



Department of Special Education
 The Family Support Center
 1400 Nalley Terrace
 Landover, Maryland 20785



12th Annual Parent Empowerment Virtual Conference

March 18, 2023 – June 1, 2023

May 18, 2023

6:30 p.m. - 8:00 p.m.

Virtual Zoom Meeting

Featured speaker: Gabrielle Czaja

Summon Your Strength

My name is Gabrielle Czaja and I am a physical therapist, Alexander Technique teacher, and holistic educator. My greatest joy is guiding people to optimal health and empowering them to thrive and succeed throughout their life.

For a career day writing assignment, I found a book titled “So — You Want to be a Physical Therapist?” There was something about the alchemy of scientific inquiry, problem-solving and helping people from the vantage point of each individual’s values and lifestyle that even as a teenager, was compelling.

Full healing takes time and attention, and little victories add up to a lot to a lot of relief. As I work with adults, and families, I am especially committed to guiding young people towards their full potential. This is what I know — helping a teenager develop self efficacy and self-compassion, sourced in their body, is the foundation for growing into a happy, healthy and successful adult.

I can’t wait to share the possibilities that lie ahead for you or your child, and I look forward to helping you both transform the way you move through your life.

REGISTER FOR THIS SESSION

SEE FULL LINEUP

To register by phone, contact us at 301-431-5675

Co-Sponsored by:

Pathfinders for Autism

Parent’s Place of Maryland

Spectrum of Hope

SECAC-PG

Sessions Topics
 Include:

Dyslexia

Executive
 Functioning

Attention Deficit and
 Hyperactivity
 Disorder (ADHD)

Accessibility

Accommodations

Understanding IQ
 Assessments

Mathematics (K-2)
 and Literacy

Transition

Autism

Click link for full lineup:

<https://tinyurl.com/PARENEMPOWER>