

NJ Statewide Parent to Parent Newsletter Spring 2009



Program Coordinator's Update

On behalf of all the P2P staff, I would like to wish you and your family a very happy and healthy holiday season! This has been another wonderful year for our program and we look forward to the New Year ahead. This newsletter is coming to you as a way of updating you on our program activities and to share with you some great resources and information on local, state and national events. If you have something you would like to share with other families and professionals please email me at maliac@comcast.net so that we can include it in our next edition.

Sincerely,

Malia Corde



NJ Alliance of Family Support

Organizations The Alliance was created to provide leadership and support to the statewide network of Family Support Organizations that represent families raising children with emotional, behavioral or mental health challenges.

The Family Support Organizations (FSO) provide:

- Support for families receiving Care Management services through the NJ Division of Child Behavioral Services
- Support groups, Educational Forums and Events for families
- Warm-lines for reassurance and information
- Youth Partnership Programs
- Opportunities for family leadership and parent/professional partnerships

A complete listing of the Family Support Organizations can be found at www.njalliance-fso.org



Father's Corner

When a father first learns of his child's disability or special health care need, his reaction may be very different from the child's mother. At difficult times, it is the father that families look to for support, but often he too is experiencing emotions and sometimes anger in response to his child's diagnosis. Very often the father's needs go unmet by other family members and professionals. Fathers need to know that there are support systems available for them too. Our Parent to Parent program has "support parents" who are men that can help provide support to you in your journey of fathering a child with a disability or special health care need.

A study of ninety-five families, by a team at the University of York Social Policy Research Unit found that supporting mother-father relationships was a crucial outcome and that parents identified recognizing and meeting fathers' emotional needs; supporting their adjustment to diagnosis, and increasing their involvement in consultations with professionals; as key ways to do this.

www.fathersnetwork.org

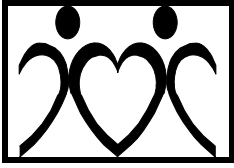
This site provides up-to-date information and resources and personal stories for fathers, family members and care providers.

www.familyconnectionsc.org/programs/fathers_network

This site provides resources, information and support to families who have a child with a disability or special needs.

www.fatherhoodinstitute.org

The Institute helps shape national and local policies to ensure a father-inclusive



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approach to family policy. They are also a provider of training, consultancy and publications on father-inclusive practice.

please call 1-800FSC-NJ10 to start the intake process or you can fill out the form on-line at www.spannj.org/support



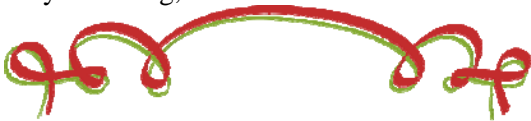
Upcoming Events

12/10/08- Basic Rights in Special Education Workshop, presented by the Statewide Parent Advocacy Network. 7pm-9pm in Sewaren-Middlesex County. To register contact Vivian DeWitt #973-642-8100 X 116 or online at www.spannj.org/training

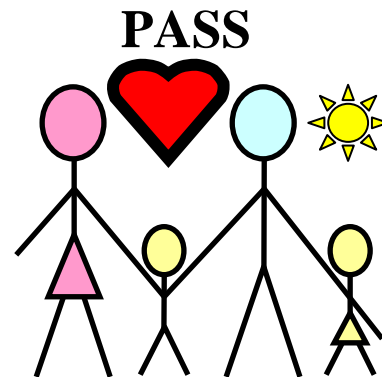
12/17/08-Brain Injury Basics For Families presented by the Brain Injury Association of NJ at 7pm-9pm in Middlesex County. On 1/21/09 at 7pm-9pm. in Ocean County. To register call #732-745-0200 or online www.bianj.org

3/21/09- SAVE THE DATE -The Statewide Parent Advocacy Network *Parent Leadership Summit*, Saturday, March 21, 2008 will be held at the Crowne Plaza in Jamesburg, NJ.

5/02/09- SAVE THE DATE- Bi-annual *Family Learning Conference for Parents of Children who are Deaf and Hard of Hearing*, Saturday, May 2, 2009 will be held at Atlantic Cape Community College in Mays Landing, NJ.



We are always looking for veteran parents who are in a position to help support other parents like themselves, who are just beginning their journey of raising a child with a developmental delay, disability or special health care need. If you are interested in becoming a "support parent" or you would like to receive support yourself,



Parents & Agencies Supporting Siblings

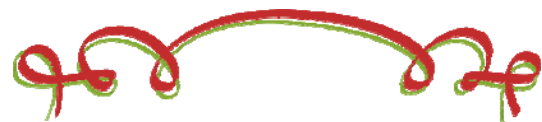
Upcoming PASS Events

12/12/08 - The Lanes at Sea Girt, Sea Girt, NJ. 4pm-6pm. For more information call Ramona Carmeci at 732-528-8080

1/09/08 - Garden Palace Bowling Alley, Clifton, NJ. 5:30pm - 7:30pm. For more information call Malia Corde at 908-537-4673.

2/13/09 - The Lanes at Sea Girt, Sea Girt, NJ. 4pm-6pm. For more information call Ramona Carmeci at 732-528-8080.

Pre-registration is required for all events.

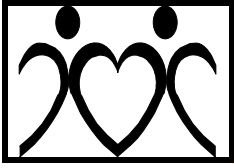


RESOURCES

www.bpkids.org

Information, resources and a network of parents and experts on Pediatric Bipolar Disorder

www.becauseiloveyou.org



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A parent support network designed to help parents whose children have behavioral challenges.

www.pa-of-nj.org

Attend community based self-help groups or online parent support group to help deal with the stress of parenting.