

Helping HANDs Calendar & Topics for Upcoming Meetings

June 12th – Stress Management with Pat Urban from Reflexology Health, LLC.

Pat will focus on stress reduction through *Hand Reflexology – “You can have it all in the Palm of Your Hand”*. This will be a very “hands-on” session with practical exercises and calming take-aways for everyone! Pat is a National Certified Massage Therapist, licensed in the state of FL. She is a Usui Shiki Ryoho Reiki Master and is a Master Reflexologist (RCB). She is a retired board member with the Reflexology Association of Connecticut (RACT), is a member of the Integrative Reflexology Association of America (IRAA) and the Florida Association of Independent Reflexologists (FAIR). Pat established Reflexology Health LLC, in Clearwater in early 2012. You can visit her website at: <http://www.reflexologyhealthllc.com/>

July 10th – Sibling Support & Visual Aids. We will be treated to some great Tropicana Speeches about having a sibling with a disability, to be followed by a facilitated group discussion. Also, a few local teachers in our group (with big hearts) have offered to host a **“Make and Take”** hour to help us create visual schedules or other visual aids that we can use with our kids. We will kick off this meeting a little early to ensure we get everything accomplished. So, if you’re interested in the make & take portion, plan on starting at 6:30.

August 14th – Get ready for school! Find out what’s happening & how to get involved. **Nina Gregory, FDLRS Gulfcoast Resource Teacher** and an *all-around fantastic resource*, will attend our meeting again this year to provide an update on changes occurring in the District regarding budgets, restructuring, etc. We’ll also discuss these other important topics:

- Active Parenting and other Parent Trainings
- ESE District Advisory Committee
- Back to School Resources
- Behavior and On-Task Strategies!
- Information from the August FLDOE Parent Services Meeting

September 11th – Dr. David Berger, MD, FAAP, Wholistic Pediatrics and Family Care: Primary Care for children with Autism, ADHD, and related disorders.

Dr. David Berger is a Board Certified Pediatrician who specializes in holistic pediatric primary care, nutritional and detoxification therapies for autism, ADHD and related disorders and immune dysregulation such as allergies, asthma and autoimmune disorders. He also sees adults with these medical conditions. In addition, Dr David works with women and men who wish to do preconception and prenatal counseling, testing and treatments to try and optimize the health of the pregnancy and baby. My family has been seeing Dr. Berger since he opened his Tampa office in 2005 and he has made a tremendous difference in our lives, especially for our son with Autism!! Feel free to contact me personally for more information, or follow this link: <http://wholisticpeds.com/>

October 9th – Kids & Canines: Believing in Kids, Empowering Lives, One Dog at a time!

We’ll hear about this fantastic local program & the huge difference it can make in the life of a child with a disability! Kids and Canines works with at-risk teens, teaching them how to train assistance dogs. The bond between student and dog help these at-risk youths succeed . . . and then the dogs go on to have productive working lives, providing independence to individuals with disabilities. Kids and Canines provides trained assistance dogs to people with disabilities and children with autism throughout central Florida. <http://www.kidsandcanines.org/>

November 13th – Drs. Brian and Denise Kehoe, Kehoe Family Chiropractic

We’ll hear about the many benefits of Chiropractic care, especially how regular exams and adjustments can improve issues that many of our kids face. Dr. Brian and Dr. Denise are experts on disease prevention and health maintenance and they will answer any questions you may have about Chiropractic care. www.kehoechiro.com