

Growing Together Summit Family Day

San Juan BOCES

Durango, CO



COLORADO
Department of Education

Growing Together Family Day is an event that promotes a time for individuals with disabilities and their parents and families to network, gather information on topics of interest, and learn about community and school resources. The family day event is also a recognition and celebration of individuals and their families as they work together to enhance the independence and inclusion for people with disabilities.

The San Juan BOCES hosted the family day, in collaboration with Community Connections, ARC of Southwest Colorado, and the Southwest Center for Independence. Families and community members also helped with the planning. A grant from the Colorado Education Initiative helped to support this event.

The Growing Together Family Day event occurred on Wednesday, June 7th at Fort Lewis College, from 8am-3pm. The event started with a welcome and keynote entitled: Growing Up and Growing Strong- Living with a Disability. Participants then chose from a wide array of informational and interactive 45-minute sessions. Session breakout topics included:

- Get Present! The Science and Application of Mindfulness Awareness in Parenting
- The Pitfalls and Victories of Advocating for Youth
- Financial Planning for the Future
- Happy Graduation! Now What?
- Self-Advocacy 101

Throughout the day, attendees also participated in a sensory room exploration and an adaptive equipment demonstration. Event planners provided child care, boxed lunches, and a culminating activity and raffle.

Families in attendance completed an evaluation with overwhelming positive feedback. The majority of participants requested having even more breakout session options in the future. Parents left the family day empowered to advocate for their children in school and beyond.