

**Lighthouse Guild
Parent Support Network**
presents

The Parent Balancing Workshop



A FREE workshop for parents of children with a visual impairment

Time: March 13, 2020 • 10:00 am - noon
9:30 - 10 am coffee/sign-in

Location: New York Institute for Special Education
999 Pelham Pkwy., Bronx, NY 10469

Take #5 Train or #2 Train to Pelham Parkway stop
or take #12 bus to Williamsbridge Road and Pelham Parkway

In this workshop, we will discuss the difficult task that parents have of meeting the needs of a child with a visual impairment while taking care of themselves. We will provide practical tools to assist with realistic goal planning. Through group discussion parents will receive much needed support and comfort.

Sheila Adamo, LCSW, CADC is a Licensed Clinical Social Worker with an additional certification in Alcohol and Drug Abuse Counseling. She is the co-owner of Building Parent Connections which provides education, guidance and support to parents of children with special needs. She currently manages a New Parent Program and a program for Grandparents with the National Organization of Albinism and Hypopigmentation, as well as two tele-support programs for parents of children with a visual impairment for The Lighthouse Guild.

Reservations are required.

For more information or to make a reservation, please call **Linda Gerra** at **212-769-6318** or email **GerraL@lighthouseguild.org**



lighthouseguild.org
800-284-4422

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