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.”

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

UPCOMING TRAININGS

TRAINING
The IEP Form: One Page at a Time

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

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**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

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**UPCOMING EVENTS**

Save the Dates!

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**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

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**Make an Impact!**  
Your $20 a month provides support to 12 families a year. Join us at Our Kitchen Table.

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**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

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

Check out our 3 FaceBook Support Groups!
Marin
Solano/Napa
Sonoma

MAKE AN IMPACT
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!

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)

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 registrar

Miércoles 21 de febrero
Via Esperanza Family Resource Center

Haga clic aquí para más información y para registrar

Jueves, 15 de marzo
UBICACIÓN DEL EVENTO: Por determinar
Haga clic aquí para más información y para registrar

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