

# WORKSHOP CATALOG

**RIPIN** offers a wide variety of interactive workshops and training opportunities. Our experienced presenters offer information and support to all Rhode Island families as well as the professionals who work with them each day.



Founded in 1991, the Rhode Island Parent Information Network is a non-profit organization that helps thousands of families and individuals each year. RIPIN's more than 20 statewide programs and services assist all Rhode Islanders in becoming better advocates for themselves and their children in school, in health care and in their communities.

## REGISTRATION

On-line registration is completed by visiting our website at [www.ripin.org](http://www.ripin.org) and click on **Workshops to** register. You can also register by calling (401) 270-0101, ext. 4 or email at [workshops@ripin.org](mailto:workshops@ripin.org)

### Join RIPIN's Mailing List

Get updates to presentations and trainings by joining RIPIN's mailing list.

**Text RIPINORG to 22828 to get started**

Or

Go to <http://bit.ly/RIPINemail>

## SCHEDULING WORKSHOPS

To improve the educational experience, we offer families and professionals, RIPIN hosts multiple free workshops open to the public throughout the year, at our office and in community settings across the state.

### **Schools, Agencies, and Organizations looking for professional development or large group presentations:**

Call our office or visit our website for prices associated with offering workshops and trainings at your location. For scheduling reasons, we do require a 30-day notice for off-site workshops. Contact us today! We look forward to working with you!

## RIPIN'S MISSION

RIPIN's mission is to assist individuals, parents, families, and children to achieve their goals for health, education, and socio-economic well-being by providing information, training, education, support and advocacy for person/family-centered care and system change.

## SPECIAL EDUCATION & DISABILITIES

### ***Basic Rights in Special Education (Children and Youth Ages 3-21)***

Navigating special education and related services for children with disabilities is the focus of this workshop. Participants will receive an overview of parents' rights and responsibilities and learn about the laws that affect special education in Rhode Island. **(2 hours) Also available in Spanish.**

### ***Individualized Education Program IEP: Blueprint for Success (Pre-school and Elementary)***

This step by step walkthrough provides an overview of the major components in Rhode Island's IEP form for children ages 3 -13. The foundation of a child's special education is the Individualized Education Program which is developed by a team of individuals that includes parents.

**(2 hours) Also available in Spanish**  
**Prerequisite:** *Basic Rights in Special Education*

### ***Individualized Education Program IEP: Blueprint for Success (Secondary Transition)***

This workshop provides an overview of the major components of the IEP as well as a step by step walk through of Rhode Island's IEP form. The workshop also covers the secondary transition IEP for students 14 and older. This includes post school goals in areas of employment, education, training, and when appropriate independent living skills.

**(2 hours) Also available in Spanish.**

### ***RI Medicaid Options for Families of Children with Special Health Care Needs***

Explore what options children and youth with special health care needs and their families have under Medicaid in Rhode Island, where these services are located, and how to apply for them. **(2 hours)**

### ***Rhode Island Division of Developmental Disabilities- Applying for Services: An Overview of the Application Process***

This workshop has been created as a GENERAL OVERVIEW of the application process for students or adults with developmental disabilities that may be eligible for Developmental Disability supports and services. Participants will explore how to get the application process started. **(2 hours)**

### ***Section 504: A Parent's Guide***

This workshop will provide a basic overview of Section 504 along with updates to the law. Participants will learn how Section 504 pertains to children with disabilities and will also explore how some students may now qualify for additional supports and accommodations in public schools.

**(2 hours)**

### ***Bullying and Harassment of Students with Disabilities – What Parents and Educators Need to Know***

Studies have shown that students with disabilities are two to three times more likely to be bullied than their peers without disabilities. Being bullied can directly impact their education. Participants will learn about their legal rights, self-advocacy and the IEP as a useful tool in a plan to prevent bullying.

**(2 hours) Also available in Spanish**

## ONLINE WEBINARS

RIPIN has recently recorded a few of our most requested Special Education and Disability workshops:

- Section 504: A Parent's Guide***
- Section 504: A Parent's Guide (SPANISH)***
- Basic Rights in Special Education***
- Bullying & Harassment of Students with Disabilities***
- Bullying & Harassment of Students with Disabilities (SPANISH)***
- RI Family Guide to Multi-Tier Systems of Supports (MTSS)***
- Transition from Early Intervention to The Successful Preschool IEP Meeting***

These recordings are available at  
<http://www.ripin.org/online-learning>



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## FAMILY ENGAGEMENT

### ***Homework Help***

Homework provides an opportunity for children to learn and for families to be involved in education. However, helping children with homework isn't always easy. This workshop will give parents tips on how they can help their child be successful in school and reduce the stress of homework. This workshop is appropriate for parents of students in grades 1 through 5. **(2 hours)**

### ***The Right Question***

Learning how to ask effective questions is an important skill needed to help participants support, monitor, and advocate. This workshop offers participants to learn the "Question Formulation Technique." Participants will practice their question formulation skills and apply them to a specific topic. **(2 hours)**

## EARLY CHILDHOOD

### ***Transition from Early Intervention to The Successful Preschool IEP Meeting (Children Birth to Age 3)***

Learn about the support services necessary for a successful transition from Early Intervention. We'll explore the transition plan, differences in service delivery, and how to prepare and organize information needed for your child's IEP meeting. Please note, this workshop does not walk through the IEP form. Please see our other workshop titled, IEP Blueprint (Preschool and Elementary) for this content. **(2 hours)**

### ***5...4...3 What's New for Me?***

This workshop is designed to give parents ways to support their child's early learning skills. Come learn about fun activities you can do at home with your child to support their healthy development. Parents will also learn important resources that exist in our state for children ages 3-5. **(2 hours)**

## ADVOCACY

### ***Enhancing Facilitation Skills Part 1 - Beginners***

Do you have the skills necessary to represent your community or organization? Are you looking to bring others together over a common goal or topic? This workshop focuses on taking the skills you already have and enhancing them to convene groups and develop shared leadership. **(2 hours)**

### ***Enhancing Facilitation Skills Part 2 - Advanced***

Do you have the skills necessary to represent your community or organization? Are you looking to bring others together over a common goal or topic? This workshop focuses on taking the skills you already have and enhancing them to convene groups and develop shared leadership. **(2 hours)**

### ***Public Policy 101***

Did you know your experience as a caregiver for children with special needs could help inform policy decisions in our state? Participants of this workshop will learn important advocacy skills. These skills include, the fundamentals of government, how to compose letters to elected officials, and how to provide valuable testimony on issues that affect RI Families. **(2 hours)**

### ***Skills for Effective Parent Advocacy***

The goal of this presentation is to empower parents, so they become effective advocates for their children, and learn how to communicate their child's needs. The intended audience for this training is the parents and guardians of children with disabilities. **(2 hours) Also available in Spanish.**





# Community Health Network

## Get Healthy. Live Better.

The **Community Health Network (CHN)** connects you to programs proven to help you take control of your health. Programs are free or low cost and held in convenient locations throughout Rhode Island.

Open to individuals 18 years or older.

For more information or to register for a health and wellness program contact our Patient Navigators

[CommunityHealthNetwork@ripin.org](mailto:CommunityHealthNetwork@ripin.org) or 401.432.7217

### ***Diabetes Prevention Program (DPP)***

This lifestyle-change program teaches you how to lower your risk of getting Type 2 Diabetes by eating healthier, increasing physical activity, and losing weight. The DPP is a program that focuses on lasting changes that are manageable for each patient.

### ***Tools for Healthy Living – Chronic Disease Self-Management Program***

This workshop teaches you how to manage symptoms and medications, communicate with family and doctors, relieve stress, exercise, and set attainable goals.

### ***Diabetes Self – Management Program***

This workshop teaches you how to manage symptoms of Diabetes such as fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear, and frustration.

### ***Chronic Pain Self-Management Program***

This workshop provides you with the tools to manage medications, fatigue, frustration, proper nutrition, and communication skills. You will learn to evaluate treatments and make an action plan.

### ***Matter of Balance: Managing Concerns about Falls***

This workshop that teach techniques to reduce fears of falling and increase activity levels among older adults.

### ***Powerful Tools for Caregivers***

Caregivers will develop a wealth of self-care tools to reduce personal stress, communicate more effectively, deal with difficult feelings, and make care-giving decisions.

### ***What past attendees have said about RIPIN's Workshops and Trainings:***



"I liked the ideas and support I received. I learned how to better communicate with my siblings. I am going to take better care of myself." -*Powerful Tools for Caregivers*

"It gave me more ideas on how to advocate for parents, empower them, and to give them resources." – Professional participant, *Skills for Effective Parent Advocacy*

"...All the information presented had a greater impact because of the passion behind their words." – Parent participant *Bullying and Harassment of Students with Disabilities*

"I loved that the workshop started at the basics...so that we all started from the same basis of info." – Parent participant *Section 504: A Parent's Guide*

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