



# The Link

*"Linking Exceptional Families in Contra Costa County"*

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**What is CARE Parent Network?**  
We are a Family Resource Center for families of children with special needs in Contra Costa County. We provide information, referral, resources, training opportunities and family support.

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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.

## MAKING TOUGH DECISIONS BY CATHY WEDDLE

Matthew was born with an intellectual disability. What he lacks intellectually and verbally, he more than makes up for with his bright smiling eyes, his incredible sense of curiosity, his love for hugs, and his enormous sense of humor. Shortly after Matthew learned to walk at the late age of 18 months, he required 24/7 supervision. He wandered away at County Fairs, at his sister's swim meets, at Disneyland, at ballgames. He snuck out of the house and would later be found in the next block or in a neighbors bedroom.

He daily broke our electronics & appliances and he never hesitated when running across the street. One Sunday morning I woke up to find my furniture, floors and kitchen painted bright red, from the paint bucket I left out the night before. There was NEVER a dull moment.

Eventually, Matthew's "zest for life" took its toll on the family. I routinely awoke with Matt at 4:00 AM and was later too exhausted to attend to my daughter. Dad was forever hiding sharp garden tools and repairing what was broken and sister wanted to kill him for taking and breaking her "stuff". We tried to hang with our "typical" friends, tried to join in on the picnics and parties, but at the end of the day we were exhausted with our attempts to achieve "normalcy". Functioning like everyone else wasn't working.

Matthew, now 12 years old, lives in a group home in Oakley with five other young boys, whom he considers to be his friends and family. The boys are cared for by trained caretakers, responsible for the safety and well being of these little guys.

Matthew's dad and I made the decision to place him in a group home when he was just 10 years of age. No doubt this was the most difficult decision our family ever made. It took his sister many months to understand how a mom who supposedly loved her child, could send her brother away to live with others. In the beginning I hid Matthew's placement from my parents and family members. I was afraid they'd feel I failed as a mom, not able to care for my child as a mother should. Since we picked Matthew up on weekends, vacations, and holidays, I made sure to only call grandma and grandpa when Matthew was with us.

Luckily I was fortunate enough to find Louise Schneiders and the Care Parent Network. Each month I sought sanctuary by attending the mommy support groups and sharing my experiences and frustrations with moms who "got" it. Louise provided a tremendous amount of support and shared a wealth of information on group homes, weekend respite, and behaviorists. She made me aware of options I did not know existed and got me thinking "outside the box" about what might be best for OUR family and OUR circumstance.

Although it is still difficult not to have Matthew living with us during the week, I do have the comfort of knowing he is well cared for and is growing by leaps and bounds. The home provides the structure and routine we were never able to give him. When we pick him up on Fridays he greets us with a big smile and hug. When we drop him off on Sunday evenings, he greets his buddies with a big smile and a "knuckle touch". He is a happy boy which makes the rest of our family happy.



## MEET KAUSHA KING

We are happy to welcome Kausha King to Care Parent Network. Kausha is the Mom of a 13 year old son with Cerebral Palsy and complex healthcare needs. Kausha comes to Care Parent Network as our new Parent Health Liaison for California Children Services (CCS). Kausha has extensive knowledge of the CCS program as she had previously worked as a Parent Health Liaison for the Family Resource Network in Alameda County. Kausha will provide direct services to families of children in the CCS system, including emotional support and helping them access required services for their children.



## CELEBRATE 35 YEARS OF IDEA

“On the 35<sup>th</sup> anniversary of the Individuals with Disabilities Education Act (IDEA), the Council for Exceptional Children reflects on the efforts of children and youth with disabilities, their families, educators, and policy-makers who were instrumental in the passage of this legislation and remain committed to ensuring that individuals with disabilities attain a lifetime of success.”

**To visit this web site:** <http://www.idea35.org/>

## EASING CHILDREN’S TRANSITIONS WITH PERSONALIZED BOOKS

Excerpt: “One of the greatest challenges for many children, teachers, and families is achieving a successful transition to a new classroom or new preschool. One helpful strategy is to write personalized books for children about their experiences. These books are modeled on *Social Stories*<sup>™</sup>, originally created to support the social and emotional development of children with autism spectrum disorders. The strategy can help a child who is struggling with separation.”

**To find Teaching Young Children on the web:**

<http://www.naeyc.org/tyc>

**To find a copy of the original article that served as a basis for this article:** [http://www.naeyc.org/files/tyc/file/TYC\\_V4N1\\_BriodyMcGarry.pdf](http://www.naeyc.org/files/tyc/file/TYC_V4N1_BriodyMcGarry.pdf)

## PHYSICAL EDUCATION: A REQUIRE- MENT FOR YOUR CHILD’S SPECIAL EDUCATION PROGRAM

IDEA (Individuals with Disabilities Education Act) of 2004 requires that students with disabilities be provided with physical education. If your child has a disability and an IEP, the school must provide physical education as part of your child’s special education program. Many children can also benefit from adapted physical education.

Adapted physical education (APE) is physical education that is modified to meet the unique needs of a child who has motor and/or developmental delays. In APE, the instructor adapts or modifies the curriculum, tasks, equipment and/or environment so that the child can participate in physical education.

Physical Education Requirements in IDEA are:

- ☆ Physical and motor skills
- ☆ Fundamental motor skills and patterns
- ☆ Skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports).

Because physical education is a required component of special education, your child’s physical education teacher should be included as a member of the IEP team.



## THE COMPREHENSIVE THERAPEUTIC NURSERY

If your 2-5 year old child has gone through a difficult life event, or has emotional or behavioral troubles, this could make it hard for your child to do well in preschool or at home. The sooner children get help, the more likely they are to succeed in school and in life.

The Comprehensive Therapeutic Nursery has been in West County helping kids and families since 1974. In the classroom in the Family Center, nine preschool children receive the intensive support they need to help them grow emotionally and get ready for school. The Comprehensive Therapeutic Nursery helps parents, foster-parents, grandparents and other relatives get their children the support they need. All services are free of charge to families. Call today to see if the Nursery is right for your child. Call 510-412-9230 for more information.

Sponsored by Early Childhood Mental Health Program.



## TRANSITION TO ADULTHOOD:

Welcome to 2011! The beginning of a new year always brings both a time of reflection and a time to look forward.

As we reflect back on 2010, the Transition Center continued to be busy, working with families and presenting workshops. Last year alone, the Transition Center worked with dozens of families and presented six workshops.

Looking forward in 2011, the Transition Center continues to work with families who have young adults in transition. We have also planned our first workshop for Wednesday, January 12, 2011, from 7:00 p.m. to 9:00 p.m. on the subject of "What Should a Good Transition Plan Really Look Like?" We are fortunate to have Elizabeth Wilson-Palmer, Transition Specialist, from the Contra Costa County Office of Education as our speaker. It will be an informative evening!

Also planned for 2011 are workshops on "What's on the Other Side: A Parent and Young Adult Speak to a Life of Independence," as well as "SSI: Mission Possible." Other workshop topics will be forthcoming.

We continue to take our cues from you, the parents and caregivers, as to what type of workshops you would like to have presented. Thank you to all of you who have come and participated in our workshops and our teen group; you have taught us so much!

Here's to a wonderful 2011!



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New Horizons offers Winter Activities for Ages 16 + with Developmental Disabilities. See the schedule below.

For More Information please contact Preston Jones at: 925-256-3531 or [jonesp@walnut-creek.org](mailto:jonesp@walnut-creek.org)

**January 14, 2011:** Friday Night Dance at Pleasant Hill Community Center, 320 Civic Drive in Pleasant Hill, Call: 676-5200

**January 19, 2011:** Wednesday Dinner Club at Montecatini's in Walnut Creek, Cost is \$35 (price includes transportation, dinner, drinks, dessert and staff assistance).

**January 29, 2011:** Fenton's Creamery Arctic Tour & Lunch (Oakland, CA ) \$35, time 9:30 a.m.—2 p.m. Limit 20 people, (price includes transportation, tour and lunch)

**February 5, 2011:** Winter Movie Fest: Snow Dogs and Snow Day, \$15 from 11:00 a.m. until 3 p.m., Price includes admission to both movies, popcorn. Bring own lunch.

**February 11, 2011:** Friday Night Dance at Concord Senior Center, 2727 Parkside Circle in Concord. For more information call: 925-671-3171.

**February 16, 2011:** Wednesday Dinner Club at Silk Road in Walnut Creek. Cost is \$35.

**February 19, 2011:** Danville Bowl & Pizza, (Danville, CA)\$30 10a.m. until 3 p.m.— Limit 20. Price includes: transportation, bowling, shoes, pizza and a drink.

## EQUIPMENT AVAILABLE

### Walkers

- ☆ 1 Large Pony Walker w/ Caregiver Handle
- ☆ 1 Small Reverse Kaye Walker
- ☆ 1 Rifton Walker-Max wt. 150 lbs.
- ☆ 1 Small Mini Walker
- ☆ 1 Small Bronco Pony Walker w/ Caregiver Handle
- ☆ 1 Small Pony Walker
- ☆ 1 Toddler Guardian Forward Walker

### Standers

- ☆ 1 Medium/Large Rifton Supine Stander
- ☆ 1 Medium Gazelle PS Stander w/ Tray (48-132 lbs.)
- ☆ 1 Medium Rifton Stander w/ Activity Tray
- ☆ 1 Medium Bailey Chimney Standers
- ☆ 1 Medium Pron Stander
- ☆ 1 Small Pron Stander

### Potty Chairs

- ☆ 2 Adult Locking Elevated Toilet Seats
- ☆ 1 Medium Rifton Potty Chair
- ☆ Tumble Form-Jr. Carrie Potty Seat-48" Ht 58"

### Miscellaneous

- ☆ Sunrise Medical Kid TLC Stroller w/ Canopy
- ☆ 1 Large Youth to Adult Guardian Quad Cane
- ☆ 1 Set of Large Lofstrand Crutches
- ☆ 1 Large Tumble Form Chair on Base w/ Wheels-No Straps
- ☆ 1 Large Bucket Swing (Sling Only)
- ☆ 1 Medium Pink Rock n 'Roll Push Bike (upper body to ride and some gear adjustments needed)
- ☆ 1 Rifton Bath Chair—weight limit 120 lbs. needs new mesh
- ☆ 2 Small Quad Canes

## ADVOCACY INFORMATION

A new section on advocacy has been added to the Care Parent Network web site. The section includes tips on how to tell your story, how to visit a state legislator, how to write effective letters to legislators and much more. Visit our web site at [www.careparentnetwork.org](http://www.careparentnetwork.org)



## CALENDAR 2011



**January 11, & 13 2010:** Sibling Support Groups. Sponsored by GOALS for Autism, Inc. (Contra Costa & Alameda County) Groups meet for 90 minutes for 8 consecutive weeks. Elementary groups (children 4th through 6th grade) are on Mondays from 4-5:30 PM, Junior groups (children 7th and 8th grades) are on Wednesdays from 4-5:30 PM. The groups will be held in Pleasant Hill and Brentwood, call for specific locations. Therapists conducting the groups have Masters degree and have been working with children with disabilities for many years.

Cost for sessions are: \$200 for the 8 week program. For more information please call Amy Bona, Director of Operations at 415-218-4157 or e-mail at: [abona@goalsforautism.com](mailto:abona@goalsforautism.com)

**January 12, 2011:** Early Childhood Communication Training: Helping young children with speech and language delays. Sponsored by Contra Costa Child Care Council. Participants will gain a deeper understanding of the human communication system as well as knowledge of best practices within the developmental stages to encourage children's speech, language, and hearing skills. Participants will learn fun games and activities to play with children to promote optimal language. Presented by Dawn Hopkins, MA, SLP, 6:30 PM to 9:00 PM at Sutter Delta Hospital, Conference Room, 3901 Lone Tree Way, Antioch. Call Cecilia Sequeira at 925-676-5442, ext 3105 for more information. Or send an e-mail at: [workshopregistration@cocokids.org](mailto:workshopregistration@cocokids.org) (Free)

**January 13, 2011:** Knowing Your Child and Setting up a Positive Environment ( For parents of children up to age 7). Sponsored by We Care Services for Children, 2191 Kirker Pass Rd, Concord, 6 PM. to 8 PM. Presented by Kim Koppenhaver Klute. Contact Vi Ibarra for more information at: 925-671-0777, ext 14 or e-mail at: [vibarra@wecarechildren.org](mailto:vibarra@wecarechildren.org) (\$10 Fee per person)

**January 13, 2011:** The Stanford Autism Center at Packard Children's Hospital. Offering a 10-part educational series for parents of children and adolescents with an Autism Spectrum Disorder. The series is designed to provide parents with information about ASD diagnoses, treatment, and services. Sessions run until March 17, 2011. Registration can be for individual sessions. Fee \$5.00 per session. For more information call: 650-721-6327 or email [autism@lpch.org](mailto:autism@lpch.org)

**February 6, 2011:** How to Plan for a Bar/Bat Mitzvah for your child with special needs. Sponsored by the Jewish Community Foundation of the East Bay. Congregation Netivot Shalom, 1316 University, Berkeley, 6 PM-8 PM Presented by Vickiy Kelman and Rachel Brodie. For more information please call: Elana Naftalin-Kelman at 510-318-6426 or e-mail: [elanan@jfed.org](mailto:elanan@jfed.org).

**February 10, 2011:** How to Talk So Kids will Listen and How to Listen So Kids Will Talk. Sponsored by We Care Services for Children, 2191 Kirker Pass Rd., Concord, 6 PM.-8 PM. Presented by Kim Koppenhaver Klute. Contact Vi Ibarra at 925-671-0777 or e-mail: [vibarra@wecarechildren.org](mailto:vibarra@wecarechildren.org). (\$10 Fee per person) Workshop for parents of children up to age 7).

**June 12, 2011:** Understanding the Jargon of the Special Education System. Sponsored by the Jewish Community Foundation of the East Bay. Congregation Beth Chaim in Danville, 1800 Holbrook Dr., Danville, 6 PM-8 PM Presented by Edith Gutierrez. For more information please call: Elana Naftalin-Kelman at 510-318-6426 or [elanan@jfed.org](mailto:elanan@jfed.org).

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### **The Libraries in Contra Costa County have many events for children at different library locations.**

Below is a list of some of the free events happening at a library near you. For more information go to the website: [www.ccclib.org](http://www.ccclib.org)

**February 1, 2011:** Picture Book Time at the Brentwood Library for children 3 1/2—5 yr old, 1:30 PM-2:00 PM; 925-516-5290

**February 1, 2011:** Story time at Martinez Library, 11:30 AM-12:15 PM, 925-335-9425; this session is weekly until April 26th.

**February 1, 2011:** Story time at Walnut Creek Library, 10:15 AM-10:45AM; for ages 1 & 2 yr olds; 925-977-3340.

**February 3, 2011:** Lapsit Baby Story time at Brentwood Library at 10:30AM—11:00 AM, for children 3 1/2 to 5 yr olds; 925-516-5290



## RESOURCES

**211** is a national, toll-free number you can call 24 hours a day for information about local health and human services information. Our local 211 agency is the Contra Costa Crisis Center where you can get information on vital resources in our community quickly and easily. The staff speak English and Spanish. They also have an online database that can be accessed at [www.211contracosta.org](http://www.211contracosta.org).

**California Deaf-Blind Services (CDBS)** is pleased to let you know that they have posted another set of videos in the series "Who's Who On My Child's Team," featuring Debra Lackey, Orientation and Mobility Specialist. These videos can be found on their website: <http://www.cadbs.org/videos/whos-who-orientation-and-mobility-specialist/>

**Buddy Play** helps to promote interaction and learning between kids with special needs and their typical peers. For more information on upcoming activities please visit their website at: [www.buddyplay.org](http://www.buddyplay.org) or call Bernadette Fatehi at: 925-788-6846.

**Insurance Help for Autism** is a website created as a starting point to help California parents obtain insurance coverage for autism related therapies which include, but are not limited to: Applied Behavioral Analysis (ABA), Speech Therapy, Occupational Therapy, Physical Therapy, etc. Visit the website for more information: [www.insurancehelpforautism.com](http://www.insurancehelpforautism.com)

**The Elks Program for Children with Disabilities** provides limited occupational therapy services with no fee. To be eligible, the child must have a prescription for "Occupational Therapy Evaluation and Treatment", not be receiving OT services from any other agency or professional and be under the age of 18. For more information contact Paula Rainey, OTR/L, SWC at 510-521-2237 or email: [prainey@chea-elks.org](mailto:prainey@chea-elks.org).

**St. Mary's Inclusion Film Camp 2011** is currently accepting applications for camp for Summer 2011. Application forms can be found on their website: [www.futures-explored.org](http://www.futures-explored.org). It is important to have your application submitted early enough so that Regional Center of the East Bay can be contacted for funding. If you have further questions please call Futures Explored at: 925-284-3240.

**Family Voices of California (FVCA)** is a statewide collaborative working to ensure quality health care for children and youth with special health care needs. Each month they feature a free "Brown Bag Lunch" webinar. A sample of past topics includes "Navigating California Children Services", "Understanding Service Delivery Models for Physical & Occupational Therapy" and "Health Care Connections." All webinars are archived and can be viewed at any time. Visit their web site at [familyvoicesofca.org](http://familyvoicesofca.org) for more information and a list of archived and upcoming webinars.

### SPECIAL THANKS: *IT TAKES A COMMUNITY TO PROVIDE SUPPORT.*

☆ Suzanne Anthony  
☆ Luz Arciniega  
☆ Lisa Cameron  
☆ Martha Castenada  
☆ Lilo Cazier  
☆ Stephanie Chapralis  
☆ Alicia Coleman-Clark  
☆ Lalo Duran

☆ East Bay Services for  
Developmentally Disabled/  
Concord  
☆ First Five Brentwood Staff  
☆ Vi Ibarra  
☆ Bob Jacobsen  
☆ Gina Jennings  
☆ Laura Kahapea  
☆ Amy Langell  
☆ Hilda Mariscal

☆ Hannah Michaelson  
☆ Kevallyn Paskos  
☆ Hector Rivera  
☆ Yadira Rodriguez  
☆ Gail Smith  
☆ Teresa Tijero  
☆ Rosa Valledor  
☆ Rebecca and Laura Weston  
☆ Deborah Wilhelmus



## DARCI TRILL—THE GOLDEN SCALER

Darci Trill is a mobile dental hygienist who travels to people who cannot get to the dental office, easily includes those with developmentally disabled, the elderly, and those who are homebound. She travels to facilities where she can do several clients at once, but she also travels to individual homes for an additional fee. Her services include teeth cleaning and oral evaluations and she checks for any signs of broken teeth, decay and/or infection. Darcy accepts Delta Dental of California and is willing to help any clients with other dental insurance submit the bill for them to be reimbursed. Her fees range from \$200 to \$250 depending on the travel involved. Anyone interested in her services can contact Darci at: 510-886-4199.



## FEDERAL FOOD STAMP PROGRAM RENAMED

For many years, people who qualified for the federal Food Stamp program were stigmatized and scrutinized by government officials and the public at large. Several years ago, in an effort to change this, the program was renamed the Supplemental Nutrition Assistance Program, or SNAP. That is, it was changed everywhere except in California. Here, state leaders decided not to adopt the new name even though doing so would save the state millions of dollars because federally-designed marketing materials could be used. Just recently, the California Department of Social Services announced a new name for Food Stamps-CalFresh. There's also a new tagline,- "Better Food for Better Living." 211 providers in California continue to be a main source of information on the program, contracting with the state to do Food Stamps-now CalFresh-outreach.



## PARENTS OF CHILDREN IN GROUP HOMES

**CARE Parent Network** will be hosting a gathering of parents of children living in group homes. This will be an opportunity to get together and share your experience with other parents in a similar situation. Though your role in the daily care of your child has changed, you continue to be their parent, you continue to be their advocate and provide a voice for them, and provide a loving home when they come home to visit. Parents of children living in group home settings continue to benefit from the support of their peers.

We will meet on Thursday, February 10, 2011, 7 PM to 9 PM at CARE Parent Network. Louise Schneiders will be facilitating this parent meeting. Registration is required, so please RSVP if you are interested in joining us for this evening. You can either email: [lschneiders@careparentnetwork.org](mailto:lschneiders@careparentnetwork.org) or call 1-800-281-3023 xt. 101.

## DONATE TO CARE PARENT NETWORK

### **To Donate by check:**

Send your check to:

### **CARE Parent Network**

1340 Arnold Drive, Suite #115  
Martinez, CA 94553

Make your check payable to:  
CARE Parent Network

**Matching Gifts:** Does your employer have a matching gift program? If so, you could double, or even triple, the size of your donation to CARE. Simply contact your Human Resources Dept and send in the information to us!

*CARE is a 501(c)(3) non profit corporation.  
All donations are fully tax deductible.*



## BULLYING: FINDING THE SOLUTION

Bullying is a serious issue that affects nearly every school in our nation. It is a behavior that knows no boundaries of class, race, gender, size of school, or age. “Bullying among children is commonly defined as intentional, repeated, hurtful acts, words or other behavior, such as name-calling, threatening and/or shunning committed by one or more children against another.”

(U.S. Dept. of Education—*Preventing Bullying: A Manual for Schools and Communities*).

The threat of bullies keeps thousands of children home from school. A staggering 160,000 students miss school each day because of bullying (*The National Association of School Psychologists and the U.S. Department of Justice*). Children’s access to education can be blocked by behavior traditionally accepted by our society as a rite of growing up. Students who are bullied may grow angry, resentful, frightened, or apathetic about school.

Bullies tend to target children who are considered “different.” It may be their appearance, the way they communicate, or the manner in which they behave. When the child who is targeted is also emotionally vulnerable, self-conscious about differences, socially isolated, or unprepared to respond in an effective manner, he or she is at a greater risk for continued bullying behavior that may intensify over time in frequency, duration, and severity.

Many parents have directly experienced that a child with a disability often already faces obstacles in accessing educational opportunities. Bullying can intensify those challenges, as the fear of being bullied at school can greatly diminish a child’s ability to learn. Without intervention, children with disabilities who are the target of bullying may be deprived of their legal right to participate in, or receive benefits, services, or opportunities of the educational program or activity, or their right to a free, appropriate public education. They are also at risk of short and long-term effects such as school avoidance, low self-esteem, increased fear or anxiety, depression, lower grades, and increased violence in the school.

In order to develop intervention strategies, bullying behavior first needs to be defined. Parents need to be able to know it when they see it. One or more of these characteristics needs to be present in order to distinguish the behavior as bullying:

1. *Intentional behavior toward the target.* The target does not knowingly provoke the bully and the target may have made it clear he or she resents the behavior.
2. *Often repetitive.* Actions are generally carried out repeatedly over time but could also be a single incident.
3. *Hurtful acts, words, or other behavior.* An oppressive or negative act carried out against another with an **intent** to hurt or harm.
4. *Committed by one or more persons against another.* Bullying can be the act of a single person or can also be done by groups.
5. *Presence of real or perceived “imbalance of power.”* A child without power cannot bully. Power can be defined as either physical strength, social status, or a higher sense of self-esteem.

Professionals can be useful in providing support, advice and information to parents and their child in addressing bullying. Professional organizations and services can be found in the yellow pages, networking with other families, searching the internet, or by contacting your local parent organization. Visit [www.taalliance.org](http://www.taalliance.org) or call toll-free (888)248-0822 for information about parent organizations in your state.

Additional beneficial ways to help your child include:

- ☆ Teach your child self-advocacy skills
- ☆ Teach independent problem-solving methods.
- ☆ Help your child understand their disability and ways to communicate this understanding with their peers.
- ☆ Encourage peer relationships. Reducing isolation and having the access to learn social skills are important steps in reducing vulnerability to bullying behavior.

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(U.S. Dept. of Education—*Preventing Bullying: A Manual for Schools and Communities*).



## CARE PARENT NETWORK SUPPORT GROUPS

<b>NAME OF GROUP</b>	<b>LOCATION</b>	<b>FACILITATOR(S)</b>	<b>SCHEDULE</b>	<b>PURPOSE</b>
Just for Fathers	Walnut Creek	Bob Jacobsen (peer facilitator)	1st Wednesday evening	All disabilities
Support for Moms	Brentwood	L. Schneiders	1st Tuesday morning	All disabilities
Support for Moms	Martinez	L. Schneiders	1st Thursday evening	All disabilities
Support for Parents of Teens	Martinez	L. Schneiders	2nd Wednesday evening	All disabilities
Padres Latinos	Brentwood	A. Gattis	1st Friday morning	Spanish-speaking parents, all disabilities
Grupo de Autismo	Brentwood	Luz Arciniega (peer facilitator)	2nd Friday morning	Spanish-speaking parents of children with autism
Caminemos Juntos	San Pablo	H. Mariscal Rosa Valledor (peer facilitators)	2nd Thursday morning	Spanish-speaking parents, all disabilities
Pinole (Transition)	Pinole	Cecilia Zepeda	3rd Wednesday of the month in the afternoon	Spanish-speaking parents with teenagers, all disabilities
Alas de Angel	Concord	Cecilia Zepeda	1st Tuesday morning	Spanish-speaking parents, all disabilities

**If you are interested in attending a support group, please contact CARE Parent Network at 800-281-3023 x 101 or 925-313-0999 x 101.**

**Return service requested**

**Non-Profit Organization  
U.S. Postage  
PAID  
Permit #177  
Concord, CA**

**CARE Parent Network,  
A program of Contra Costa ARC  
1340 Arnold Drive, #115  
Martinez, CA 94553**

