

SPONSORED BY THE
WARREN HILLS CLUSTER
DISTRICTS

Positive Adult Development →

Parent Training & Support

for parents of individuals with special needs

This is a 6 week parent support course. Please plan to attend all 6 sessions.

The Positive Adult Development (PAD) curriculum was created to help parents of individuals with intellectual and developmental disabilities manage stress. PAD incorporates evidence-based interventions from the field of positive psychology and emphasizes ways to temper such emotions as guilt, conflict, worry, & pessimism by identifying and using character strengths and virtues, using strengths in new ways, and by practicing exercises involving gratitude, forgiveness, grace, and optimism.

The curriculum and exercises are also derived from what the disability field and parent group supervisors at the Vanderbilt Kennedy Center concur are “best practices”.

Sessions are facilitated by Pauline Albrecht, Ed.S., NCSP, a school psychologist at Franklin School & by Leslie Fulmer-Cook, LCSW, a school social worker at Mansfield School & Franklin School.

DATES

Feb. 19- Franklin Twp. School ,
52 Asbury-Broadway Rd, Washington NJ

Feb. 26- Franklin Twp. School

March 5- Mansfield Twp. Elem. School,
50 Port Murray Rd, Port Murray, NJ

March 12- Mansfield Twp. Elem. School,

March 19- Oxford Central School,
17 Kent St., Oxford, NJ

March 26- Oxford Central School

TIME

7-8:30pm →

Six-Week Overview

1. From Control to Letting Go
2. From Grief to Acceptance
3. From Guilt to Forgiveness
4. From Conflict to Collaboration
5. From Fear to Confidence

RSVP

You must register by February 10th.

908-689-1505 x406 Pauline Albrecht

or email palbrecht@franklinschool.org

There is no cost to parents. This is open to anyone in the community so spread the word!

**This series is hosted by the Warren Hills Cluster Districts:
Franklin, Oxford, Mansfield, Washington Twp., Warren Hills & Washington Borough**