



# 2018-19 Kickoff

**Thursday, September 27, 7 to 8:30 p.m.**

**“Surviving Homework: Understanding Executive Function, Processing Styles, and Their Impact”**

ADHD and Life Coach Megan Schrade will speak on how having awareness about executive function and processing styles can help in developing personalized homework and study skills strategies for children and teens. Megan is a person with ADHD and mother of three children (two of whom have ADHD) who spent more than a decade as an ABA therapist and case manager. She is the owner of Encourage Growth Coaching, [egc-ct.com](http://egc-ct.com).

**Tuesday, October 16, 7 to 8:30 p.m.**

**“Interoception Satisfaction: AHA! Moments about the ‘Hidden’ Sense”**

Learn about interoception, the “8th sense.” Hands-on engagement and collaborative experiences will be included throughout the presentation. Get a chance to practice tools that can be used by families at home and by educators at school. Presenting are occupational therapists Meagen Barton, OTD, OTR/L and Kristin Downer, MS, OTR/L, from Constellation School Based Services. Meagen, a supervising therapist in Monroe schools, has 13 years of experience working with clients from preschool age to adult. She has presented to school professionals, parent groups, and OT practitioners at state-level conferences, plus as an educator at Quinnipiac University.

Kristin has been partnering with public and private schools, early childhood programs and specialized programs for more than 20 years. Currently a supervising therapist in Darien schools and in Easton/Redding schools, she has 17 years of experience working in school-based settings and with clients across the age span. Kristin has provided numerous presentations to parents, teachers and other professionals at the local, state and national levels.

**Meeting location for September and October:** Second Hill Lane Elementary School (in the media center), 65 Second Hill Lane, Stratford. Arrive at 6:45 p.m. to meet others with an interest in special education, or to browse our parent resource library. *RSVP* via [www.stratfordsepta.org](http://www.stratfordsepta.org), [info@stratfordsepta.org](mailto:info@stratfordsepta.org) or [www.facebook.com/stratfordsepta](https://www.facebook.com/stratfordsepta)

**SAVE THE DATES!** Future meetings will be on Tues., Nov. 13 (covering trauma); Tues., Jan. 15 (snow date 1/17); Tues., Feb. 26 (snow date 2/28); Thurs., March 21 (snow date 3/26); and Thurs., April 11. Autism film screening: Wed., Oct. 3, Stratford Library. Join our email list for info on meeting venues & family events, via [info@stratfordsepta.org](mailto:info@stratfordsepta.org).