



CARE PARENT NETWORK

# The Link

*"Linking Exceptional Families in Contra Costa County"*

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## Update from CARE

### Save the Date

Two big conferences for parents are coming up! On **October 9**, Congreso Familiar will be held at Chabot College in Hayward. This is a day packed with information for Spanish-speaking families and is always an exciting day. On **November 6**, CCS and CARE Parent Network will co-host a conference for families and health care providers which focuses on children with special health care needs. Call our office for information about either conference.

### New Support Group

CCS and CARE Parent Network are co-sponsoring a new support group for parents of transition-age students (14 and up) as part of the Contra Costa Medical Home Project. This group will meet for 6 consecutive weeks at Mauzy School in Alamo. Participants will hear guest speakers and have a chance to share and discuss their concerns around their child's transition into adult life. They will also receive a Transition Notebook for their family to use as a planning tool. The group will be led by Dawn Graeme, PT and Jennifer Hanson, MSW. If you would like to inquire about attending this group, call our office.

### Resources

- ☑ **Let's Talk** is a pack of activity cards aimed at helping children ages 2 to 6 to develop language skills. Each card describes simple, every-day activities parents and children can do together. If you are interested in receiving this resource, please contact our office.
- ☑ **Social Language Groups** is a new program designed to provide social skills training in small groups to students with social cognitive needs. It is staffed by speech and language pathologists who are experienced in working with communication-based approaches to teaching social skills. You can reach them at 510-530-3085.
- ☑ **Parent Scholarships** for parents of students receiving special education services in the Mt. Diablo Unified School District may be eligible to receive a scholarship covering registration fees if they attend a workshop to learn more about IEPs and advocating for their child. For more details about the scholarships call our office at 925-313-0999.

### SPECIAL THANKS TO:

\* Brett Chun  
\* Cheryl Clift  
\* First 5 Contra Costa  
\* Shawn Garcia  
\* Julia Greenwell

**THANK YOU**

\* Kim Shipley  
\* Susan Waters  
\* Cathy Weddle  
\* Sharon White

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.

## Family Support

- E** Drop-In Clinics on the IEP and IFSP are offered on the first and third Tuesday of the month from 10:00 a.m. until 12:00 p.m. (noon). Please call first so we can determine if this will meet your needs and review with you what to bring to make this session productive for you.
- E** Make & Take Care Notebooks to help organize paperwork for parents of children with special health care needs are scheduled by request. Call Joan Crook at 925-313-0999 x 104.
- E** Padres Latinos is a group for Spanish-speaking parents that usually meets the first Saturday of the month at 2 p.m. While Angela is out on maternity leave call Emmarielle Hernandez at 925-260-6934 for more information.
- E** Just for Fathers meets on the first Wednesday of the month at our office in Martinez at 7:30 pm. The dates are October 6, November 3 and December 1. Please call for more information.
- E** Support for Moms meets on the first and third Thursday of each month at 7:00 pm in Concord. The dates are October 7 and 21, November 4 and 18, and December to be announced. Call Louise Schneiders, Family Support Coordinator, to discuss attending the group.

## Calendar



**October 2:** Harambee, Fifth Annual Day of Information for African-American families who have children with disabilities, Oakland. Call Sonia Jackson at 510-547-7322 x 15 for information.

**October 6-8:** Keeping the Promise of Inclusive Communities, Supported Life 2004 conference, Sacramento. Call 916-567-1974 for information.

**October 9:** Congreso Familiar, Annual Conference for Spanish-Speaking Parents, Hayward. Call Cecelia Zepeda at 510-758-6777 for information.

**October 9:** Fall Harvest, Los Medanos College, Pittsburg. Call Ange Burnett at 925-676-5442 x. 3254 for information.

**October 12:** (Palo Alto), 13 (San Jose): Understanding Asperger's Syndrome, sponsored by PESI HealthCare. Call 800-843-7763 or [www.pesihealthcare.com](http://www.pesihealthcare.com) for information.

**October 14-16:** Learning Disabilities: Finding Solutions, Ontario. Call 949-673-5981 for information.

**October 15:** Contra Costa ARC Community Service Awards Banquet, Marriott Hotel, Walnut Creek. Call 925-370-1818 for information.

**October 23:** A Parent Tool Kit for Alternative Dispute Resolution, sponsored by CARE Parent Network and DREDF, 9 am to noon. Call 800-281-3023 for information.

**October 24:** Cure Autism Now WALK NOW, San Francisco. Call 888-8-AUTISM for information.

**October 30-31:** Spina Bifida Conference, Sacramento. Call 800-858-7743 for information.

**November 5:** Tenth Annual Early Start Symposium, All Kids Count: Supporting Inclusion Opportunities for Young Children With Special Needs, sponsored by Family Resource Network, Modesto. Call 209-472-3674 for information.

**November 5:** What Do You Say & How Do You Say "It"?, a conference on issues related to sexuality of transitioning youth, Oakland. Call 510-540-8293 for information.

**November 6:** CCS Conference, Willow Creek Center, Concord. Sponsored by CCS and CARE Parent Network. Call 800-281-3023 for more information.

## Fall Workshop

### A Parent Tool Kit for Alternative Dispute Resolution

Families and school districts may disagree over what constitutes a free and appropriate public education (FAPE) for a particular child. In this training, we present a “tool kit” of techniques which can be used to help bring about positive resolution of these conflicts. We will discuss styles of advocacy, team building, conflicts over program content and program delivery, as well as some of the “basics” of procedural safeguards (compliance complaints, mediation, and fair hearing). This is an advanced training and participants must be familiar with the IEP process and have attended basic courses on parental rights under IDEA.



**When:** Saturday, October 23, 2004  
9:00 to 12:00 (noon)

**Where:** Conference Room  
1340 Arnold Drive, Suite 115  
Martinez

**Who:** Eileen Crumm, DREDF Parent Advocate

Please register by October 15 using the form below.

**Mail to CARE Parent Network, 1340 Arnold Dr., Suite 115, Martinez, CA 94553  
or Fax to 925-370-8651 or email to  
CAREofARC@aol.com.**

**Questions? Call 800-281-3023.**

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Daytime Phone #: \_\_\_\_\_

**Yes, I will attend October 23** (check  box)  (please register by 10/15).

## Helping Children with Visual Impairment in the Classroom

Does your child have a vision impairment? If so, REFERENCE POINTS has provided some helpful suggestions for classroom adaptations.

- ♠♠ Keep cabinet doors closed and encourage students to store their belongings under a table
- ♠♠ Orient students with vision impairments to the physical arrangement of the room and be sure to tell them if anything changes
- ♠♠ People should avoid standing with their backs to a window since the glare may interfere with vision
- ♠♠ When approaching a student who is blind, state your name clearly
- ♠♠ Students with visual impairments should be provided with three-dimensional concrete objects or models during demonstrations, and should be permitted to touch materials in class
- ♠♠ Be alert for behaviors such as eye-poking or rocking early to discourage such behaviors

♠♠ Continuing to Make Sense of the World is a series of inclusion workshops for child care providers, parents of children with special needs, and early interventionists. To register for October workshops, call 925-676-5442 ext. 3118.

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