



Spring 2025

# MN DeafBlind Project News

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## Hello, Sunshine!

The rain has passed and spring is in the air! The sunshine, blooming flowers, and longer days bring a fresh burst of energy that many of us have been waiting for. It's a great time to get outside, try something new, and enjoy special moments with family.

In this newsletter, you'll find highlights from our recent Moms' Retreat, upcoming activities, and two current podcasts created by parents who have children with rare conditions. Build community and learn along the way through these unique podcasts!

-Brandy

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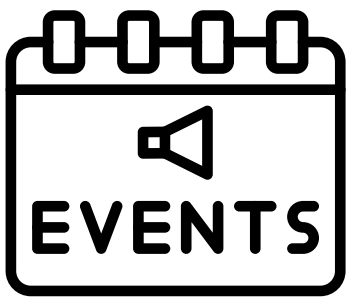


## Moms' Retreat 2025



Nineteen moms joined us for an amazing Moms' Retreat weekend in early May! It was such a joy to be in the shared space with so much resilience, strength and relationship-building. The connections, conversations, tears and laughter were all welcome and truly amazing! We hope we accomplished our goal for the moms to leave feeling rejuvenated, empowered, connected, and with new life-long friendships started!





# Upcoming Family Events

Family events hosted by the MN DeafBlind Project are FREE to families of DeafBlind children/youth.

## Empowering Families through One-Page Profiles

**Monday, June 16<sup>th</sup> (virtual)**

**11:30 a.m. - 12:30 p.m. or**

**6:30 p.m. - 7:30 p.m.**

Is your child transitioning to a new school or classroom?  
Will there be new educational team members next year?  
Are there key things that staff working with your child need to know right away?"

NAME  
AGE  
GRADE

ABOUT ME  
Key information here. A statement about having combined hearing and vision loss.

WHAT OTHERS LIKE ABOUT ME  
Fill in here. You can get input from family, support staff, educational team, friends.

WHAT IS IMPORTANT TO ME  
• Bullets points work well here.  
• Include things about your life, abilities, interests, routines, people, etc.

BEST WAYS TO SUPPORT ME  
• Bullets points work well here.  
• What is helpful and what is not.  
• What can others do to make things more positive and productive.

MY VISION  
• What is my vision to vision. What supports and strategies work best.

MY HEARING  
• What is my vision to hearing. What supports and strategies work best.

Come to this virtual training to learn the “why” and “how” to develop a One-Page Profile for your child! You’ll receive free templates and we’ll work together during the meeting to get the foundations in place!

**[RSVP Here!](#) Before Sunday, June 8, 2025**

## Save the Date!

### Nature Event: Pollinators & Plants (DeafBlind Services MN)

**Sunday, June 29, 2025 (in-person, Eagan)**

DeafBlind Services MN has arranged a fun family nature activity at Lebanon Hills Park. Children and families will learn about the park system and the positive impact interacting with nature has on our stress and well-being. There will also be a planting activity.







## Current Podcasts



# RESOURCE HIGHLIGHT

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This new podcast, [Rarely Familiar](#), was created by three Minnesota Moms! All of the podcasts are recorded with video on YouTube and include captions.

“Three moms get together to learn, to relate, and to laugh (a lot) while we share each other’s unique family experiences of raising the rarest of the rare. Our goal is to unite, educate, inspire, and empower people living a rarely familiar life.”



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## THE RARE LIFE

“The Rare Life is a nonprofit organization that provides emotional support for parents of children with medical complexities and disabilities. This is mainly accomplished via the well-loved podcast- [The Rare Life](#).” This podcast is available in audio only. If you need caption access, you can change caption settings on your PC by going to settings>Accessibility>Captions and turn on the captions.

“If you’re the parent of a child with a rare disease or medical complexity, you’ve found your space here.”