

# Empowerment Parent Resource Center

March 2018 Volume 2 Issue 1

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## EPRC hosted the New Perspectives on Health Conference



The Empowerment Parent Resource Center (EPRC) hosted the New Perspectives on Health Conference at Marcus Pointe Baptist Church in Pensacola on February 16, 2018. Dr. Gary Walby EPRC Director presented “Co-occurring Mental Health Conditions in Persons with Developmental Disabilities.” Walby

shared what we know and what is successful. The conference hosted speakers and topics on Mental Health, Behavioral health and Developmental Disabilities. Community and state agencies were on hand to present workshops as well as information and resources to the community.

Workshops that followed included the following: “What Trauma Looks Like;” “Positive Behavior Supports;” “Trauma Informed Care;” “Developing 504 and Emergency Health Plans;” “Behavior Strategies to Help Stress and Anxiety in the Home and at School;” “Helping Children and Young Adults with ADD/ADHD Succeed and Prosper;” and “What is Therapeutic Foster Care.”

Families with children with a disability in Escambia, Santa Rosa, Okaloosa, and Walton counties can reach out to the EPRC for support and assistance with connecting to resources. The EPRC can be reached at 850-444-8554, through email at [Eprc.nwfl@gmail.com](mailto:Eprc.nwfl@gmail.com)



# EPRC hosts “Empowering Saturday.” Workshops, Sibshops and Respite.



On Empowering Saturday February 17, 2018, Parents and families were offered Workshops, Sibshops and Respite.

Workshops offered topics on ADHD, trust funds, and how to advocate for your child with a disability. Lunch included a discussion with specialists from local and state agencies such as API, APD,

STAR, POPIN and FND. The conference ended with a strong presentation from Joe LaBelle, Family Network on Disabilities, about making your case and how to be the best advocate for your child. ABLE United informed parents how to save money with no penalties and even opened accounts on site. EPRC and Empowering Saturday hopes to offer a variety of topics and workshops for parents on a quarterly basis. This day also offered free respite for families and “sibshops” for siblings of children with special needs and workshops. Families were given an opportunity to ask questions from a panel consisting of Susan Byram with Autism Pensacola, Annette Zeeb with the Agency for Persons with Disabilities, and Suzanne Lane with STAR.

## **Empowerment Parent Resource Center Newsletter**

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The P.U.R.E. Empowerment Center (a service of The Empowerment Parent Resource Center) hosts a free coffee social for the community every Friday, in The HUB coffee shop, located in Marcus Pointe Baptist Church, Building B, Door 1. Come share a cup, 10 am to 11:30 am. No strings attached.

EPRC and PURE Friendship have partnered to teach independence through life skills to our neighbors living with disabilities.

Each Friday begins at 10am with a Coffee Social, followed by an exercise and nutrition course; the time for the exercise class is 11:30-12:30p

Every Friday from 10 am to 1:30 pm the PURE Empowerment Center meets at Marcus Pointe Baptist Church for a time of Socializing, Exercise and Art Therapy. During our PURE Fitness Class, our students learn how to make better choices related to their overall health and fitness while being lead through a formal exercise class.

This is a chance for young adults with disabilities to meet, socialize and participate in a variety of classes pertaining to exercise, nutrition and health.

Please contact Destry LeBrun at [dlebrun@me.com](mailto:dlebrun@me.com) 850-444-8554

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### ***EPRC helps link families to***

***RESOURCES.*** *The team at the Empowerment PRC has been reaching out to families to help link to resources in the community. We can help you and your family with connections in the community and local Panhandle events that are friendly to our families and shared on our FACEBOOK page. Please like and share this local resource page with others in the community at Empowerment Parent Resource Center on Facebook. If we can help your family link to resources on a state and local level, please let us know.*

## **Empowerment PRC Membership now open**

Membership is now open to join our Empowerment Parent Resource Center. We need parents, people and professionals to join our growing community. Please complete our community needs assessment so we can know how to help you and your family with special needs. Members receive first hand information, events, resources and direct links to our local and statewide resources.

### **Enrollment Link**

<http://www.surveymoz.com/s3/3673784/EPRC-Enrollment-Form>

### **Needs Assessment Link**

<http://www.surveymoz.com/s3/3493892/Empowerment-Parent-Resource-Center-Needs-Assessment-V2>

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### ***Family Care Council seeks new members.***

*Family Care Council Area 1 serves the Florida Panhandle: Escambia, Santa Rosa, Okaloosa and Walton counties. The mission of Family Care Council Area 1 is to promote collaboration among the Agency for Persons with Disabilities staff, consumers and their families/caregivers, providers, waitlist individuals and community agencies to enhance the availability and quality of services to citizens with developmental disabilities.*

*Family Care Council Area 1 helps educate our local community and serves as a resource for these individuals while promoting community involvement for those with disabilities. The council invites individuals, families, parents, caregivers and professional staff who serve our families, to a monthly meeting held the third Thursday of the month. Meetings are free and open to the public. A light snack or lunch is served. Discussion often involves current changes happening on a state level concerning services for our family members with disabilities. Other times, we are able to locate and connect families to local agencies to assist in finding resources for families. Family Care council is a strong advocate locally and statewide, and assists individuals to better be an advocate for themselves.*

*FCC Meetings Held 3rd Thursday From 11 am to 12:30 pm*

*160 W. Government St., Pensacola, FL. Room 412 (No meeting in December)*

## Parent Support Groups

- Grandparents of Autism Pensacola (GAP): Meets at the Autism Pensacola office (3916 N 10<sup>th</sup> Ave) on the third Friday of each month at 10am.
- Autism Pensacola Council: Meets at the Autism Pensacola office on the fourth Thursday of each month at 10am.
- Neighborhood Lighthouse group meets in Milton the 3rd Tuesday of the month from 6:30 to 9pm. Child care is available. Contact EPRC for more info.
- Pensacola Exceptional Parent Connection: Meets the last Thursday of the month at the Arc Gateway Pollak Training Center Check Facebook for more information.
- Facebook page for Project Empower of Northwest Florida Inc.
- Please email your support group meeting dates and times to [eprc.nwfl@gmail.com](mailto:eprc.nwfl@gmail.com)

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## Empowerment Parent Resource Center

“Our mission is to support parents, caregivers and persons with disabilities from age birth to 26.” We provide community resources and training to underserved communities in Escambia, Santa Rosa, Okaloosa and Walton counties in Florida. We have links to resources and agencies on the local, state and federal levels. Contact us at [eprc.nwfl@gmail.com](mailto:eprc.nwfl@gmail.com)

**Empowerment Parent Resource Center: Contact us: Empowerment Parent Resource Center located in Marcus Pointe Baptist Church, 6205 N. W St, Pensacola, FL. 32505**

Email: [eprc.nwfl@gmail.com](mailto:eprc.nwfl@gmail.com)

Phone: 850-444-8554

## **Respite Opportunities for Families!**

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**Access Ministry at Living Truth Church** provides a free respite, typically the second Saturday of every month.

Registration is required and can be found by clicking on the respite button at [www.livingtruthchurch.com](http://www.livingtruthchurch.com). They serve families from 1pm to 5pm at 8897 Byrom Campbell Road in Pace. They welcome both the special needs child and their siblings. They are currently accepting only ten families each month to ensure they can provide a safe and fun environment. If they are full, they place families first on the list for the following month. Please call Jared Owens at 850-685-7547 for more information.

**EPRC PURE Friendship Ministries** offers respite to families with children with special needs every third Saturday in Pensacola. There are limited slots available each month. For safety, they follow a 1 teacher to 4 student ratio. Please text / call Destry at 850-375-4790 to make your reservation. Deadline for reservations is noon the day before the event. Call early and reserve a place for your child. Also see [www.purefriendship.org](http://www.purefriendship.org) on our Facebook page.