



CARE PARENT NETWORK

The Link

"Linking Exceptional Families in Contra Costa County"

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NEWS FROM CARE PARENT NETWORK

Save the Date!

The STAR (Services, Treatment, Advocacy, & Research) Autism Conference will be held on April 1, 2006 at Children's Hospital & Research Center in Oakland. This day-long conference will feature a noon-time resource fair, in-depth presentations on developmental treatment approaches, traditional and complementary medical treatment, current research, and strategies for evaluating classroom and in-home services. In addition to the information you will receive, this conference is an excellent opportunity for parent networking. Interpretation in Spanish and Chinese will be offered. Call us to receive registration information.

Support Group News

✱ **New East County Group:** We are pleased to announce a new group for parents of young children (birth to six) with autism. This group is one of several new groups we have initiated to meet the needs of parents in outlying parts of the County. The group will be meeting on the first Tuesday of each month at the Delta First 5 Center, 760 First Street, Brentwood. The group will be co-facilitated by Louise Schneiders and Elisa Hughes. If you are interested, please call Louise at 925-313-0999, Ext. 101. Thanks to Karina Sierra-Cortesi at the

Delta First 5 Center for hosting the group.

✱ **Special Needs Support Group:** The Jewish Community Federation and Foundation of the Greater East Bay offers a monthly parent support group for members of the Jewish community who have children with special needs. The group meets in Oakland on the first Thursday of the month at 7:00 p.m. To register, call Desmid Lyon at 510-839-2900, Ext. 233.

✱ **ASD & Non-Verbal Learning Disabilities Support Group:** This group meets the second Monday of each month, 7:00 p.m., in the Starbucks area at Barnes & Noble in downtown Walnut Creek. Guest speakers present on topics of interest to parents of children with ASD and non-verbal learning disabilities. The group also offers a web site with many resources: www.aspergersresource.org.

Catalogs Available

We have many catalogs in our office covering a wide range of products and resources. All have been developed especially for children with special needs. If you are looking for a book, a special piece of equipment, or any other type of resource or product, give us a call. We will do our best to help you find what you are looking for.

Opinions expressed in *The Link* do not necessarily reflect the endorsement of CARE Parent Network or any of its associations. We do not recommend any treatment, therapy, institution or professional system, etc.

CCS Update

CCS is pleased to announce that they will host an Open House in 2006 at each of the Medical Therapy Program sites (Castro, Shadelands, Mauzy, Turner and O'Hara Park). These events will provide parents with an opportunity to meet key CCS staff members, find resources and information, and learn more about the CCS services their children receive. Watch for more information early next year about an Open House at a site close to you.

CCS wishes to welcome several new staff members: Rizalino Banados (Public Health Nurse); Trishia Maruri, Sandra Wheeler and Molly Mangross (all Senior Clerks); and Rodney Gottschall and Vincent Quesada (Student Workers).

Health Resources

★ **Newborn Hearing Coordination:**

Newborns in Contra Costa County who do not pass a hearing screening at birth are referred for additional screening and diagnostic testing to determine if there is a need for treatment and early intervention services. In Northern California, this function is carried out by the Bay Area/Coastal Hearing Coordination Center which is operated by the John Muir/Mt. Diablo Health System. They are located at 3480 Buskirk Avenue, Suite 125, Pleasant Hill; their telephone number is 925-941-7933. They are responsible for determining if an infant has a hearing loss and then referring the baby to the Early Start Program in a timely manner.

- ★ **My Family Health Portrait:** This web-based tool is part of the U.S. Surgeon General's Health Initiative. It is designed to organize information into a printout that an individual can use in partnership with a health professional to determine whether he is at increased risk for six common diseases

with a known genetic contribution, or for other conditions that may run in families. It helps families to collect their family health history and is available in both English and Spanish. It is easily accessible at <https://familyhistory.hhs.gov>.

Parenting Resources

E **Martinez Unified School District**

Parenting Now, 7-week class begins 1/23 (9:30-11:30 am) and 1/13 (6:30-8:30 pm). Interactive workshop includes handouts, workbook and resources. Contact Charlene Giffin at 925-228-3276 ext. 241 for more information.

E **Monument Community Partnership**

Two 10-week Parenting Workshop: Incredible Infants (0-1) begins 1/23 and Wonderful One's (1-2) begins 1/27. Contact Rosa Hurtado, 925-671-3268 for more information.

- E **The Parent Outreach Project** helps parents to find local parenting resources through a toll-free 800 number and a website with over 10,000 listings. These resources can help parents understand and support the ages and stages of their child's growth. You can call **800-901-4565** to speak with a resource advisor, or go to www.parentoutreach.org to access the searchable database. Resources include child care referral, emergency assistance, recreation, single-parent support groups, and many more.

East Bay Learning Disabilities Association

Are you looking for medical, psychological, educational, and/or alternative treatments or other types of services for children with learning disabilities? If so, you might want to access the Professional Listing Service on the web site for the East Bay Learning Disabilities Association. The web site address is www.eastbaylda.org.

Social Skills Resources

- ◆ **Trails to Success** is a new equine facilitated social skills program offered by Dr. Christine Duis, Dr. Maria Antoniadis, and Jackie Reckas, MFT. It offers both group and individual programs designed to provide children with the opportunity to learn social skills, build self-confidence, and enhance coping skills while learning about horses. Programs are located at Briones Park in Orinda. For more information, call 925-256-4400.
- ◆ **Social Language Groups:** A group of Speech and Language Pathologists will be starting up new sessions of their social skills groups on March 20th. The 10-week sessions will run on Monday afternoons/evenings in North Berkeley. A limited number of openings will be available. If you are interested in a program that uses a communication-based approach to teaching social skills, contact them via email at sociallanguagegroups@yahoo.com or call 510-530-3085 for more information.

Legal/Advocacy Resources

- ✓ **Procedural Safeguards Referral Service:** The California Department of Education provides information and resources to parents through the Procedural Safeguards and Referral Service. They can provide technical assistance information to parents, school districts, advocates, and agencies regarding the educational rights of disabled students between the ages of 2 and 21. Their telephone number is 800-926-0648 and they are available weekdays from 9:00 to 4:00.
- ✓ **ADA Resource:** The Americans With Disabilities Act contains a significant provision which is little known. It protects

applicants and employees from discrimination based on their association with people with disabilities. It covers hiring, firing, and other terms of employment. For example, an employer may not refuse to hire someone because of a concern that the person will be miss work or be unproductive because of the need to care for a child with a disability. Thus, this is an important protection for parents of children with disabilities. If you would like more information, you can obtain "Questions and Answers about the Association Provision of the ADA", a document issued by the U.S. Equal Employment Opportunity Commission (EEOC), which is available at: http://www.eeoc.gov/facts/association_ada.html.

Recreation Resources

- ★ **The Pleasant Hill Recreation & Park District** has announced the dates for the 2006 Special Recreation Dances for individuals with developmental disabilities. They are held in partnership with the City of Concord and City of Walnut Creek, and offered in various locations in the Central County area. Each dance costs only \$5; dates are January 13, February 10, March 10, April 7, and May 19, from 7:00 – 9:00 p.m. Call Tina Young at 925-676-5200 for more information.
- ★ **The Walnut Creek Sports Association** is forming sports and recreation leagues for Contra Costa area developmentally challenged children ages 6 -18. Planned programs will include flag football, softball, basketball, bowling and more. For more information please visit their website at <http://walnutcreeksportsleague.com> or call 925-952-4450.

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 Sharon White
 Lenisha Williams, Child Care Council

CALENDAR



February 24, 2006: Identifying Children Who Have Been Exposed to Trauma: Infant Mental Health and Early Intervention Coming Together. Sponsored by Infant Development Association. Sacramento County Department of Health and Human Services Building, Sacramento. Call 916-453-8801 or go to www.idaofcal.org for registration information.

March 6-7, 2006: Family Resources and Supports Institute. Watch for information about location. (Will be in Southern California.) Register at www.wested.org/cpei (WestEd Center for Prevention and Early Intervention.)

March 15, 2006: We Can Do It! Family Voices Annual Health Summit, Sacramento. Watch for more information.

***April 1, 2006:** STAR Autism Conference. Children's Hospital & Research Center, Oakland. Watch for more information in early 2006.

April 3-4, 2006: Core III: Putting It All Together. Crowne Plaza San Francisco Peninsula, Foster City. Contact WestEd Center for Prevention and Early Intervention at www.wested.org/cpei to register.

April 3-4, 2006: Service Coordination Institute: Partnering. Contact WestEd Center for Prevention and Early Intervention to register, www.wested.org/cpei.

*These events are sponsored by CARE Parent Network.

Registration information for all the events listed above is available at CARE Parent Network.

Parents:

Do you have a child age 16 or older?

Are you thinking about transition?

Is your child a client of the Regional Center of the East Bay?

Does your child have an IEP?

CARE Parent Network

Announces

- WHAT:** A new group for parents of transition-age students
WHEN: Every Tuesday evening for 6 weeks, starting March 7, 7:00 pm
WHERE: George Miller Center, 2801 Robert H. Miller Drive, Richmond
WHAT: Information, guest speakers, a chance to share and support, light refreshments

GROUP FACILITATOR: BETSY KATZ

Questions or more information: Call 800-281-3023

Every participant will receive a Transition Notebook to use as the basis for their child's transition plan. Space is limited, so sign up now!

_____ Yes, I (we) will be joining the transition group.

Name (s) _____ Email _____

Street Address _____

City & Zip _____ Phone # _____

What is your primary interest in the area of transition planning? _____

What kind of information can we provide to you to help you plan for your child's transition?

Please send by February 27 to CARE Parent Network, 1340 Arnold Drive, Suite 115, Martinez, CA 94553. Or, fax to 925-370-8651.

Acknowledgements

The Transition Support Group is funded by the Contra Costa County Employment & Human Services Department, Family and Children's Trust Fund.

SUPPORT GROUPS

Name of Group	Location	Facilitator(s)	Meeting Schedule	Comments
Support for Moms	Martinez	Louise Schneiders	1st Thursday evening of each month	All disabilities
Support for Moms	Danville	Louise Schneiders Cheryl Clift	3rd Tuesday evening of each month	All disabilities
Support for Moms	Brentwood	Louise Schneiders, Elisa Hughes	1st Tuesday morning of each month	For mothers of children with autism
Transition Information & Support	Richmond	Betsy Katz	Spring 2006 (3/7 through 4/11)	For parents of students with developmental disabilities, 16 years+
Parenting a Special Needs Child	Richmond	Betsy Katz	Spring 2006	For parents who need basic information on parenting
Padres Latinos (Spanish)	Martinez	Angela Quiroga	1st Saturday afternoon of each month	All disabilities
Grupo de Autismo (Spanish)	Martinez	Cecilia Zepeda	1st Friday morning of each month	For parents of children with autism spectrum disorders
Voces de Amor (Spanish)	Martinez	Cecilia Zepeda Laura Fragosa	2nd Wednesday morning of each month	For parents of children with special health care needs
Just for Fathers	Martinez	Bob Jacobsen	1st Wednesday evening of each month	All disabilities

If you are interested in attending a support group, please contact
CARE Parent Network at 800-281-3023.

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