

# LISD Special Education Family Center

FREE Parent/Youth Groups and Family Counseling

Tuesday Evenings

LISD Special Education Center

400-A High School Dr., Door A21 (Fox Ave & 35E; adjoins Central ES) Lewisville TX 75057

## Topics for Spring 2025

Parent and Youth may join the groups at any time during the series

Relationship Building	SMART Parenting: Supportive, Meaningful, Assertive, Responsive, and Trustworthy	Managing Behavior, Thoughts, and Feelings	Understanding Special Education	Thriving Together: Embracing Challenges and Celebrating Growth
1/14 – The Importance of Play	2/4 – Child Rearing Styles: Supporting Autonomy and Ensuring Safety	3/4 – ABC - Behavior 101	4/1 – Special Education Resources within LISD	4/22 – Tackling Perfectionism and Avoidance
1/21 – Fostering Friendships	2/11 – Collaborative Parenting: How to Achieve Consistency Among Caring Adults	3/18 – Controlling ANTs (Automatic Negative Thoughts)	4/8 – Transitioning with Confidence: Preparing for Middle and High School	4/29 – Family Game Night: Fostering an Environment for Connection
1/28 – Managing Peer and Sibling Conflict	2/25 – Safety First: A Parent’s Guide to Essential Safety Habits	3/25 – Parenting the Highly Sensitive Child	4/15 – Preparing for Future Independence	5/6 – End of School Year Growth & Goal Reflection
				5/13 – School’s (almost) Out! Making the Most of Summer

## What happens at the Special Education Family Center?

**Parenting Resource Groups:** Children with special needs can require extra management skills. The LISD Special Education Family Center offers a variety of research-based parenting resource groups to provide support to parents of children with special needs. Parent resource groups are from 6:30 pm to 7:20 pm on Tuesdays. We follow the LISD calendar.

**Youth Skills Groups:** While parents attend Parent Resource Groups, children will be offered a skills-based group of their own. These groups will support topics presented to parents and will be interspersed with fun activities. Students will be placed in groups dependent on age and developmental level. Siblings may attend if space is available.

**Family Counseling:** Family counseling offers all members of the family an opportunity to share their honest perspectives and discuss solutions in a caring manner. Each family may meet for up to six sessions with a solution-focused approach. Appointment times are 5:30 pm to 6:20 pm on consecutive Tuesdays.

**\*\*Childcare is provided by LISD Staff\*\***



Families with a child qualifying for LISD Special Education services may self-refer or be referred to the LISD Special Education Family Center by any member of the student’s ARD Committee: [www.lisd.net/Page/21786](http://www.lisd.net/Page/21786)

For more information, email us at [FamilyCenter@lisd.net](mailto:FamilyCenter@lisd.net).

Services offered may be limited due to available space.