

## INFORMATION SESSIONS

Workshops and trainings can be requested by organizations, groups, and schools based on the needs of parents. Topics include but are not limited to:

- Understanding the Special Education Process
- Understanding Your Child's Individualized Education Program (IEP)
- Preparing for Committee on Special Education (CSE) Meetings
- Effective Communication Skills within the Special Education Process
- Transition from Preschool to Kindergarten
- Transition to Life after High School
- Diploma Options and Credentials for Students with Disabilities
- Information on New Special Education Policy or Regulation Changes



## Westchester Institute for Human Development (WIHD)

WIHD creates better futures for people with disabilities, for vulnerable children, and for their families and caregivers. WIHD accomplishes its mission through:

- Professional education
- Innovative services and supports
- Community training and technical assistance
- Research and information dissemination

We envision a future in which people with disabilities and vulnerable children live healthy and productive lives as full members of society.

[www.wihd.org](http://www.wihd.org)

Hudson Valley  
Special Education Parent Center  
Cedarwood Hall, Valhalla, NY 10595

Westchester, Rockland, & Putnam Counties  
(914) 493-7665

Dutchess, Ulster, Sullivan & Orange Counties  
(845) 891-1305



Westchester Institute for Human Development



## Hudson Valley Special Education Parent Center



[www.hvsepc.org](http://www.hvsepc.org)

The *Hudson Valley Special Education Parent Center* (HVSEPC) at Westchester Institute for Human Development provides resources and strategies to parents and guardians of students with disabilities in order to promote meaningful involvement in their children's education programs.

It is critical that parents understand the special education process and engage effectively as collaborative members of their children's decision-making teams.

Services are provided to families within the Hudson Valley region including Westchester, Rockland, Putnam, Dutchess, Ulster, Sullivan and Orange Counties.



*The Hudson Valley Special Education Parent Center is funded by the New York State Education Department.*



For many families, the special education process is complex and challenging to navigate. Annual meetings can often be a source of apprehension and confusion for parents. Added to the daily stress of raising a child with a disability, it can be overwhelming.

#### **All of our services are free and include:**

- Consultation: In person, by phone, or through email
- Training: Free information sessions at various locations including school districts, community agencies, support group meetings, libraries, and online through our website
- Resources: Newsletters, information and referrals, website and online tools, and translated materials

#### **Parents can contact us when they:**

##### ***Have concerns or questions regarding:***

- Their child's educational progress
- The special education process
- Their child's Individualized Education Program (IEP) or 504 Accommodations Plan

##### ***Want suggestions to:***

- Help plan their child's transition to adulthood
- Improve communication with their child's school team
- Discuss and problem-solve issues and disputes

##### ***Need information on:***

- Disability-specific resources
- Educational laws and regulations
- Referrals to resources or community-based support service providers outside of the school system