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March 2016 Express



L.U.C.K: Learn, Understand, Collaborate, Know

When we want to wish someone well as they go about their daily activities, we often wish them “Good luck”. However, when raising, educating, and inspiring our children, we can’t rely on mere good fortune to do our best. This is especially true when our children have special needs.

A better guide than “luck” is L.U.C.K: *Learn, Understand, Collaborate, Know.*

- To **Learn** is critical for every parent, especially for parents of children who have special needs. We are always learning and seeking new information.
- Learning helps us to **Understand** our families’ challenges and also those faced by others.
- We need to successfully **Collaborate** with education and health care professionals, family,

DONATE
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Upcoming Matrix Events

[Matrix Miler Details](#)

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



**Make your own
L.U.C.K. this IEP
Season**



friends, and others.

- In doing this, we **Know** that we are helping our children to reach their highest potential and find their pot of gold at the end of the rainbow.

L.U.C.K: Learn, Understand, Collaborate, Know in the Early Years

If you're like most parents, and your little one just got diagnosed with a developmental disability, you're not feeling too lucky. Instead you're feeling scared, overwhelmed, and tired. And you're asking "why me?". A lot. Take heart.

- Soon you will **Learn** so much from your little one. For starters, you will learn how to be patient.
- Before you know it, you'll compassionately **Understand** the disability in ways you never would have imagined.
- You'll **Collaborate** with your little one – and you'll both learn and grow from the experience.
- That's when you'll **Know**...maybe you really are lucky.

[Contact Matrix](#) for help and direction if you think your little one is not getting appropriate services.

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Upcoming Matrix Trainings, Workshops, & Events

Do you want to make your own "L.U.C.K." this IEP season? [Read here](#) about getting organized, understanding your child's IEP, preparing for your IEP meeting, evaluating your child's IEP for educational benefit, and much more.

Upcoming Matrix Trainings & Workshops

ENGLISH TRAININGS

[Navigating Special Education: Tips from Seasoned Travelers](#)

*Un traductor español estará en esta entrenamiento

[Conservatorship Training](#)

[Regional Center Services and Eligibility](#)

[Conservatorship Training \(second workshop\)](#)

SPANISH TRAININGS

[Orientación sobre el Centro Regional Norte de la Bahía](#)

*Un traductor español estará en esta formación

Navigating Special Education:
Tips from Seasoned Travelers
*Un traductor español estará en esta formación

TRAINING

Navigating Special Education: Tips from Seasoned Travelers

Thursday, March 17

Marin County Office of Education
1111 Las Gallinas, San Rafael

**A Spanish translator will be present at this training.*

[Click here for flyer](#)

[Click here to register](#)

TRAINING

Conservatorship Training with Alexis Lynch

Thursday, March 24

Novato Matrix Office
94 Galli Drive, Suite C

[Click here for more information and to register](#)

TRAINING

On Regional Center Services and Eligibility

Thursday, March 24

Suisun City Library
601 Pintail Drive

[Click here for flyer](#)

[Click here to register](#)

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TRAINING

Conservatorship Training with Alexis Lynch

Thursday, March 31

Hablen con Debbie Rogul
1-415-499-5850

Make an Impact



[Join Our Kitchen Table](#)

Community Events



Smart Ears. Giving Deaf Children Equal Voice.

Online Workshop Series:

[Click here for details and registration information for all four workshops.](#)

[Golden Gate National Park Junior Ranger Day, Muir Woods](#)

[Golden Gate National Park Junior Ranger Day, Marin Headlands](#)

Outreach Program Trips

Alcatraz, call for details

Lou Salas Sian, Park Ranger
1 (415) 561-2881

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

Suisun City Library
601 Pintail Drive

[Click here for more information and to register](#)

EVENT

Join our training team for the Santa Rosa Half Marathon, or the 5K.

It is going to be an amazing summer!



- Full 12 week training program
- Incredible weekly giveaways
- Weekly training runs
- Social events all summer long

[Sign up for the Santa Rosa Half Marathon training team](#)

[Sign up for the Santa Rosa Marathon 5K training team](#)



All registrants get a free pair of Balega running socks and the first 40 people to sign up will get a free entry into the Santa Rosa Half Marathon (\$138 value).

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Ways to Give

Explore Our Resources



Resources

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

Connect Online!

[Like us on Facebook](#)

[Join our Matrix Big Tent](#)

A safe online community for Matrix parents/guardians only



[Facebook](#)



[Twitter](#)



[Flickr](#)



[Big Tent](#)

Check out our
3 Facebook support

Matrix Kitchen Table



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

groups!

[Sonoma](#)

[Marin](#)

[Solano/Napa](#)

En Español

SUERTE: Aprender, Entender, Colaborar, Saber

Cuando queremos desearle bien a alguien mientras realiza sus actividades diarias, con frecuencia les deseamos "buena suerte". Sin embargo, cuando crian, educan, e inspiran a nuestros hijos, no podemos confiar en la mera suerte de hacerlo lo mejor posible. Esto es especialmente cierto cuando nuestros hijos tienen necesidades especiales.

Una guía mejor que la "SUERTE" es la suerte: Aprender, Entender, Colaborar, Saber.

- **Aprender** es fundamental para todos los padres, especialmente para padres de niños que tienen necesidades especiales. Siempre estamos tomando una gran cantidad de información nueva.
- El aprendizaje nos ayuda a **Comprender** los retos de nuestras familias y también los que enfrentan los demás.
- Aprendemos a **Colaborar** exitosamente con la educación y profesionales de la salud, la familia,

 [Forward](#)

amigos y otras personas.

- Al hacer esto **Sabemos** que estamos ayudando a nuestros niños a alcanzar su máximo potencial y encontrar su olla de oro al final del arco iris.

SUERTE: Aprender, Entender, Colaborar, Saber en los primeros años

Si usted es como la mayoría de los padres y su pequeño acaba de ser diagnosticado con una discapacidad del desarrollo, no se siente muy afortunado. En su lugar se siente asustado, abrumado y cansado. Y estás preguntando "¿por qué yo?". Mucho. Tenga ánimo.

- Pronto va a **Aprender** mucho de su pequeño. Para empezar, va a aprender a ser paciente.
- Antes de darse cuenta, va a **Entender** con compasión la discapacidad de una manera que nunca habría imaginado.
- Usted **Colaborara** con su pequeño - y ustedes dos aprenderan y creceran de la experiencia.
- Ahí es cuando **Sabremos**...que tal vez es realmente afortunado.

Póngase en contacto con [Matrix](#) de ayuda y dirección si considera que su pequeño no está recibiendo los servicios apropiados.

Próximos Entrenamientos y Talleres de Matrix

CÓMO ORIENTARSE ES LA EDUCACIÓN ESPECIAL: CONSEJOS DE LOS EXPERTOS

Jueves, 17 de marzo

Marin County Office of Education
1111 Las Gallinas, San Rafael

[Oprime aquí para el folleto en español \(pagina 2\)](#)

Hablen con Debbie Rogul
1-415-499-5850

Orientación Sobre el Centro Regional Norte de la Bahía

Jueves, 24 de marzo

Suisun City Library
601 Pintail Drive

[Oprime aquí para el folleto en español](#)

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

[Volver arriba](#)



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1-800-578-2592

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Resource Center

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list.

