

WOW MOMS!

This group is open to all women who care for a child with special needs. The group is co-facilitated by the Bornhava Social Worker (an LMSW) and a Bornhava Coordinator. This group meets one time a month, on a Thursday evening during the school-year at 7:00 p.m. (usually the first Thursday of the month). If you have any questions about this Women Caregivers Group, please contact Pat or Ann at Bornhava (839-1655).

To receive notices on upcoming meetings, please complete the information below and either send the form to Bornhava, c/o WOW MOMS, 25 Chateau Terrace, Amherst, NY 14226 or give to a Bornhava staff person.

There is no cost or fee to participate in the group. Attendance is not required monthly—participants may attend when they are able. Child-care is only offered to Bornhava families.

✓ Yes! I would like to be a part of this group!

Woman's Name: _____
 Today's Date: _____
 Phone Number(s): _____
 Address to receive notice: _____

 Age of Child: _____
 Program Child Attends: _____



SPECIALIZED EARLY CHILDHOOD

CENTER OF W.N.Y. INC.

25 Chateau Terrace

Amherst, NY 14226

(716) 839-1655 Fax (716) 839-1656

www.Bornhava.org



WOW MOMS!

A Women Caregivers Group

Sponsored by Bornhava



25 Chateau Terrace
Amherst, NY 14226
(716) 839-1655

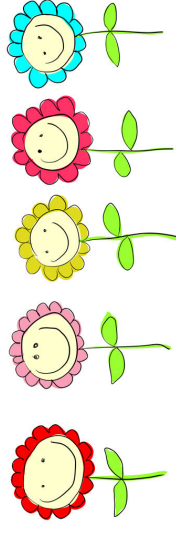
TOPICS OF DISCUSSION

Each group meeting has an agenda. A group meeting may include a presentation, or may include general discussion by those who attend around a particular topic of interest. The women have commented that they appreciate learning from each other, have found information beneficial, and are able to give back to others by sharing what they know.

Past topics of discussion have included:

- *Community Resources/ Helpful Organizations*
- *Family Entertainment and Restaurants*
- *How to organize your child's information*
- *Toilet Training*
- *Mealtimes*
- *Behavior Management*
- *Ideas for self-care*
- *Transition Planning*
- *Siblings*
- *The Holidays*
- *The Family Leave Act*
- *Time Management Strategies*
- *Financial Planning for the Future*

COMMENTS BY THOSE WHO ATTEND



WHO ARE THE GROUP MEMBERS?

Any female who has or does care for a child with special needs can attend this group. This group has included mothers, grandmothers, great-grandmothers, sisters, aunts, and other female caregivers, including babysitters. We have members from both Erie and Niagara Counties.

THIS IS WHERE WE WOULD LIKE YOUR INPUT!

FOR EXAMPLE:

“I COME TO THIS GROUP BECAUSE...”

“I FIND THIS GROUP TO BE...”

“I LIKE THIS GROUP BECAUSE...”

OR ANY OTHER COMMENTS THAT SEEM RELEVANT.

PLEASE EMAIL ME YOUR THOUGHTS AND WE WILL DISCUSS FURTHER HOW WE WOULD LIKE THEM DISPLAYED ON THE BROCHURE.

THANK YOU!

