

# Pathways to Parent Support & Training

## February 2008: Your Child's Special Needs and Your Marriage

### Next Meeting

Join us as PPST meets on Friday, February 8th, 2008 from 7pm to 9pm.

### Topic

Join us in exploring the very important topic of marriage and parenting a child with special needs with guest speaker Alexandra Goerl Rickeman, LGMFT, a Marriage and Family Therapist who specializes in working with couples. Your marriage relationship influences how effectively you work as parents, and special needs children present unique challenges that affect how spouses connect, communicate, and function. Alexandra will present stress management methods and communication skills to help you and your partner take better care of yourselves and your relationship. She will also help you brainstorm ways to make the health of your romantic partnership a priority, taking into account unique challenges, schedules, and personal needs and wants. You'll leave with increased understanding about your family, new skills to use at home, and a specific action plan for your marriage. With practical discussion and strategies for enhancing your marriage—and thus, your child's well-being—this session is not to be missed!



### What is PPST?

PPST is a group specially designed for parents and caregivers of children with speech and language delays/disorders. PPST is run and sponsored by the SPEECH PATHways Foundation, a non-profit organization. The first group of its kind in Carroll County, PPST offers parent training and support. Meetings include a meet and greet, a guest lecture on various topics and a Q&A time. Trained professionals and other parents/caregivers are on hand for support and guidance. For more information, visit [www.speechpathwaysfoundation.org](http://www.speechpathwaysfoundation.org).

### Who can attend PPST?

PPST is open to the community. You do not have to have a child receiving therapy from SPEECH PATHways to attend. However, it is necessary to **RSVP to reserve a seat**.

### When does PPST Meet?

PPST meets one Friday each month from 7-9 pm in 2008 (except for November, December, May, July & August)

### Where does PPST Meet?

PPST meets at the Non-Profit Center in Westminster, which is located at 255 Clifton Boulevard.

### RSVP Please!

PLEASE RSVP to SPEECH PATHWAYS at 410-374-0555 or [kim.bell@speechpathways.net](mailto:kim.bell@speechpathways.net), including your name and phone#.

### About the SPEECH PATHways Foundation

SPEECH PATHways is the only comprehensive pediatric speech-language pathology clinic in Carroll County, Maryland, offering services since 1999. Owner Kimberly A. Bell, M.S., CCC-SLP, has been a speech and language pathologist for over ten years. She and her associates offer a wide variety of specialized pediatric programs in addition to traditional speech and language services. In 2007, Kimberly organized the nonprofit SPEECH PATHways Foundation in 2007 to help provide funding and speech therapy resources for those who might otherwise not be able to afford services. The PPST Group is one of the Foundation's active support services.