

Could your family benefit from ESCAPE's *Exceptional Parenting Program*?

Are you:

- Stressed out?

Do you ask yourself:

- What will become of my child?
- How can I possibly cope?
- What can I do to help my child?
- How can I overcome my fears?

If the answer is *yes*

to any of these questions, then ESCAPE's *Exceptional Parenting* class can help you identify and relieve the emotional crisis that parents *Raising Children with Disabilities* experience.

It takes only two hours a week for seven weeks.

Call for Program Dates and Times



FOUNDED BY
THE NATIONAL
EXCHANGE CLUBS

ESCAPE Family Resource Center

Founded in 1983 by area chapters of the National Exchange Club, ESCAPE is privately supported through contributions from corporations, foundations, individuals, special events and Exchange Clubs.



ESCAPE Family Resource Center
3210 Eastside
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Telephone: 713-942-9500
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Exceptional Parenting



ESCAPE
Family Resource Center

Presents

Exceptional Parenting
Raising Children with Disabilities

713-942-9500

▶ *Exceptional Parenting*

Raising Children with Disabilities

Is a seven-week, 14-hour course that will give you the tools to understand:

- the effects of a disability on a child's development.
- the challenges a child with disabilities faces.
- how to interact with your child.
- how to raise a child with disabilities while also supporting the family.



Ever since my parents started coming to ESCAPE, my mom is happier. I love ESCAPE.

— Cassandra

Exceptional Parenting

An Overview

Session 1

Loss of the Perfect Child

- Understanding the grieving process
- Rebuilding the dream

Session 2

Self-Care

- Increasing self-esteem and confidence
- Learning different ways to nurture yourself

Session 3

Celebrating Your Child

- Embracing your child

Session 4

Focusing on the Family

- Learning how to interact and reunite in your family

Session 5

The Little Yellow School Bus

- Navigating "the system"
- Learning essential skills needed to communicate with professionals

Session 6

Planning for Challenges

- Designing a safety plan
- Preparing for the "What ifs?"
- Planning for the future

Session 7

Advocacy

- Teaching your child to be an advocate for themselves

Exceptional Parenting will give you the tools you need to:

Understand your feelings

Understand the effects of a disability on development

Interact with your child

Understand people-first language



ESCAPE can help your family, too.

Call Today!

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