

About Parents United

Parents United is a coalition of 26 school districts in collaboration with educators, community resources and related service providers focused on empowering parents of children with disabilities to become effective advocates and informed decision-makers. This non-profit community-based organization provides regular informational workshops featuring experts presenting a wide range of topics relative to students with disabilities and their families. Parents United began with four districts in 2002-03 and has grown exponentially.

Our Mission

The mission of Parents United is to present timely and relevant information in a neutral forum for parents and professionals who work with children. The lectures and presentations offered each school year provide links, knowledge and networking to the community for the ultimate benefit of our students.

Sponsored by the School Districts of

Arrowhead	Lake Country	Nicolet
Elmbrook	Maple Dale/ Indian Hills	North Lake
Fox Point/ Bayside	Menomonee Falls	Oconomowoc
Franklin	Mequon/ Thiensville	Pewaukee
Greendale	Merton	Richmond
Hamilton	Mukwonago	Shorewood
Hartland/ Lakeside	Muskego/ Norway	Waterford Cooperative
Kettle Moraine	New Berlin	Watertown
		Waukesha
		Wauwatosa



Register Today!



Online

Scan the QR code or visit
bit.ly/cesa1-parents-united



Parents United

N25 W23131 Paul Road, Suite 100
Pewaukee, WI 53072
262-787-9500 ext. 9577

Connect with Us!



facebook.com/cesa01



CESA 1



facebook.com/cesa01




x.com/CESA1




2024-2025 Free Programs




In-Person and Online Programs

 = In-Person

 = Online

R.I.D.E. the Wave: Understanding Stress, Anxiety, and Promoting Resilience

Oct. 17, 9:00-11:00 a.m., Zoom 

Presenter: Jen Rohrbaugh, Ph.D., Comprehensive School Mental Health Statewide Coordinator

This presentation addresses the growing concerns around stress and anxiety in children and adolescents, and provides actionable strategies for parents and guardians to help their kids develop resilience and coping skills.

IEP Bootcamp: Empowering Families In The IEP Meeting

Nov. 14, 6:00-8:00 p.m., CESA 1 

Presenters: Stephanie Adrihan, WSPEI Family Engagement Coordinator and Cheri Sylla, WSPEI Statewide Coaching Coordinator

The Individualized Education Program (IEP) meeting can often be a daunting experience for families. This IEP Bootcamp aims to equip parents and caregivers with the knowledge and tools necessary to feel confident and prepared for this crucial meeting. Participants will have the opportunity to learn about the key components of the meeting, the importance of effective communication and how to articulate their child's strengths, priorities, and needs.


Mental Health Needs of Today's Youth: Stressors and Strategies

Dec. 10, 6:00-8:00 p.m., Zoom 

Presenter: Melanie A. Heindl, DAT, LPC, ATR-BC, Clinical Services Supervisor - Wellpoint Care Network

Today's youth and young adults experience a wide variety of novel challenges not faced in previous generations. These challenges range from navigating a post-pandemic world, to experiencing and witnessing cyberbullying on an unprecedented scale, and experiencing societal pressures amplified by social media. Within this workshop, we will discuss these challenges and the impact that they have on all aspects of being.

Ferrari Brain with Bicycle Brakes: Supporting Students with ADHD

Jan. 21, 9:00-11:30 a.m., Zoom 

Presenter: Patric Mattek, Ph.D.

Dr. Patric Mattek, a clinical psychologist, will discuss the nature and neurobiology of Attention Deficit/Hyperactivity Disorder (ADHD) and our brain's executive functions. The impact of potential deficits in executive functioning will be discussed, as will the construct of ADHD. Youth with deficits in executive functioning can face significant challenges in school, socially, and at home. Dr. Mattek will discuss potential interventions and strategies for promoting success across those domains.

Vaping: What You Need to Know

Feb. 12, 9:00-11:00 a.m., CESA 1 

Presenter: Christine Bowden, Director of Student Services for Mukwonago Area School District

This is an opportunity for parents and members of the community to learn about the side effects and dangers of vaping. This session will focus on building foundational knowledge about vaping, the side effects, dangers, and how to intervene and handle hard conversations with your child.



Film Screening and Discussion: *The Ride Ahead*

March 5, 6:00-8:00 p.m., Sharon Lynn Wilson Center for the Arts 

Samuel Habib is a typical 21-year-old, itching to move out, start a career, and find love. But no one tells you how to be an adult, let alone an adult with a disability. Can a community of disability activists help him follow his dreams?

Panel Discussion: *Planning for the World of Work*

April 9, 6:00-8:00 p.m., CESA 1 

Possibilities are unlimited – it's just thinking differently about how to get there because not everybody follows the same path. Join a panel of local organizations and individuals who will share options and considerations that students and families can discuss when planning possibilities and future employment. It's never too early to begin thinking about your child's future!

Navigating Life after High School: Maximize Opportunities for Your Adult and Properly Plan for Their Next Steps

May 6, 9:00-11:00 a.m., Zoom 

Presenters: Kathleen Oberneder and Eric Jorgensen

From the perspective of financial professionals, including a parent who has been through this with his adult child, participants will:

- Discuss the challenges of transitioning from high school to adulthood for individuals with disabilities and the importance of early planning.
- Explore government benefits, savings strategies, and special needs trusts to help parents understand their financial options.
- Review vocational training, social and recreational activities, and residential options to help parents support their child's independence and well-being.