

# PROFESSIONAL LEARNING at SPRING FORWARD FAMILY FUN DAY & REGIONAL CONFERENCE

*Navigating Systems to Build Stronger Families*



9:00am-2:00pm  
Saturday, April 27, 2019

Colgan Hall, George Mason  
University Science and  
Technology Campus  
10900 University Boulevard  
Manassas, VA 20110

## Social work, education, counseling and other professionals:

Register now for the **Start Here --> Get There: Supporting Families to be their Own Best Advocates, Conquer Chaos & Take Charge** workshop. Presented by Wendy Besmann, of Team Up for Families and author of *Family Road Map: A Step-By-Step Guide to Navigating Health, Education, and Insurance Systems for Families with Special Needs*, the workshop offers professionals strategies and tools for supporting families with special needs.

## Participants will:

- Identify evidence-based factors that support the “mindset” of empowerment in family caregivers who must navigate systems to find help for the complex needs of their children
- Use a kinesthetic exercise to explore and process the experiences common to family caregivers navigating unfamiliar environments
- Use a three-step process to break down a complicated life situation into manageable action steps
- Work with a team to compose and deliver a “Strengths & Concerns” story that effectively describes a complicated situation to staff in an IEP, Family Resource, Family Partnership or other team meeting
- Learn at least 3 strategies that empower a parent or caregiver to approach team meetings feeling prepared and confident

*4 Social Work hours CE certification is available  
Participants will receive a copy of Family Road Map  
Breakfast and lunch are included*

**Professional rate is \$40 (\$35 early bird rate through March 3)**

Learn more and register at [www.FormedFamiliesForward.org](http://www.FormedFamiliesForward.org)



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