. Póngase en [contacto con Sandi Strang](#) para obtener más información.

Infórmenos de cualquier otro grupo de apoyo en curso en Marin, Napa, Solano, o Sonoma. ¡Nos encantaría incluir la información en nuestro calendario!



Grupos de Apoyo en los Primeros Años

Sabemos que, como padre de un pequeño con necesidades especiales, apenas tiene tiempo para ducharse, y mucho menos unirse a un grupo de apoyo en persona, o comenzar uno.

Tal vez puedas comenzar de a poco conectando con un par de padres que ya conoces.

- Ir a caminar o tomar un café después de dejarlos en el preescolar.
- Iniciar una conversación con otro padre mientras espera con su bebe la cita de un especialista.
- LLamar a Matrix y solicite que se le asocie con un Parent Support de P2P. ¿Quién sabe a dónde puede conducir una conversación?

¡Uno de los padres que participa en nuestro programa P2P comenzó un Grupo de Cochecitos en Marin y programó una Fiesta de [Stroller Mommies Park!](#) Aquí hay un enlace de [contacto para Stroller Mommies](#).

Infórmenos de cualquier otro grupo de apoyo en curso en Marin, Napa, Solano, o Sonoma. ¡Nos encantaría incluir la información en nuestro calendario!



SPANISH TRAININGS

Próximos Entrenamientos y Talleres de Matrix

Cientes de Marin GGRC: ¿Ha oído hablar de la Autodeterminación?

[Jueves, 15 de febrero](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

El Formulario IEP: Una Página a la Vez

[Jueves, 15 de febrero](#)

ADDITIONAL 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](#)



Forward

State Council on Developmental Disabilities, Vallejo

[Viernes, 16 de febrero](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

[Miércoles, 21 de febrero](#)

Via Esperanza Centro De Educación, Santa Rosa

Comportamiento y Educación Especial

[Viernes, 16 de marzo](#)

Matrix Office in Novato, 94 Galli Drive, Suite C

[Miércoles, 28 de marzo](#)

Via Esperanza Centro De Educación, Santa Rosa



Helpline: 800.578.2592

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www.matrixparents.org

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