

ProActive Caring e-News



June 2021

Programs offer tips for mindful transitions, problem solving

During the May 20 *ProActive Caring School & Home Transition Exchange*, Lisa Currao, RN, MS SpEd, shared her “Top 10 List” for managing the IEP process in a stress-free way during the later years. Her recommendations, rooted in her personal experience as a special education professional and as the parent of a 19-year-old on the autism spectrum, were empowering for other parents. If you missed the live broadcast, we encourage you to view the recorded webcast available in the ProActive Caring Digital Resource Center (PCDRC).

In the next Exchange, at 7 p.m. on Thursday, June 3, Currao will return to speak about “Managing the transition after high school in a mindful way.” Please join us! You’ll be glad you did.

In the second program this month, at 7 p.m. on Thursday, June 17, the guest presenters will be Patricia Cyganovich, Ed.D. and K. Michael Hibbard, Ph.D. Cyganovich retired after 30 years as principal of North Salem Middle School/High School in the North Salem Central School District, where Hibbard was the Assistant Superintendent for Instruction. Hibbard and Cyganovich spoke during a School Exchange program last year on “How to bring mindfulness to



Lisa Currao, RN, MS SpEd, above, will be the special guest at the June 3 *ProActive Caring School & Home Transition Exchange*.

About the *Home & School Transition Exchange*

The Home & School Transition Exchange is moderated by Lawrence Force, Ph.D., CSW-R, and facilitated by Lisa Nathan, parent/advocate, and Peggy Pisano, school psychologist/advocate. Each of the biweekly videocasts focuses on a different topic and generally runs for 45 minutes, including discussion with participants. Our intent is to develop a supportive presence for you, rather than flooding you with overwhelming content.

June Programs

problem solving."

This year, they will speak on "Problem solving through transitions: Taking the next step in life." Together they are the authors of *Thinking It Through: A Parent Guide to a Mindful Approach for Solving Problems* (available in the [PCDRC](#)), which they describe as "a mindful, purposeful approach for parents to empower their children to solve the problems they encounter for themselves."

June 3: "Managing the transition after high school in a mindful way"

June 17: "Problem solving through transitions: Taking the next step in life"

To participate, please register in advance by clicking the button below. You only need to register once. Those who have registered for previous programs will receive a reminder and link for all future events in the series.



Dr. Patricia Cyganovich



Dr. Michael Hibbard

[Click here to register](#)

College students facilitate discussion in Mindful Family Stress Reduction Series

The Mindful Family Stress Reduction (MFSR) series offered by Parent Network of Western New York (PNWNY) is a biweekly opportunity for families to get together to learn and practice mindfulness-based stress reduction techniques, share and explore stressors and solutions, and connect with each other. The series dovetails with the School and Home Exchange webcasts and is offered from 7-7:45 p.m. on alternate weeks.

Youth with disabilities can participate fully on-screen or simply be in the room while their parents participate. Each session begins with a one-minute mindful break, followed by a presentation including two new strategies, and then discussion and practice with youth facilitated by two Canisius College seniors.

The goal is for families to learn and practice stress reduction together, with some parents learning how to introduce strategies to their children at a later time. Benefits to participants involve new social connections, opportunities to share experiences, and a toolbox of strategies for mindfulness-based stress reduction. Parents have told us that the young people participating relate especially well to the two Canisius College students.



Jesse Brodka is a full-time student studying English and Education. Jesse works with the Erie County Restorative Justice Coalition (ECRJC), where he leads community building circles and presents training in Restorative Practices. He first discovered mindfulness as a part of the Restorative Circle process, and since then, he has integrated a regular mindfulness practice into daily life. He plans to go on for a master's degree in special education.



Saafir Northington, a Buffalo native, is working on his undergraduate degree in human services, with a minor in schools and community. He began his Involvement with ECRJC serving as a board member for a year before transitioning onto the staff team. He now focuses his work on youth engagement and youth leadership development. Saafir also has experience as a circle facilitator and workshop presenter, and he is a part of the current training team cohort.

Got Stress? We Can Help!

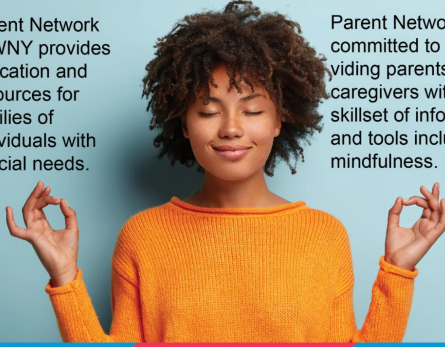
June 10: “Mindsets toward Stressful Events and Transitions (Part 2)”

June 24: “Saying No”

To register for *Mindful Family Stress Reduction* sessions or to obtain more information, [click here](#). Or if you prefer, you may call PNWNY at 716.332.4170 or email info@parentnetworkwny.org.



Parent Network of WNY provides education and resources for families of individuals with special needs.



Parent Network is committed to providing parents and caregivers with a rich skillset of information and tools including mindfulness.

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The ProActive Caring Program is funded by a grant from the New York State Developmental Disabilities Planning Council.



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