

Baltimore County Public School PARENT UNIVERSITY SCHEDULE OF EVENTS



Aliza Brandywine Center (ABC) Program

Event type: Virtual Class
Target audience: Parents/Caregivers of children birth to 5 years old
Sponsored by: Aliza Brandywine Center

Description	Class Location	Dates & Times	Registration/
FREE School Readiness Program for children birth -5 years. A parent or caregiver participates with the child in each class session. The ABC program services families zoned for a Baltimore County Title I school. The program is currently operating under virtual instruction.	Campfield ELC Chadwick Elementary	See flyer for details	Contact Kerry Furnari kfurnari@bcps.org
	Colgate ES Hawthorne ES Norwood ES Owing Mills ES Pleasant Plains ES		Contact Barbie Pohlman bpohlman@bcps.org

Magnet Application Timeline

Event type: Magnet Application Process
Target audience: BCPS Students and Families
Sponsored by: [BCPS Magnet Program](#)

Title	Description	Dates & Times
Application Decisions	Applications will be emailed and will be made available in the registration system. Magnet Timeline	February 4, 2022 Release of Elementary and Middle School Magnet decisions. March 4, 2022 Release of High School Magnet decisions.

Maryland Coalition of Families

Event Type: Virtual Support Groups & Training
Target audience: Adults 18+
Sponsored by: [Maryland Coalition of Families](#)

Title	Description	Dates & Times
Virtual Open House for Baltimore County Families	<p>Hosted by Maryland Coalition of Families (MCF) with support from Maryland's Department of Juvenile Services. MCF helps families who care for someone with behavioral health needs, including mental health, substance use, and gambling issues. Using personal experience as parents, caregivers, young people, and other loved ones, we connect, support, and empower Maryland's families. Services are provided at no cost.</p> <p>For more information and to receive the Zoom link, contact: Janet Jones: Jjones@mdcoalition.org or 443-878-9367 Tanya Mech: Tmech@mdcoalition.org or 443-896-6333</p>	Second Thursday of Each Month 5:30 – 6:30 PM
Self-Expression Sessions	<p>Connect online with other Parents and Caregivers from the comfort of your own space to share, receive support, enjoy a few laughs, and explore your creative side.</p> <p>Can't be on for the entire call? No Worries! Join us and stay on for as long as you can. Can't join us every Wednesday? No Worries! This group is ongoing.</p> <p>For more information and to receive the Zoom link, contact: Janet Jones Jjones@mdcoalition.org or 443-878-9367</p>	Every Wednesday 5:00 – 6:30 PM

NAMI Resources

Event type: Online Clases, Panel Discussions
Link: NAMIBaltimore.org
Target audience: Adults 18+
Sponsored by: National Alliance on Mental Illness

Title	Description	Dates & Times	Registration
A Chat With Experts on Eating Disorders: Accessing Treatment, Advocacy, & Action	<p>Join us for this panel conversation featuring esteemed experts from Johns Hopkins and Sheppard Pratt, a representative from the National Eating Disorder Association and a Body Positivity Social Media Content Creator and Advocate.</p> <p>Come with your questions!</p>	Wed, Feb 16th 12:00 pm	Registration

Title	Description	Dates & Times	Registration
NAMI Connection Recovery Support Group	a free, peer-led support group for adults living with mental illness. You will gain insight from sharing your experiences and hearing the challenges and successes of others.	See the NAMI website for dates, times and registration.	
Young Adult Connection Support Group	a peer-led group specifically for adults ages 18 – 39 who are living with a mental health condition, or are seeking mental health support. Watch the video below to hear from 2 of our facilitators, and click the link below to register for our next group!		
Family Support Group	a peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness. Gain insight from the challenges and successes of others facing similar circumstances.		

Lunch & Learn – Parent University

Event Type: Virtual
Target audience: BCPS Families

Title	Description	Dates & Times	Registration
Keeping Your Composure: Being the Person You Want Your Kids to Become	<p>In this session, we will discuss the skill of composure along with the power of perception to focus on self-awareness and leave with strategies and a fresh outlook on our ability to choose how we perceive the world.</p> <p><i>We will offer 2 opportunities for this session.</i></p>	Tues, March 15 th 12:30 PM	Registration
Using an Assertive Voice to Set Limits Respectfully	<p>In this session, we will discuss how the skill of assertiveness along with the power of attention support the concept that what you focus on you get more of. Strategies for how to set limits respectfully, advocate for yourself, and teach your child(ren) to do so will be shared and discussed.</p> <p><i>We will offer 2 opportunities for this session.</i></p>	Thurs, Feb 3 rd 12:30 PM Thurs, April 21 st 12:30 PM	Registration

Title	Description	Dates & Times	Registration
Building Self-Esteem and Willpower	In this session, we will discuss how the skill of choices along with the power of free will support the building of self-esteem and willpower in children and adults. Strategies for how to support impulse control and support autonomy through offering choices will be shared and discussed. <i>We will offer 2 opportunities for this session.</i>	Wed, Feb 16 th 12:30 PM	Registration
		Wed, May 18 th 12:30 PM	

Special Education Resource Center- Transition Chats

Description: The transition team is piloting a series of monthly virtual Transition Chats. This new offering will be a place to gather information and ask questions related to the transition topic of the month.

Event Type: Virtual Workshops

Target audience: Parents/caregivers of students with special education needs who will be transitioning out of BCPS.

Link: [SERC Website](#)

Title	Dates & Times	Registration
December: Leisure & Recreation	Mon, Dec 13 th 6:00 PM	Registration
January: DDA and Adult Providers	Mon, Jan 24 th 6:00 PM	Registration
February: SSI/ABLE/Financial Issues	Mon, Feb 28 th 6:00 PM	Registration
March: Disability Support Services in Colleges and Trade Schools	Mon, March 21 st 6:00 PM	Registration
April: Autism Supports	Mon, April 25 th 6:00 PM	Registration
May: Legal Issues and Guardianship	Mon, May 16 th 6:00 PM	Registration
June: Building "Possibilitopia"	Mon, June 13 th 6:00 PM	Registration

Special Education Resource Center- Parent Workshops

Description: Free workshops designed to address parent and caregiver needs to care for themselves, their family and their child.

Event type: Virtual Workshops
Target audience: Parents/caregivers of children with behavioral health issues.
Link: [SERC Website](#)

Title	Description	Dates & Times	Registration
Wellness: Make Time for You!	You are invited to participate in a free Wellness Workshop. Come as you are and give yourself the gift of relaxation and rejuvenation. We will engage in some light mindful movement and meditation, reflection, and relaxation, and discuss ways to incorporate mindfulness into our lives to benefit not only ourselves, but also those within our families and communities. Presented by Dr. Kay Holman, Speech Language Pathologist, Author and Associate Professor at Towson University in the Department of Special Education and a Breathe for Change Certified Social Emotional Learning and Mind-Body Wellness Facilitator.	Thursday, Feb 10 th 7:30 PM	Registration
NAMI: Ending the Silence	Ending the Silence is designed to help individuals learn to recognize the warning signs of mental health conditions in youth, and what steps to take if a student or loved one are showing signs of a mental health condition. The goal of NAMI ETS is to create a generation of students, families, and school faculty who are well-positioned to end the silence and stigma surrounding mental illness. Presented by NAMI Metropolitan Baltimore.	Web, Feb 16 th 7:00 PM	Registration
		Thurs, Feb 17 th 12:00 PM	Registration
ABLE Accounts: A Savings Tool to Promote Independence and Financial Stability for Your Child's Future	Maryland ABLE is a way to help people with qualifying disabilities and their families save for everyday needs, save, and invest in a tax-free account, and prepare for the future without losing state benefits such as SSI and Medicaid Waiver services. Join us to learn about eligibility criteria, enrollment, account management, tax benefits and how to use an ABLE account to pay for qualified disability expenses. Presented by Kelly Nelson, Outreach & Communications Manager for Maryland ABLE	Wed, March 2nd 12:00 PM	Registration
Self-Regulation" Managing My Best Self	Self-regulation allows us to manage our emotions and behaviors within various environments and contexts. Self-regulation skills assist us in making it through each day by allowing us to engage, participate in activities, work with others, and learn. At any given time, someone may need self-regulation supports to manage difficult situations, follow directions, manage frustration, as well as establish, and maintain attention. Presented by Lisa Melody, M.S., CCC-SLP, Supervisor Related Services, Baltimore County Public Schools.	Wed, March 2 nd 7:00 PM	Registration
What is Executive Functioning and Why Is It Such a Big Deal?	Executive Function (EF) impacts many areas of life and includes skills related to self-monitoring, sustaining attention, task initiation, impulse control, planning, decision making, organization, emotion regulation, and working memory. Strengthening our skills related to EF can enhance our academic success; our success with friends and family; and assist us in reaching personal goals. In this webinar, strategies will be taught to improve Executive Functioning in children, teens, and yes, even adults. Presented by Tana Hope, Ph. D. The Child and Family Therapy Clinic, Department of Behavioral Psychology at Kennedy Krieger Institute.	Sat, March 5th 11:00 AM	Registration
		Wed, March 9th 7:00 PM	Registration

Special Education Citizen's Advisory Committee (SECAC) Meetings

Description: SECAC focuses on education, advocacy, and support of the Department of Special Education and the needs of BCPS families.
Event Type: Virtual Meetings
Target audience: Parents/caregivers of children with behavioral health issues.
Link: [SECAC](#)

Date	Description	More Information
February 7, 2022	Help My Child is Anxious! Dr. Tana Hope, The Child and Family Therapy Clinic, Kennedy Krieger Institute	<p>Meetings are held from 7:00 – 8:30 PM</p> <p>First semester meetings will be held virtually via Google Meets: https://meet.google.com/fak-czgt-dvf</p> <p>If you need to call in or have difficulty joining email Ellen Galvez for assistance.</p>
March 7, 2022	Autism	
April 2022 (TBD)	Joint Meeting with the GTCAC: Twice-Exceptional (2E) Students	
May 2, 2022	Transition	
June 6, 2022	General Stakeholder Feedback: What worked this year? What are our concerns for next year?	

Vaping & Tobacco Education for Parents

Event type: Virtual Meeting
Target audience: BCPS Families
Sponsored by: Parent University & Baltimore County Department of Health

Description	Dates & Times	Registration
The harmful effects of smoking and vaping will be discussed along with the relationship to COVID.	Thurs, February 17 th 12:00 PM	Registration

Virtual Support Group- Thrive Behavioral Health

Event Type: Virtual Meeting
Target audience: BCPS Families

Sponsored by: Thrive Behavioral Health

Description	Dates & Times	Registration
Adrian Stackhouse, LCSW-C will be offering a Virtual Support Group for Parents, with a focus on supporting parents as they face the unique challenges March is going to bring in terms of virtual/hybrid/in-person options, emotions (both theirs and their children's), and responses to change. This is open to all parents/caregivers and is not limited to Thrive clients.	Wednesdays at 5:00 PM via Zoom	Link to Join