

SAVE THE DATE

Parent Workshops

In conjunction with our neighboring school districts, several workshops are planned for special education parents throughout the 2025-2026 school year. Please join us for these interesting and informative evenings.

Creating Calm at Home: Strategies for Emotional Regulation

This workshop supports families of middle and high school students who experience strong emotions, including those with ADHD, autism, sensory sensitivities, or difficulty with coping skills. It explores why emotional regulation is more challenging during adolescence, how stress and anxiety may appear as anger, withdrawal, or shutdowns, and what these behaviors often signal. Families will learn practical, inclusive strategies to help teens feel safe, regulated, and resilient at home, including routines, calming tools, and both tech-based and low-tech supports to promote emotional wellness.

Presented by Ms. Riley Artis

Boiling Springs Autism Support Teacher

Location: South Middleton School District - District Office, 4 Academy Street, Suite 100

Date/Time: Thursday, April 16, 2026 4:00–6:00 PM

Best Ways to Help Your Child With Math K-5

Struggling on where to start with helping your child grow in math? This workshop will give you information on the content being taught, the tools and strategies students are using, and what you can do to help your child at home. This workshop will focus on elementary math skills.

Presented by Ms. Michelle Roth

Carlisle Learning Support Teacher

LOCATION/TIME: TBD

Navigating Transition: Preparing Students for Life After High School

This session will provide families with a clear understanding of the transition process for high school students receiving special education services. Parents will learn how transition assessments, IEP goals, and community partnerships work together to prepare students for life after graduation. The training will address the roles of the student and IEP team, graduation pathways, agency supports, and practical strategies families can use to help students transition from high school to adult life. The event will also feature a community agency resource fair. Families will leave with valuable tools and a stronger understanding of how to support their child's path toward adulthood.

Co-presented by Mandi Abernathy (Boiling Springs Transition Coordinator) and

Ashley Gleeson (Big Spring Transition Coordinator)

Location: Big Spring High School - Large Group Room

Date/Time: Thursday, April 23, 2026 6:00pm-7:00pm; Resource Fair 4:30pm to 6:00pm

3rd Annual Disability Community Resource Fair

Discover local resources, connect with community partners, and explore opportunities for support and inclusion. Go to DisabilityFair.org to register

Location: Mechanicsburg Middle School, 1750 South Market Street, Mechanicsburg, PA 17055

Date/Time: Saturday, May 2, 2026, 10:00 AM–1:00 PM