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parent network
+ resource center

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

Helpline 800.578.2592

August 2018 Express

Stronger Together Than Apart!

By Sandi Strang, Director of Education



I'm sure you have heard the term inclusion used over and over these days, but what exactly is it and what does it look like?

Does inclusion simply "happen" when children with special needs are placed in a general education classroom or a community event? I think not.

Becoming an inclusive school or community takes time and patience. It starts with the belief that we are a better community together than apart.

Inclusive communities:

DONATE
to Matrix

[Español](#)

*Help us FUEL our
Mighty Milers!*

Visit our [Crowdrise page](#).
Fuel our Mighty Milers to
get across the finish line!



[Matrix Mighty Milers](#) is a
FREE running program for
kids of all ages and abilities.

**Upcoming Matrix
Trainings & Workshops**



[View them on our website](#)

- **Recognize** that ALL children can benefit from learning and being together.
- **Build friendships** while increasing appreciation and acceptance of individuals with differences.
- **Teach respect** by helping children to see we are ALL important members of our community.
- **Celebrate** the unique gifts we have to share with one another.

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Together We Are Mighty...

By Kristie Anderson, Development Director



Matrix Mighty Milers is a Matrix Parent Network and Resource Center running program for children with and without special needs. Everyone trains together and prepares for a big race. ***What's amazing is that the inclusion fostered through our Mighty Milers running program is even more important than the race itself!***

We are seeing friendships form and inclusion blossom as a result of this program. ***This very much translates into***



Confused? Frightened?
Feeling like no one else understands what you are going through?
[Click here to read more about P2P.](#)

En Español

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

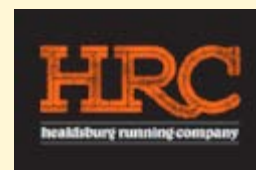
THANK YOU to our program sponsors!

The Swain Center is our new Signature Sponsor!



[More...](#)

Thank you to [Morton & Bassett Spices](#) and [Healdsburg Running Company](#) for sponsoring Mighty Milers!



each and every kid's school experiences.

Mighty Milers who do not have special needs will go back to school with a heightened awareness of kids who are "different". They will be more likely to include them and befriend them. Kids WITH special needs are going back to school with more confidence than ever before, feeling more included and comfortable in their social experiences.

*"Most of the pictures I am getting from everyone are of all the kids interacting and engaging – it is truly beautiful. **You don't know who has special needs and who does not.** They are all just out there being kids. I cannot stop capturing these moments of newly found friendships. It is amazing."*

*Kristie Anderson, Development Director,
Matrix Parent Network and Resource Center*

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Upcoming Matrix Trainings, Workshops, and Events

ENGLISH

The IEP Form: One Page at a Time:

[Wednesday, August 29](#)

Novato

[Thursday, September 13](#)

Suisun City

[Friday, September 14](#)

Santa Rosa

Advocating for Your Child with Special Needs:

[Thursday, September 20](#)

Suisun City

[Wednesday, September 26](#)

Novato

[Friday, October 5](#)

Santa Rosa

**Sports
Basement**

Don't forget to take advantage of our new partnership by becoming a [Basementeer!](#)



We welcome [Redwood Empire Active 20-30 Club](#), our new sponsor.

Matrix News

Matrix is delighted to welcome two new Parent Advisors. **Mike Toby** joins us from Sonoma County and **Juana Madriz** joins us as a Bilingual Parent Advisor.

WE'RE HIRING FOR A Part-time Parent Advisor, Special Needs. [Click here to view job application.](#)

Join Our Monthly Giving Program



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

Community Events



"I can't thank you enough for connecting me to my Support parent. Speaking with someone who has been through similar issues makes me feel less alone!"
Anonymous quote from a P2P parent. [Click here to read more.](#)

[Click here to get started by emailing Sandi Strang.](#) Please include your full name and contact information.

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Matrix Mighty Milers 5K race coming soon



Matrix Mighty Milers is an inclusive summer running program **for kids of all ages and abilities**. The team has been training weekly for the **Santa Rosa Marathon 5K on August 25th**.

Mighty Milers & Friends

Our Mighty Milers have been training hard every Tuesday night at Howarth Park in Santa Rosa. **We have a total of 65 participants this year** and it is exciting to see the progress every week. The inclusion that is fostered and friendships that are formed are truly remarkable.

Help Fuel the Mighty Milers:

You can support our Mighty Milers by making a donation to one of their fundraising campaigns! [Watch a 2 minute video and learn more...](#)

See Our Amazing Kids Here:

<https://www.crowdrise.com/matrix-mighty-milers-and-friends>), and make a donation to help them get across the finish line!



[Marin County Free Library - FLAGship is coming to you!](#)

[En Marin: ¡FLAGship viene hacia ti!](#)

Tools to Use

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

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!

The Swain Center

Advanced Treatment for Listening, Communicating and Learning



Thank you to [The Swain Center](#), our new signature sponsor for the Matrix Mighty Milers, .

SPORTS BASEMENT

Join the [Basementeer Program](#) and support Matrix with every purchase you make!

- 10% off every item every day
- 10% of profits back to Matrix
- Watch this [one minute video](#) to get the idea

Don't forget to select Matrix Parent Network & Resource Center as your beneficiary! Thank you Sports Basement.

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En Español



¡Más Fuertes Juntos Que Separados!

Estoy seguro de que ha escuchado el término inclusión una y otra vez, pero? ¿qué es exactamente y cómo se ve?

¿La inclusión simplemente "sucede" cuando los niños con necesidades especiales son ubicados en un salón de clases de educación general o en un evento comunitario? Yo creo que no.

Convertirse en una escuela o comunidad inclusiva requiere tiempo y paciencia. Comienza con la creencia de que somos una mejor comunidad juntos que separados.

Comunidades inclusivas:

[Marin](#)

[Solano/Napa](#)

[Sonoma](#)

Reconoce que TODOS los niños se pueden beneficiar de aprender y estar juntos.

- **Construye amistades** mientras aumenta la apreciación y la aceptación de las personas con diferencias.
- **Enseña respeto** ayudando a los niños a ver que todos somos miembros importantes de nuestra comunidad.
- **Celebra** los regalos únicos que tenemos para compartir entre nosotros.

[volver arriba](#)



Juntos Somos Poderosos...

Matrix Mighty Milers es un programa de corredores niños con y sin necesidades especiales. Todos entrenan juntos y se preparan para una gran carrera. **¡Lo sorprendente es que la inclusión fomentada a través de nuestro programa de ejecución de Mighty Milers es aún más importante que la carrera en sí!**

Estamos viendo formas de amistad e inclusión como resultado de este programa. **Esto se traduce en las experiencias escolares de todos los niños.**

Los Mighty Milers que no tienen necesidades especiales regresarán a la escuela con una mayor conciencia de los niños que son "diferentes". Es más probable que los incluyan y se hagan amigos de ellos. Los niños CON necesidades especiales estarán regresando a la escuela con más confianza que antes sintiéndose más incluidos y más cómodos en sus experiencias sociales. **Kristie Anderson, Directora de Desarrollo de Matrix, comparte sus observaciones a continuación:**

*""Todo lo que percibo de cada uno de los niños es interacción y compromiso, es realmente hermoso. **No se sabe quién tiene necesidades especiales y quién no.** Son todos niños pequeños. No puedo parar de estar mirando esos momentos de amistades recién descubiertas. Es increíble."*

[volver arriba](#)

Próximos Entrenamientos y Talleres de Matrix

ESPAÑOL

El Formulario IEP: Una Página a la Vez:

[Miércoles, 29 de Agosto](#)

Santa Rosa

[Jueves, 30 de Agosto](#)

Novato

[Jueves, 6 de Septiembre](#)

Vallejo

Abogando por su Estudiante con Necesidades Especiales:

[Miércoles 26 de Septiembre](#)

Santa Rosa

[Jueves 27 de Septiembre](#)

Novato

[Jueves 4 de Octubre](#)

Vallejo



"No puedo agradecerte lo suficiente por conectarme con mi padre de apoyo. ¡Hablar con alguien que ha tenido problemas similares me hace sentir menos sola! "

Cita anónima de un padre P2P

[Haga clic aquí para leer más.](#)

[Haga clic aquí para empezar por correo electrónico Sandi Strang.](#)

Incluya su nombre completo e información de contacto.

[volver arriba](#)



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www.matrixparents.org

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