



The Family Resource Network

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FOR IMMEDIATE RELEASE

FREE IEP WORKSHOP FOR CAREGIVERS AND INDIVIDUALS WITH DISABILITIES

TRENTON- The Family Resource Network's (FRN) Get Fit program along with the Salem County Office of Disability Services will sponsor a free workshop on the essential components of an Individualized Education Plan (IEP).

The Statewide Parent Advocacy Network (SPAN) will teach the free IEP workshop on Tuesday, April 7, 2009 from 6:00pm to 8:00pm. The workshop will take place at The Ware Agricultural Building, 51 Cheney Road, Woodstown, New Jersey. Advanced Registration is required; please contact Carrie Ruffin at 856-858-5900 or cruffin@familyresourcenetwork.org.

Through interactive lessons the IEP workshop will teach attendees how to read and understand IEP documents, effectively participate in IEP meetings, and know how to address IEP concerns and issues in a proactive and positive way. The information caregivers acquire from IEPs helps to reduce the stresses of living with disabilities for both caregivers and disabled individuals. This increased knowledge promotes a healthier and more balanced lifestyle, important factors of the Get Fit program.

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The Get Fit program is a collaborative effort between Rowan University and The Family Resource Network that will focus on improving access to wellness programs for people with disabilities and their caregivers. The Family Resource Network is a family-focused, community-based organization that aims to provide individual and family support throughout the life span of people with disabilities and chronic illness. The Family Resource Network is comprised of four affiliate organizations including: Autism Family Services of New Jersey, Caregivers of New Jersey, the Epilepsy Foundation of New Jersey, and the Family Support Center of New Jersey. The Family Resource Network has six offices across the state to reach all New Jersey residents.

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