

## ALL AFTERNOON

- Meet other families
- Share ideas
- Learn about available resources and recreation opportunities—We've invited over 65 vendors!

### Activities for Children

- Sensory/Quiet Room for Kids
- Sibs/Older Kids Space
- Free Skilled Childcare

Personal care to be provided by parents or respite workers. Pre-registration is required for childcare.

Lunch includes a deli sandwich bar, water, tea, and cookies. We will attempt to accommodate food allergies/restrictions to the best of our ability, but please feel free to bring your own lunch or snack!

**Translation services for non-English speaking families will be provided. Please request services on registration form.**

Register online at:

[www.surveymonkey.com/r/ConnectFamilies](http://www.surveymonkey.com/r/ConnectFamilies)

**THANK YOU TO OUR  
CONNECTING FAMILIES  
SPONSORS AND  
PARTNERS:**



**FREE LUNCH!  
FREE PARKING!  
FREE CHILDCARE!**

**CONNECTING  
FAMILIES  
THROUGH STORIES  
STAYING REAL,  
STAYING POSITIVE**

**SUNDAY**  
**September 15, 2019**  
**12:30 – 4:30 PM**  
Alliant Energy Center  
Exhibition Hall  
1919 Alliant Energy  
Center Way  
Madison, WI

**Questions? Call 608-890-0777**

# Connecting Families is the “non-conference conference”

The event and presentations are for and by families of children with disabilities. The intent of this event is to provide families with opportunities to be with and learn from one another.

## AGENDA AND SESSION DESCRIPTIONS

12:00—12:30 PM

**Registration and Childcare  
Check-In**

12:30—12:40

**Welcome and Introduction**

by Monica Bear, Dane County  
Human Services, IDD  
Community Services Manager

12:40—1:25 PM

**Deli Sandwich Lunch Buffet &  
Keynote Presentation**

by Anne and Paul Karch

1:35— 2:20 PM

**Parent Panel**

2:30—3:30 PM

**Creating a Person-Centered  
One Page Profile for Your  
Child**

3:45—4:30 PM

**Self-Care for Parents and  
Caregivers**

All Afternoon:

**Visit Vendor and Exhibitor  
Displays in the Atrium**

**Keynote Presentation:  
One Family’s Journey**

Anne and Paul will share with you the things they have learned in 39 years of marriage and 33 years of parenting a daughter with significant disabilities. They will show you what worked, and what didn’t, and hope to make you laugh a little.

**Parent Panel:**

**Staying Real, Staying Positive**

Parents of young adults will moderate a panel of parents with younger children. Hear how other families balance staying real with staying positive. Moms and dads will tell their stories about helping other’s see their child’s full potential while managing the day to day demands of care taking.

They will share examples of how they have:

- Combined their family and social networks with paid supports to meet day to day parenting challenges;
- Changed their support strategies as their child has aged;
- Kept moving forward while waiting for services;
- Found support in unexpected places.

**Creating a Person-Centered One Page Profile  
for Your Child**

Andrea Gehling

Too often documents about children with disabilities is written in a way that shows their deficits. A one-page profile communicates important information about your child in a positive way. It tells others what people like and admire about your child and what is most important and what best support looks like. This workshop will go over the basics of person-centered thinking and will help you develop a one page profile for your child.

**Self-Care for Parents and Caregivers**

Melissa Warren MS, MFT

*“An empty lantern provides no light. Self-Care is the fuel that allows your light to shine brightly”*

- Unknown

Many times in the hectic pace of our day-to-day lives, we forget to take care of ourselves. This is especially true of those who provide extra support for a child with special needs. This workshop will discuss what self-care is, what it looks like for you, and how to achieve more of it in your life.

Registration is preferred, but not required.

Register online at: <https://www.surveymonkey.com/r/ConnectFamilies>

More information on our website: [cow.waisman.wisc.edu/event/connecting-families](http://cow.waisman.wisc.edu/event/connecting-families)