



North Allegheny Special Education Parent Networking Group

**NASEPNG**

... or PNG for short

Ponce Room | Baierl Center | Next to NASH Stadium  
9:30 AM to 11:30 AM

September 9 - October 14 - November 11 - December 9  
January 13 - February 10 - March 10 - April 14

**December 9: OVR Overview**

We look forward to learning of the services and supports that the Office of Vocational Rehabilitation offers for transition to work.

**January 20 (DATE CHANGE): Eat-n-Park BYOB | 2650 Brandt School Road**

Join us for a casual gathering of conversation and sharing ideas for the new year while enjoying your "buy your own breakfast." We are meeting at Eat-n-Park, the place for smiles.

**February 10: Caring for the Caregiver**

We look forward to having Hope Grows share practices connecting us to experience a one of kind approach to wellness as a way to manage the physical, psychological, and spiritual stress associated with being a caregiver.

**March 10: Holistic Approached to Self-Regulation**

We look forward to having Kristan Weisdack, BehaviorWorx of Southwestern PA, share techniques to transition from fight or flight to rest and digest.

**April 14: Post-Secondary Options**

We look forward to having Karen Oosterhous, Disability Rights Advocate, share best practices in building an inclusive postsecondary experience.

*The PNG supports parents of children with IEPs, 504s, speech services, and learning differences by providing topical speakers and a place to network with other parents at our monthly meetings while keeping current on special education issues and legislation. Membership is not necessary in order to attend our monthly meetings.*

Like us on Facebook: <https://www.facebook.com/nasepng/>

Visit our website: <http://www.nasepng.org>

Email us at: [nasepng1@gmail.com](mailto:nasepng1@gmail.com)

North Allegheny School District does not endorse this program, event, and/organization.