

Family Support Network

Resource List

April 2006

SPECIAL EVENTS

Spring Fundraiser for CSAAC

April 25, 2006 for CSAAC's spring fundraising event, *Celebrating Our Future*, at Clyde's Tower Oaks Lodge in Rockville, MD, to help raise autism awareness and funds for the expansion of and furnishings for CSAAC's new building. The event, held in April during National Autism Awareness Month, officially kicks off CSAAC's *Celebrating Our Future* capital campaign.

Check out CSAAC's website for more details and as they become available. For sponsorship opportunities, contact Ayda Sanver, Director of Community Development, CSAAC Foundation, at (240) 912-2256, or via e-mail at asanver@csaac.org.

"A Treasure for Resources"-Annual Resource Fair

Wednesday, April 26th

2:00 -7:00 p.m. University
of MD Shady Grove Center
9630 Gudelsky Drive (Building II)
Rockville, MD 20850

Admission and parking are FREE!

For more information, contact 240-777-1216 or TTY240-777-1217

The Resource Fair features products, services and resource information for children and adults with disabilities. Over 70 providers of service and programs will be present at the fair.

NAMI Walks for the Mind of America

National Alliance on Mental Illness is sponsoring a Walk
Sunday April 30, 2006 at Centennial Park, Ellicott City, MD

This is a 2.2 mile walk around a beautiful lake! NAMI members and supporters from all over Maryland will raise funds for the training of teachers for Family to Family, Peer to Peer classes and support group

facilitators as well as for advocacy in Annapolis for people with mental illness. To join one of our teams, start your own team, or sponsor a walker, contact the NAMI office 301-949-5852 or namioffice@namimc.org. Register online at www.namimc.org

Walk for Autism Research

The 5th Annual Walk For Autism Research will be held on Sunday May 7th, 2006 at The Montgomery County Fairgrounds in Gaithersburg, MD. For more information contact Dale Glass, National Capital Regional Director, at the Alliance for Autism Research at 301-519-0770 or log onto www.autismwalk.org/wdc

MCCPTA Special Education Recognition Ceremony

The MCCPTA Special Education Committee will recognize teachers, parents, programs, and students that are making a big difference in the lives of student with special needs.

Monday, May 8 2006 7:30-9:30p.m.

Reception 6:30-7:15 p.m.

Rockville High School

Rockville, MD

BILINGUAL

Bilingual Case Coordination

The Family Service Agency in collaboration with the City of Gaithersburg, have begun providing community resources for Spanish speaking residents. Families can learn about information and be referred to different programs available in the city. Such resources include: clothing, food, and furniture programs, counseling services, education (ESOL,GED, literacy and citizenship classes) Notary Services, legal assistance, medical, dental and eye clinic referrals, mental health treatment, interpreters and translators.

Hours of service are Monday through Friday from 9 a.m. to 1 p.m. To make an appointment call Lucia Torres at 301-840-3234.

WORKSHOPS AND TRAININGS

The Parent Encouragement Program

The Parent Encouragement Program (PEP), Inc. is a non-profit educational organization for parents, teachers and others who want to deal constructively with children and teens. PEP is dedicated to the building and strengthening of healthy, harmonious adult-child relationships in the home or classroom.

All PEP services (classes, workshops, talks, library) present a practical, proven approach to childrearing based upon the Adlerian philosophy of mutual respect, shared responsibility, developing competence, and winning cooperation.

PEP Parents of Babies and Preschoolers For Parents of Young Children Ages 0-4

This class will help establish healthy relationship patterns with your child from the beginning. Parents of Babies and Preschoolers teaches:

- How children develop physically, emotionally and socially
 - Ways to encourage with words and actions
 - Tools for responding respectfully to problem behaviors
 - Ways to set limits that are friendly and consistent
 - How to anticipate the challenges of early childhood
 - The use of order and training to promote cooperation and responsibility
- The class is 8 weeks long and meets Tuesdays from 7:30 p.m. - 9:30 p.m. 4-18-06 through 6-6-06. Childcare is available. For cost and more information contact P.E.P at 301-929-8824 or www.ParentEncouragement.org

The Over-Indulged Child: Understanding the Developing Mind and the Need for Disciplined Parenting

Presented by Margaret Wehrenberg, noted therapist and author of "*The Anxious Brain*"

Friday, May 5, 2006 8:30 am - 4:00 pm

American Film Institute Silver Theater

8633 Colesville Road, Silver Spring, MD

This workshop will provide research and strategies that mental health professionals can use with families who over-protect, over-indulge and over-

schedule their children in Washington's culture of competition and consumerism. Psychotherapists who work with parents, children and families will learn how to successfully interrupt this negative trend in their clients, from infancy through adolescence. Participants will be able to:

- Identify the impact of over-indulging children on neuro-biological and social development, academic/work achievement and character development.
- Use information from brain science and cultural research to clarify for parents the different effects of over-indulgence.
- Feel supported in setting clear, strong goals for disciplined parenting with their clients.

Implement strategies to correct the developmental interference of over-indulging children. \$90 postmarked/faxed by April 21, \$100 by April 28 \$120 after April 28 (walk-in if available), Course number: 904
Call 301-929-8824 to register. CEU available for Psychologists, Marriage and Family Therapists, Social Workers and Counselors.

Managing Anger: A User's Guide: For All Parents

Thursdays, May 4, 11, and 18, 2006

Consider: Is anger a choice or does it just come without any warning or ability to control it? Does the use of anger really contribute to the outcome you hope to achieve? What are the underlying causes of anger and what does it accomplish for us? Join us for this seminar and learn the answers to these questions and more. Learn ways to change what you think, say, and do to accomplish your goal in a positive way without the use of anger. This seminar will also focus on how we can help our children learn coping strategies and techniques. The course is three sessions held on Thursdays from 7:30-9:30 p.m. May 4- May 18th- 06. For more information contact PEP at: 301-929-8824 or www.ParentEncouragement.org

P.A.C.E WORKSHOPS FOR NEW PARENTS

P.A.C.E. (Parent and Community Education) was formed in 1973 to provide education and support to mothers of babies between birth and six months. We offer weekly sessions led by mothers who are professionally trained in infant development and group leadership. Time is set aside so that members may share their experiences and discuss subjects of mutual concern. The combination of education and support works so well that P.A.C.E. group members usually continue to meet on their own after the workshops end.

The Second Time Around Group will meet in Bethesda on Thursdays, May 18, 25 and June 1 from 10:00 a.m.-noon. The cost \$150.00. For further information on this group or to sign up for it, please call Becky at 301-854-2554. For any other information or to register for groups for "First-time Moms," please call 301-983-9133 or 703-550-4094

Advanced Health Care Directive: Free Educational Seminar for Family Members Caring for Children and Adults with Disabilities

Free seminar co-sponsored by JSSA and Montgomery County Aging and Disabilities Services.

Tuesdays, 6:45-9:00 p.m.

DHHS, 401 Hungerford Drive, Rockville

To register call 240-777-1216 (DHHS). Please call JSSA for more information: 301-990-6880

Project Act Trainings/Workshops:

Project ACT Trainings and Workshops are tailored to help early childhood educators and child care professionals, as well as parents and others, learn more about the fine point of caring for children with diverse needs. Each training focuses on specific issues faced by children with emotional and developmental special needs, and is structured to assist caregivers to understand and meet these special needs, imparting skills that will help children grow and excel. All training workshops are presented by Project ACT staff. To register for any of the training workshops listed or if you are interested in a specific training that is not taking place in your area, please contact Jessica Steele at jsteele@abilitiesnetwork.org or by phone at 1-800-492-2523 or 410-828-7700, ext. 1263.

MEDICAL

Free Dental:

NFDH- is a national charitable organization solely dedicated to meeting the needs of citizens with physical, medical and mental disabilities. Through the main program of NFDH, disabled, elderly, and medically compromised patients are linked with dentists in their communities to receive free comprehensive dental treatment, including prosthetics.

Contact Lilian Marsh at: 6410 Dobbin Rd., Suite F Columbia ,MD 21045
410-964-1944, 410-964-1945, ext. 12 or 877-377-7746. Check them out on the web at: www.nfdh.org/state/MD.html

INTERESTING INFORMATION

ASA Receives Grant to Address Environmental Health and Autism Project to Raise Awareness on Neurotoxins

The Autism Society of America (ASA) is pleased to announce receipt of a \$100,000 grant from the John Merck Fund to raise awareness about the broad range of environmental contributors to autism spectrum disorders (ASD). David Humphrey, founder of the Autism Treatment Network and member of the ASA Board of Directors, and Dr. Martha Herbert of Harvard University will serve as co-chairpersons of ASA's Environmental Health Project Advisory Committee.

NEW PARENTS INFORMATION

"A Promising Future Together."

A new comprehensive guide is available to new and expectant parents of children with Down syndrome entitled "A Promising Future Together." This new 40-page booklet, which is free to new parents, is an expansion of the smaller NDSS brochure by the same name. It is filled with information and resources to help new parents and their baby get off to the best start possible and provides reassuring answers to common questions on the minds of new parents, such as: How will Down syndrome affect my baby's development? What is the best course to follow to help my baby reach his or her potential? How will this newcomer affect the rest of my family?

"NDSS has been meeting the needs of new and expectant parents for more than 25 years, but this is the first time all the resources and information have been combined into a single reference tool," says Jon Colman, director of educational services for NDSS. "A Promising Future Together" addresses topics in health care, early intervention, and inclusion for children with Down syndrome, and offers tips for parents on meeting the needs of their whole family. The booklet also includes a folder with health care guidelines and growth charts for individuals with Down syndrome. Affiliates and other groups can supplement the information by adding their own materials and lists of local resources to the folder.

To order your copy of "A Promising Future Together," contact the NDSS Information and Referral Center at (800) 221-4602 or info@ndss.org. Individual booklets are free to new parents and family members. The price

for bulk orders (orders larger than 5) is \$3.50 per booklet for NDSS affiliates and \$4.00 per booklet for all others.

You can download "A Promising Future Together" for free by going to http://www.ndss.org/media/pdf/2005_NPP.pdf.

To download the Down Syndrome Growth Charts referred to in the booklet, visit: <http://www.ndss.org/content.cfm?fuseaction=InfoRes.HlthArticle&article=603>. To obtain the Health Care Guidelines for Individuals with Down Syndrome go to:

<http://www.ndss.org/content.cfm?fuseaction=InfoRes.HlthArticle&article=37>

SHALOM BABY

ShalomBaby is a program to welcome any Jewish baby born or adopted within the past 12 months to the Washington Jewish Community. ShalomBaby provides home delivery of our wonderful ShalomBaby bags by our ShalomBaby Welcome Ambassadors; lots of goodies and information for new parents; a listserv to facilitate sharing information with other new parents, forming play groups, etc.; and much, much, more. To sign up to receive a ShalomBaby gift bag call 301.348.7313. ShalomBaby Welcome Ambassadors are also needed! For information on how to become a ShalomBaby Welcome Ambassador call 1.888.246.1818.

ShalomBaby is a program of the Jewish Information and Referral Service - a community service of The Jewish Federation of Greater Washington and is made possible through the generosity of the Carl M. Freeman Foundation and the United Jewish Endowment Fund.

Websites:

www.us.net/mccpta/SupportGroups.html This website is compiled by Kathy Ryan and provides a calendar of community events and support groups for individuals and parents of children with disabilities.

www.specialneedslegalplanning.com Download a free 18 page PDF file titled Preparation for Attorney meeting. This will assist in the necessary planning to provide for the safety and wellbeing of your child or family member with a disability after your death.

www.ableplay.org This website was launched with the purpose of providing professionals and parents with information to make the best toy choices for individuals with special needs

www.kinderstart.com - large index-director of information on parenting, pregnancy, child development, health, education and learning aids and a wide range of issues related to children 7 and under

Parent Support Groups

Autism

Montgomery County Autism Society of America hold parent support groups the second Thursday of every month at Twinbrook Recreation Center; 12920 Twinbrook Parkway, Rockville, MD 20851. Call 301-924-2211 for more information

Asperger Syndrome

Bethesda, Maryland Montgomery County Chapter
Asperger Association of Maryland

This is a support group for parents, relatives and individuals with Asperger Syndrome

Meeting Times: First Monday of the month, 7:30 to 9:00 PM

Meeting Location: Potomac Ridge Hospital

Contact: Christy Gordon at Skyswan42@aol.com

Support Group for Parents of Children with Asperger's Syndrome, Autism, PDD.

Share coping strategies and community resources, develop networks, and gain support.

When: First Monday of every month: , May 1; 7:00 - 8:15 p.m.

Where: JSSA, Gaithersburg location

Cost: Free

Leaders: Jamell White, LCSW-C

Registration: Please note: participants must register monthly. Please call: 301-990-6880, ext. 321

Down Syndrome Parent of Children with Down Syndrome, play groups, support groups and special events. Contacts PODS(Parents of Children with Down Syndrome) President Becky McGaffin; 301-528-0549 or POD Info Line 301-916-4985

Single Parents:

SPARK provides a forum for single parents living in and around Montgomery County can share knowledge and provide mutual support. See their website at <http://www.corphome.com/spark/>

CHADD Montgomery County Chapter(Children and Adult s with Attention Deficit/Hyperactivity Disorder)

Parent/Guardian support meetings are held on the second Monday of every month (from October-June) from 6:30-9:00 p.m. at the Chelcea School; 713 Pershing Drive.

Adult support meetings are held in Silver Spring. This support group is held year round at 7:30 p.m. on the first Monday of each month at the Silver Spring Center; 8818 Georgia Avenue, Silver Spring, MD 20910

Workplace support group meets from 7:30 - 9:30 p.m.at the Chevy Chase Public Library; 8005 Connecticut Ave, Chevy Chase, MD Facilitated by Montgomery County Chapter coordinator, August Spector, Ed.D., who coordinates the discussion and provide information, which can be of help to participants.

Upcoming Workplace Support Group Meeting Dates:

- April 17
- May 15

Family Support Group

Parents and family members of children with disabilities share their joys and sorrows, hopes and fears, coping mechanisms and strategies for living for today and planning for the future.

Tuesday evenings, April 18, May 16; 7:30-8:45 p.m.at JSSA's Rockville office. Contact Martha Mervis, LCSW-C to register at 301-816-2633

Mom's Groups

Come join moms of children with special needs; meet, greet, network or just get out and do something for YOU! The daytime group meets the second Wednesday of the month from 12:00 noon until 1:30 p.m. and the evening

group meets the first Tuesday of the month from 7:30-10:00 p.m. Both groups meet at The Arc of Montgomery County. Contact Judy Byer at 301-984-5777 ext. 284 or jbyer@arcmontmd.org if you are interested in being a part of either of these groups (no childcare is available for these meetings).

One on One Support

Parent to Parent

The Parent to Parent Network matches parents who have gained experience and wisdom in raising a child with a developmental disability with parents who are seeking advice or support for their own child-rearing endeavors. The network offers a means for such parents to connect with one another. If you are interesting in getting a mentor or being one, please contact Judy at 301-984-5777 ext. 284 or jbyer@arcmontmd.org.

Easter Seals Family and Friends Program

Easter Seals has a Family and Friends program that matches a trained volunteer to your family. Volunteers visit a family who has a child with a disability, special, need or chronic medical condition. Volunteers play, work on developmental skills, provide resources and become a friend. A volunteer can assist you and your children a few hours per week while you are at home and provide you with an opportunity for you to catch up on things, relax, spend some quality time with family members. Matches are based on the families and volunteers schedule and needs. There is no charge for these services. Priority is given to families who have children that do not attend late afternoon programs and are under 8 years of age. Families are required to submit an income tax return to participate in the program. For more information call Sherry Salomon at 301-931-8925 ext. 118 or email ssalomon@eseal.org