

# Virtual Workshop & Support Group



## What is the Parent Empowerment Program?

The Parent Empowerment Program (PEP) at Taconic Resources for Independence, Inc. provides resources to families of children and young adults with disabilities. Our mission is to empower parents and caregivers to become advocates, organizers, and leaders in their school district communities. Through workshops, advocacy training, technical assistance, and collaborative action plans, the PEP delivers the necessary tools for individuals to come together and Speak In One Voice about major systemic issues in special education and advocate for change as an informed, unified, and empowered collective.



ThinkDIFFERENTLY.



## Mental Health & Youths with Disabilities

### Spotting early warning signs and supporting open communication

Children and adolescents with disabilities are 20-30% more likely to develop co-existing mental health issues compared to their peers, and they may face challenges in communicating thoughts and feelings, developing appropriate strategies for support, and creating accessible outlets for emotional regulation. At this virtual workshop and parent network event, parents/caregivers, families, and service providers can find support from others with similar experiences caring for youth with disabilities!

- Identify early signs of mental illness and address concerning thoughts and behaviors
- Connect with the TRI Parent Empowerment Program support network
- Hear advice, support, and perspectives from other families
- Learn how to have safe and open conversations about mental health with children and adolescents with disabilities.

Workshop presenter: Josh Garay, PEP Coordinator  
Taconic Resources for Independence, Inc.  
[j.garay@taconicresources.org](mailto:j.garay@taconicresources.org)

### TO REGISTER:

Two sessions of this workshop will be offered:

Monday June 23<sup>rd</sup>,  
9:30 to 10:30 AM

Wednesday June 25<sup>th</sup>,  
6:30-7:30 PM

### CLICK HERE

for the registration form  
or scan below:



An ASL Interpreter can be requested using the registration form. Requests must be submitted by June 9<sup>th</sup>

## Did you know?

Many studies have found that a higher level of available social support (such as support from professionals, family and friends, and other parents) is associated with lower parental stress and greater feelings of parental empowerment!

To learn more about how the TRI Parent Empowerment Program can support you in connecting with your community, join us for our virtual Info Sessions on the second Monday of the month!



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