

Arc of Shelby County offering parent workshops



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PELHAM – The Arc of Shelby County’s 2017 Parent Workshop is set to begin in August.

The Arc of Shelby County’s Community Living Program provides an annual series of educational programs and workshops designed for individuals with developmental disabilities and for parents or guardians as part of the mission of the Community Living Program to give families and individuals with disabilities access to full lives in the community.

“We are happy to present valuable information on a variety of topics that will be of interest and benefit to parents and families,” said Arricka Brown, the Arc’s Community Living Director. “Parent workshops are a great way to provide educational opportunities for parents and families and to reach out to families in our community to let them know that that the Arc of Shelby County is available as an ongoing resource and source of support.”

All workshops will be held from 6-8 p.m. at the Arc of Shelby County’s facility, 203 Amphitheater Road, and are open to any member of the community who is interested in attending.

The fall 2017 Parent Workshops will be:

Monday, August 21 – Nicole Mishkin, M.A.E., BCBA and Mark Zellefrow, M.Ed., BCBA of Mitchell’s Place will discuss behavioral strategies for parents of children with disabilities.

Tuesday, September 12 – Representatives from the Alabama Treasurer’s Office will join plan administrators to share information about Alabama’s Enable Savings Plan.

Tuesday, October 24 – Representatives from Alabama Lifespan Respite will discuss strategies and techniques for parents or caregivers who are dealing with stress caring for a child with a disability.

The Shelby County Community Health Foundation provides support for Parent Workshops. For more information, go to Thearcofshelby.org or call 664-9313.

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