November 2023

23 New Path Family Support Network: A Program of The Arc of Virginia





Several families were able to attend the **"Sensory Friendly** *Halloween Extravaganza"* at the White House!





Looking at the World Through the Eyes of a Child



There is no question that our county is morning over the loss of many from the horrific devastations across the world. So what happens to our babies when they are exposed to such devastation? Traumatic experiences can have lifelong negative impacts on a babies brain. In addition, the cerebral cortex or "thinking brain" becomes underdeveloped. Every baby needs loving support from the adults in their lives. otherwise, traumatic events will rewire their neural pathways as they react to the world in fear.

However, talking to your little ones about fear is healthy and validates their emotions.

HOW DO YOU COPE?

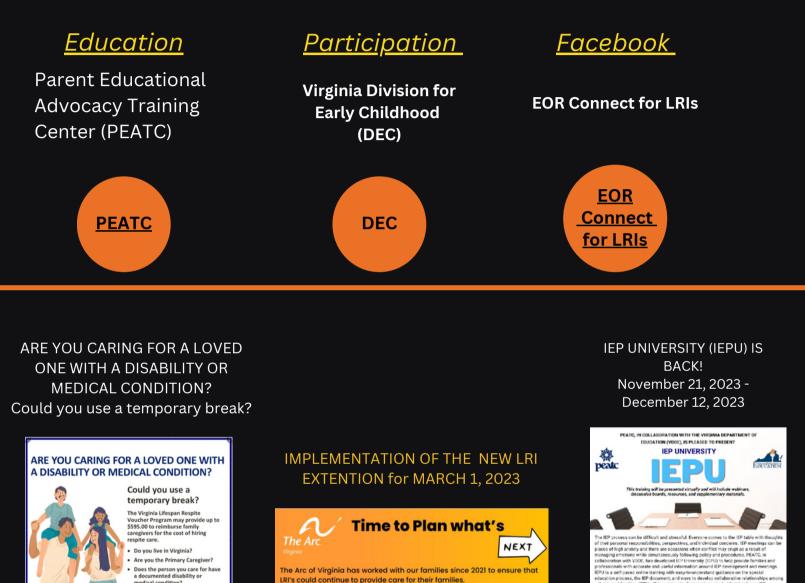
These are such troubling times we are facing throughout our country. The importance of taking care of ourselves is necessary although difficult for many reasons. New Path's Mommas & Poppas Connection (MPC) Is a place to come and share concerns and support. This month will be a month of reflections and how to cope with the tragedies throughout the world.

Mommas & Poppas Connection (MPC)

Connecting parents and caregivers to build an inclusive community of support improving the lives of all families!

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RESOURCES



The Arc of Virginia has worked with our families since 2021 to ensure that LRI's could continue to provide care for their families. NOW that the new rules implementation is delayed until March 1, 2024 --

we turn our attention to long term planning for our advocacy around the issues of LRI's providing care.

LRI Listening Session

Come share how the new rules impact you and your family to help inform our Legislative Agenda for the 2024 General Assembly Session.

WHEN: Tuesday, Nov 14, 6p - 7:30p WHERE: Zoom

Register at thearcofva.org/events



Register here

November 21 - December 12, 2023

REGISTER HERE: bit.ly/3Sew70g

chools and families. IEPU will target practical strategies a med at he ping future IEI neetings be more positive, productive, and collaborative for everyone involved.

certificate of completion for 6 hours will be provided for all who complete the train

atc.org | 703.923.0010 | por

The training will take approximately 6 hours and can be accessed anytime during the 3 week time frame isological advance.

CONTACT: Kim Vivaldi 804-662-7650

n on the program

or to receive an application: Visit- vda.virginia.gov/vlrv.htm

Call Kim Vivaldi- (804) 662-7650

Email- vlrvp@dars.virginia.gov

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DARS

Does the person you care for have a documented disability or

You may be eligible for this program!

VIRGINIA DEPARTMENT FOR AGING

AND REHABILITATIVE SERVICES

1610 Forest Avenue S o, Virginia 2322 (804) 662-765

a documented d medical conditio



Nooenber

SUN	MON	TUE	W E D	THU	FRI	SAT
			 First Day of American Indian Heritage Month 	2 MPC @ 6PM		4
Daylight Saving Time ENDS	6	ELECTION DAY	8	9 MPC @ 6PM		Veterans Day *
12		14 LRI Listening Session @ 6	15	16 MPC @ 6PM		
19	20	IEP University 6 hour trainings begins for you at any time until Dec. 12		23 thanks, y signing, y	Native 24 American Heritage Day	25
~	27	28	29			

New Path will be CLOSED on the following days: November 23 & 24 In observance of Thanksgiving