



SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

NEWSLETTER

SPRING 2015

Table of Contents

Access to Adventure/ Movie Nights	1
Reading as a Sensory Experience for Young Children	2-3
Stress Less: Mindfulness- Based Stress Reduction Series	3
PULL - OUT SECTION Our Services & Events	5-8
New Roles for Parents of Children Born Prematurely	9
Pilot Sibling Group Kickoff /Parent Mentor Program	9
"All Smiles" at Our Annual Ice Skating Party/ Donor & Volunteer Party	10
Thank You!/ Seeking Board Members	11
SFCD Board & Staff	12

Support for Families of Children with Disabilities is a nonprofit support, resource, and networking organization for families of children with disabilities, concerns, and special health care needs and the professionals who work with them. All services are free of charge including resources, phone-line, drop-in center, support groups, workshops & family gatherings.



Access to Adventure is Back!

Saturday, May 2, 2015

12:00 pm – 3:00 pm

**Bandshell Music Concourse
Golden Gate Park**

A festival of arts & recreation for families of kids with special needs

After taking a sabbatical in 2014, Access to Adventure is back! Join us to experience & explore:

- **music • arts • sports • food**
- **live entertainment • other fun activities!**

ALL activities are accessible and the event is FREE (suggested donation is \$5 per person). Presented in partnership by Support for Families and San Francisco Recreation & Parks Department.

Movie Nights this Spring!

Friday, March 6

How to Train Your Dragon 2



Theme: "How to Make a Dragon"

Friday, April 10

The Lego Movie



Theme: "Sports Team Day"

Friday May 15

Muppets Most Wanted



Theme: "Crazy Hair Day"

Friday June 5

Cloudy with a Chance of Meatballs 2



Theme: "Spaghetti Night"

Inclusion

Reading as a Sensory Experience for Young Children

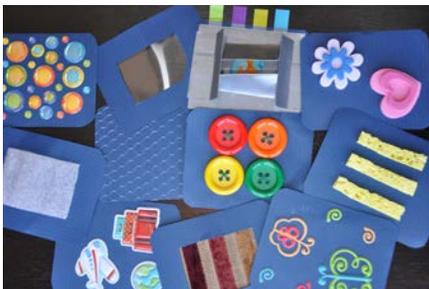
by Becca Eisenberg, MS, CCC-SLP

SF Inclusion Networks (SFIN), a program of Support for Families, provides coaching and training for early intervention and preschool teachers who include children with disabilities in their early childhood programs.

Through this work, we see how important language development is for young children with many of the activities throughout a typical preschool day focused on developing language and literacy skills. Parents play a critical role in a child's language development. Studies have shown that children who are read to and spoken with a great deal during early childhood will have larger vocabularies and better grammar than those who aren't. Early literacy is also associated with higher achievement overall as children progress through school.

Reading to a child is one very important way that parents can help their child develop language and literacy. Your child with special needs may need more than just your voice and the pictures to stay engaged in a story. Reading a picture book aloud can be an active and engaging activity for your child with the use of some simple strategies. Here are five ways how you can make reading a picture book aloud to your child more of a sensory experience

1. Add texture to the book



Add texture to a picture book by using a hot glue gun to attach material that is appropriate. For example, if adapting the book *Old McDonald Had a Farm*, use a glue gun to attach a cotton ball to the sheep. As you are reading the book, prompt your child to touch the sheep and describe how it feels (e.g. soft, fluffy, etc.).

As another example, for a classic book like *Brown Bear, Brown Bear What Do You See?* use a hot glue gun to attach a small piece of fur on the brown bear. Attaching texture to a book can be very helpful to those children who are tactile learners and/or visually impaired.

2. Use props and/or visual aids



Visual aids or props can be a felt board set, sequencing cards, miniature objects, etc.

Using visual aids and/or props can be helpful for many reasons. One particular reason for using props and/or visual aids is to help aid your child in retelling the story. Having a child feel and manipulate the visual aids and/or props while you read the story can help make book reading time a more enriched and engaging experience.

3. Use sounds



As you are reading the book, have your child create sounds to go with the actions in the book. Are sounds difficult for your child to make? Model the sounds for them.

For example, when reading *How to Train a Train*, encourage your child to say "Choo Choo." For *Old McDonald Had a Farm*, encourage your child to imitate animal sounds.

If your child is minimally verbal or non-verbal, use augmentative and alternative communication for the sounds (e.g. Big Mack or Step by Step Communicator).

4. Use scents and tastes



This is an interesting strategy when reading a book. This may not work for all picture books but be creative! For example, when reading *Penguin and Pinecone* I use a pinecone as a prop but also use it for the interesting and woody scent.

What does the pinecone smell like? Describe the scent to your child and compare and contrast it to other smells. You can also experiment with taste! When reading *Chocolate Shoes with Licorice Laces*, I use a piece of chocolate for both scent and flavor. The chocolate also can be used a prop until it gets eaten up!

5. Get up and move!



When reading a particular book, get your child to get up and imitate certain movements. If the character in the book is swimming, imitate a person swimming. If the character is jumping like in *Five Little Monkeys Jumping on The Bed*, get up and jump!

Becca Eisenberg, MS, CCC-SLP, is a speech-language pathologist, author, instructor, and parent of two young children, who began her blog www.gravitybread.com to create a resource for parents to help make mealtime an enriched learning experience.

Stress Less: Mindfulness-Based Stress Reduction Series

Support for Families recently completed a 6-week Mindfulness Based Stress Reduction (MBSR) series inspired by an article in the *New York Times* called "When the Caregivers Need Healing."

We used an evidence-based curriculum from Vanderbilt Center for Integrative Health, a MBSR approach for families who are caregivers of children with disabilities. These parents often suffer from more stress and trauma than parents of typically developing children. Mindfulness, as described by Jon Kabat-Zinn is "a moment-to-moment awareness, the complete owning of each moment of your experience, good, bad or ugly (Kabat-Zinn, 2005).

Patricia LaCocque, Mental Health Social Worker at Support for Families and the group co-facilitator, says, "I enjoyed co-facilitating this group very much! I learned a lot about myself and about what families struggle with. I think we all went away with an increased understanding of what mindfulness is and how it can be a valuable skill and philosophy to live ones life."

Other group participants had positive comments about the group:

- *[The group was] a place to connect but mostly a place to practice mindfulness. I was ready for this. Thank you.*
- *[This group gave me a] feeling of support and opened my mind to other options and sources for info and relaxation techniques. I appreciated the child care services which let me attend the workshop without worrying about my kids.*
- *The MBSR group provided me with another valuable tool to put into my self-care belt. With more practice, I hope to develop a good habit of slowing down and taking time for myself.*

We hope to offer another one of these series in the near future. Call 415-920-5040 or email info@supportforfamilies.org if you are interested in participating!

More Resources

- Read the *New York Times* article: www.nytimes.com/2014/07/29/health/when-the-caregivers-need-healing.html
- Vanderbilt Center for Integrative Health: <http://www.vanderbilthealth.com/osher/37864>
- One of the workshops at the Information & Resource Conference on 3/21 will address mindfulness for parents.

Education

Are you Prepared for Transition?

By Nicole Trickett, SFUSD Special Education Program Administrator, Court/County & Transition

In my work with transition teachers, I often hear that students and families are not prepared for the change of transition. The key to preparing your student for a transition program are to start early and to develop an understanding of transition programming.

Transition programs look a lot different than traditional K-12 education programming – job sites become classrooms, the bus route becomes a lesson, and a purchase at the grocery store becomes an instructional opportunity. Transition programs are designed to support a seamless transition from school to post-school activities, preparing young adults with disabilities for adulthood.

Five things that I wish I had known before my son started his Transition Program:

1. Daily life activities in the community have more meaning than staying inside a classroom for most of the school day.
2. Math is more meaningful when paying for lunch, buying an item at a store, and checking time than doing paper-pencil math.
3. Reading is more meaningful when checking a bus schedule, reading a menu, and reading an email than reading from books only.
4. Providing a student with opportunities to make decisions about his or her preferences is giving the student tools to live as an independent adult.
5. It is important to use the years at the transition program to learn life skills, job skills, social skills, and self-advocating skills to prepare for life after exiting the educational system.

Edith Arias,

Mother of a Transition Program Graduate

Transition programs are post high school community-based programs for students 18 to 22 with disabilities. Transition is for any student in the school district who is eligible for special education services, has an Individualized Education Program (IEP), and will not receive diploma upon completing high school. Programs focus on teach-

ing functional life skills – job, independent living, travel, self-care, social, communication, and safety skills – within the community setting. The community is the classroom. Programs offer individualized plans that work with each student's goals and interests to further develop their skills. Transition helps prepare students with disabilities to enter adult life with the skills they need to be as successful and independent as possible.

Parents and teachers can help students with disabilities become independent, capable adults. And this planning and support should start early. What can you focus on?

- Offer your child choices
- Help your child know his/her disability
- Include your child in the process
- Work as a team (student, teachers, service providers, administrators, and you)
- Find a balance between guiding/protecting your child and allowing for some personal freedoms

As your student approaches the end of high school, here are some steps you can take to support a move to a transition program:

- Talk about the transition with your child
- Plan the transition early with your child's IEP team and discuss activities to support the transition (create social stories, schedule a shadow day, increase community outings, etc.)
- Hold a transition IEP with high school and transition staff
- Visit transition programs with your child

Transition programs help students learn the skills needed to be safe, successful, and contributing members of their communities. We see students transform into adults as they learn independent living skills, gain work experience, access the community safely, advocate for themselves in real-life situations, and develop their interests and passions. It can be a scary step in a student's journey to adulthood, but with a little advanced preparation, you can help your student lay the building blocks for future success.





SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

A support and resource organization providing services for families of children with disabilities

Our Services

CALL US:
415-920-5040

EMAIL US:
info@supportforfamilies.org

VISIT US:
1663 Mission Street
7th Floor
San Francisco, CA 94103

HOURS:
Monday, Wednesday, Friday
9:30am-4:30pm
Tuesday, Thursday
12:30pm - 8:30pm

GO TO OUR WEBSITE:
www.supportforfamilies.org
to get the latest information
on workshops, events and
new resources.

FIND US ON:



[facebook.com/
supportforfamilies](https://facebook.com/supportforfamilies)



twitter.com/supportforfams

Phoneline/Drop-in Center
Get individualized information, referrals, and answers to all your questions from Support for Families staff, who are parents themselves. Staff will follow up to make sure you get the answers you need. Staff speak English, Spanish, and Cantonese. Caregiving for children available 4:30-8:30 p.m. Tuesdays and Thursdays.

Resource Library
Access more than 3,500 books, DVDs, and a toy lending collection for families and professionals in our onsite library. Visit the library catalog online at: www.supportforfamilies.org/library.html. On-site computer access and assistance is also available. The library is open during drop-in center hours and during on-site workshops and special events.

Support Groups
Come to a support group to find solutions to challenges, learn advocacy skills, and explore resources. Support groups provide a network for families to gain strength

by sharing experiences with peers.

Volunteer Parent Mentors
Find a match with a trained volunteer Parent Mentor based on a shared issue, condition and or situation.

Educational Workshops and Clinics
Learn about resources, rights, and responsibilities in monthly parent/professional workshops and weekly small-group clinics. Care giving for children and interpretation services are available with advance reservation for clinics and workshops.

Case Management
Get professional consultation from social workers.

Family Special Events
Socialize and network in a fun relaxed atmosphere at quarterly events, such as our annual ice-skating party and Halloween party.

Newsletter
Read the quarterly newsletter in English, Spanish, or Chinese to find articles of interest to families and professionals.

MISSION STATEMENT

The purpose of Support for Families is to ensure that families of children with any kind of disability or special health care need have the knowledge and support to make informed choices that enhance their children's development and well being. Through fostering partnership among families, professionals and the community, our children can flourish.

BOARD OF DIRECTORS

Christian Dauer, President
Laura Lanzone, Vice President
Chris Dehner, Treasurer
Diego Valderrama, Secretary
Eileen Boussina
Judy C. Chen
Jennifer Crayton
Michelle Foosaner Diamond
David Fazio
Jane LaPides
Cherese LeBlanc
Jessica Litwin
Goli Mahdavi
Jim Riley
Laurie Strawn

EXECUTIVE DIRECTOR

Juno Duenas

How You Can Help

All services and events, even childcare, are always free of charge to encourage participation by all families. With the demand for services greater than ever, your donations help make this possible. A gift to Support

for Families means that families of children with special needs will be better prepared to help their children—and that more children with disabilities will live their lives with dignity and opportunity.

Send a check to the address below or give online at www.supportforfamilies.org/help.html. Every gift can help make a difference in the life of a child with special needs.

INSIDE

Support Groups	6
Parent-Professional Workshops	7
Calendar of Events	8
Upcoming Special Events	8



Support Groups

All support groups are free of charge. Groups are located at Support for Families unless otherwise indicated. Childcare can be provided unless otherwise indicated but MUST be reserved in advance. If you are interested in participating in any of these groups, or if you are interested in a specific issue, call (415) 920-5040 or e-mail us at supportgroups@supportforfamilies.org for more information. We have staff who speak English, Spanish, and Cantonese.

Autism Evening Group: ON HOLD - Call 415-920-5040 for current status of group.

Meets 3rd Thursday of the month, 7:00pm - 8:00pm.

Cantonese-Speaking Parents Support Group: Meets 2nd Saturday of the month, 1:00pm - 3:00pm.

Sibling Group: A recreational group for siblings of children with disabilities or special health care needs to have fun and share experiences. Call 415-920-5040 for more information.

Cerebral Palsy Peer Group: Meets 4th Tuesday of the month, 4:45pm - 6:45pm (concurrent with the Parents Group). Location TBD.

Spanish-Speaking Parent Support Group: Meets the 2nd Wednesday of the month, 10:00am - 12:00pm.

Cerebral Palsy Parent Support Group: Meets the 4th Tuesday of the month, 4:45pm - 6:45pm (concurrent with Children's Group). Location TBD.

Stepping Stones: for caregivers who complete the SFCD Stepping Stones series. Meets the 1st Tuesday of the month from 6pm - 7:30pm.

Chinatown Child Development Center (CCDC) Group: For Cantonese-speaking families of children with special needs. Meets at the CCDC on the 3rd Monday of the month, 9:30am - 12:00pm.

Transition-Age Parents Group: Join us for information, resources and support for the issues we and our youth face as they reach adulthood. Meets 1st Tuesday of the month, 6:00pm - 8:00pm.

Down Syndrome Support Group: Meets the 2nd Tuesday of the month, 6:30pm - 8:30pm.

Tube Feeding Support Group: For parents of tube fed babies and young children (and those who may be at risk). Meets the 4th Tuesday of the month, 7:00pm - 8:15pm.

Living with Loss: Loss, Hope and Healing: A group for parents/caretakers of medically fragile children and children facing life threatening illness. Call 415-920-5040 for information.

Tuesday Night Group: A group for parents who have children with disabilities or special health care needs. Meets the 2nd and 4th Tuesdays of the month, 6:45pm - 8:30pm.

Mission Head Start Group: For Spanish-speaking families of children birth to five with special needs. Meets 3rd Wednesday of the month, 1:00pm - 2:30pm at Mission Head Start, 362 Capp St, SF.

Prader-Willi Group: Meets quarterly on Saturdays, 10:15am - 1:30pm.

Preemie Parent Support Group: Parents of new preemies, as well as of older children who were preemies, are welcome.



Infant Massage Series

Location: Support for Families

Dates/Times: 1:00-2:00pm on Thursdays: April 9th, April 16th, April 23rd, April 30th, May 7th

Infant massage is a fantastic way to connect with your baby! Studies have shown infant massage can help babies sleep better, gain weight, reduce fussiness, improve health and relax. Parents who massage their babies often experience increased closeness to and understanding of their infants, reduced stress and post-natal depression, and simply enjoy a wonderful experience with their child.

This FREE 5-week series welcomes ALL infants birth to one year and their parents/caregivers. Each week we will be learning information and strokes that build on each other, so attendance at all sessions is ideal.

Advance registration required. Space is limited.

To sign up, call 415-920-5040 or email rhoffmann@supportforfamilies.org





Clinics and Parent-Professional Workshops (PPWs)

Workshops and Clinics are **FREE** and held at **Support for Families (SFCD)**, 1663 Mission St., 7th Floor (between Duboce St. and S. Van Ness Ave.).

Pre-registration is required. To attend, reserve child-care and/or interpretation services, you must call at least one week in advance: **415-920-5040**.

WORKSHOPS

NO PPW IN MARCH DUE TO INFORMATION & RESOURCE CONFERENCE

Register Today!



Information & Resource Conference
Saturday, March 21, 2015
8:30am - 3:30pm
 John O'Connell High School

Go to www.supportforfamilies.org
 or call 415-920-5040 to register

The ABLE (Achieving a Better Life Experience) Act and Planning for Your Loved One's Future

Saturday, April 11, 2015; 8:30am - 12:30pm

8:30am: check-in, light breakfast served; 9am: workshop begins. On December 19, 2014, President Barack Obama signed into law the Achieving Better Life Expectancy (ABLE) Act. First introduced in 2006, and subsequent sessions of Congress, the ABLE Act will allow people with disabilities (with an age of onset up to 26 years old) and their families the opportunity to create a tax-exempt savings account that can be used for maintaining health, independence and quality of life. This workshop will cover the ABLE Act as well as other life planning options for your family member with special needs. *Presenter: Stephen Dale, Attorney at Law, the Dale Law Firm*

Improving IEP Meeting Outcomes

Thursday, April 16, 2015; 6:00pm - 8:00pm

Top Ten Mistakes for Parents to Avoid in the IEP Process

Saturday, May 9, 2015; 8:30am - 12:30pm

8:30am: check-in, light breakfast served; 9am: workshop begins. Have you ever been at an IEP meeting and wondered what your rights are? Have you ever worried that you are making mistakes

when seeking services for your special needs child? If so, this presentation is for you. It will cover common mistakes made in the IEP and special education processes, as well as information that may not be readily available. **Attendees will have the opportunity to ask an experienced special education attorney legal questions about the special education and IEP processes.** The "Ask an Attorney" question and answer session will follow the presentation. *Presenter: Peter Sturges, Attorney at Law, The Sturges Law Firm*

Music Therapy: Using Music to Enrich the Lives of Individuals with Special Needs

Saturday, June 13, 2015; 8:30am - 12:30pm

8:30am: check-in, light breakfast served; 9am: workshop begins. What is music therapy? How does music therapy help your child? Music therapy utilizes music interventions to help people achieve individualized goals and objectives within a therapeutic relationship. Music therapists use music to achieve non-musical goals such as increasing vocalizations, improving language development, improving social skills, improving fine/gross motor skills, increasing attention span, etc. Not only is music highly motivating in a child's learning, the use of music has been shown to be effective through research studies. In this workshop, the presenters will explain how music therapy can be an effective tool to help your loved one achieve his or her goals as well as providing helpful tips that can be used at home. *Presenters: Ian Wilkerson, MT-BC, NMT and Julia Beth Runkle, MT-BC, Founder/Music Therapist, Bay Area Music Therapy*

CLINICS

For dates/times of clinics, see Calendar of Events on back page.

Individualized Education Program (IEP)

Presented by SFCD. Offered in English, Spanish, and Cantonese. Learn about Special Education law, the IEP process, what to do when things aren't working, and how to become a more active and effective team member.

Transition to Adult Services

Presented by SFCD. Learn about special education transition services for children age 16 and over, and how to effectively participate in the development of your child's transition plan.

Ask the Right Question

Presented by SFCD. Learn about the Right Question Formulation Technique, which was created by a group of medical doctors to help families learn how to get the information they need when talking to professionals. We know that families of kids with disabilities or special health care needs have to work with a lot of different agencies—school district, hospitals, mental health, etc. This training offers a really important technique to address those issues.



Calendar of Events

March 2015

Mar 4	7:30pm	GS Warriors Family Night
Mar 5	6:00pm - 8:00pm	IEP Clinic - Cantonese
Mar 6	5:30pm - 7:30pm	Movie Night
Mar 12	4:00pm - 6:00pm	IEP Clinic - English
Mar 17	5:30pm - 8:30pm	PMP: Special Education Ser. - English
Mar 18	10:00am - 1:00pm	PMP: Special Education Ser. - Spanish
Mar 19	CANCELED	IEP Clinic - Spanish CANCELED
Mar 21	8:30am - 3:30pm	Information & Resource Conference
Mar 26	4:00pm - 6:00pm	Transition to Adult Life
Mar 26	6:30pm - 8:30pm	CAC Meeting
Mar 31	SFCD CLOSED	Holiday

April 2015

April 2	6:00pm - 8:00pm	IEP Clinic - Cantonese
April 9	4:00pm - 6:00pm	IEP Clinic - English
April 10	11:00am - 3:30pm	SFIN Training: Supporting Children through Individualization
April 10	5:30pm - 7:30pm	Movie Night
April 11	8:30am - 12:30pm	PPW: The ABLE Act
April 15	5:00pm - 8:00pm	How to Obtain Autism Services Part 2
April 16	4:00pm - 6:00pm	IEP Clinic - Spanish
April 16	6:00pm - 8:00pm	Improving IEP Meeting Outcomes
April 18	10:00am - 1:00pm	Pilot Sibling Group Kickoff

April 21	5:30pm - 8:30pm	PMP: Legal Panel - English & Spanish
April 23	4:00pm - 6:00pm	Transition to Adult Life Clinic
April 23	6:30pm - 8:30pm	CAC Meeting
April 30	4:00pm - 6:00pm	Ask the Right Question

May 2015

May 2	12:00pm - 3:00pm	Access to Adventure
May 7	6:00pm - 8:00pm	IEP Clinic - Cantonese
May 9	8:30am - 12:30pm	PPW: Top Ten Mistakes in IEP Process
May 14	4:00pm - 6:00pm	IEP Clinic - English
May 15	5:30pm - 7:30pm	Movie Night
May 19	5:30pm - 8:30pm	PMP Graduation - English & Spanish
May 21	4:00pm - 6:00pm	IEP Clinic - Spanish
May 25	SFCD CLOSED	Holiday
May 28	4:00pm - 6:00pm	Transition to Adult Life Clinic
May 28	6:30pm - 8:30pm	CAC Meeting

June 2015

June 4	6:00pm - 8:00pm	IEP Clinic - Cantonese
June 5	5:30pm - 7:30pm	Movie Night
June 10	9:30am - 1:30pm	PMP: Parent to Parent Part 1 - Spanish
June 11	4:00pm - 6:00pm	IEP Clinic - English
June 13	8:30am - 12:30pm	PPW: Music Therapy
June 17	9:30am - 1:30pm	PMP: Parent to Parent Part 2 - Spanish
June 18	4:00pm - 6:00pm	IEP Clinic - Spanish
June 20	8:30am - 4:30pm	PMP: Parent to Parent - English
June 25	4:00pm - 6:00pm	Transition to Adult Life
June 25	6:30pm - 8:30pm	CAC Meeting

For more information or to register for any of these events, please call us at 415-920-5040 or visit us at www.supportforfamilies.org.

Family Special Events this Spring!

Movie Nights

Movie Nights in 2015!

SFCD, 1663 Mission St 7th Flr., San Francisco CA 94103

Families are invited to watch a movie, munch on yummy snacks, and enjoy the playroom here at our main office. 5:30 - 7:30pm.

- Friday, March 6th: How to Train Your Dragon 2
- Friday, April 10th: The Lego Movie
- Friday, May 15th: Muppets Most Wanted
- Friday, June 5th: Cloudy with a Chance of Meatballs 2

Special Needs Family Appreciation Night with the Golden State Warriors
Wednesday, March 4th; game begins at 7:30pm
Oracle Arena, 7000 Coliseum Way
Oakland, CA 94621



Support for Families is excited to partner with the Golden State Warriors for the second year in a row to offer discounted tickets and exclusive opportunities to families of chil-

dren with special needs! Bring your family and friends out to the Oracle Arena on March 4th and cheer on the Warriors as they take on the Milwaukee Bucks! Tickets can be purchased through our eventbrite.com page. ***We are sorry but discounted tickets for this event through Support for Families are sold out. Tickets at \$45+ fees may still be available - visit www.supportforfamilies.org.***

Access to Adventure is back!
Saturday, May 2, 2015
12:00pm - 3:00pm
Bandshell Music Concourse,
Golden Gate Park

After taking a sabbatical in 2014, Access to Adventure is back! Join us at this annual fun-filled festival to experience & explore • music • arts • sports • food • live entertainment • and other fun activities! ALL activities are accessible and the event is FREE (suggested donation is \$5 per person). *Presented by Support for Families of Children with Disabilities and San Francisco Recreation & Parks Department.*



New Roles for Parents of Children Born Prematurely

The Preemie Parent as:

1. Detective

The parent of a child with special health care needs (CSHCN) is faced with a challenging task, constantly evaluating information, issues, and referrals from a variety of professionals to identify individual problems, treatment and long term planning. Thus being a good detective is vital in addressing the needs of your child. Keep at it!

2. Coordinator

As a parent of a preemie, you are likely to discover that you will play a major role in finding and coordinating services after leaving the NICU. Parents will find that they need to coordinate activities across medical specialists, educational professionals, and other support services to ensure the continuity of services.

3. Librarian

Documentation is important for the care and treatment of your CSHCN. Set up a system of folders that become useful for you to document progress and setbacks. These folders can be: Milestones, Services, Diagnosis, Medical History, Medication History, Resources/Contacts.

4. Communicator

After leaving the NICU, parents will become the prime communicator, transferring the child's progress from one specialist to another. As often as possible, try to connect

the different professionals involved. Be sure to follow-up to ensure the connection was made.

5. Monitor

It is essential to monitor your child's progress, frequent monitoring will allow the parent to change the support situations as the problems arise and the child develops.

6. Cheerleader

A parents support and enthusiasm is crucial to the child's self esteem, no matter how small the milestone reached. Equip yourself to empower your child to be successful and independent, most importantly when they begin to reach the age of autonomy.

7. Implementer

No matter how big or small the issue, the parent can be sure that they will play a large role in implementing the solution.

8. Nurturer

The most important role a parent of a CSHCN plays for their child is that of a loving nurturing parent. Take time to enjoy your child.



Adapted by Emelyn Lacayo from "New Roles of Parents of Children Born Prematurely" by Allison Martin. Used with permission. www.prematurity.org/coping-roles.html

Pilot Sibling Group Kickoff!

We are excited to announce the kickoff of a pilot sibling group for siblings ages 8 - 13 years old! This recreational group, based on the Sibshop model, will include crafts, games, and opportunities to discuss experiences with other siblings of children with disabilities or special health care needs.

Since this is a pilot project for our agency, your participation and feedback will be very helpful. This group is planned to repeat monthly on Saturdays.

Date/Time: Saturday, April 18; 10:00am - 1:00pm

Call 415-920-5040 or email info@supportforfamilies.org for more information or to register!



“All smiles” at our annual Holiday Ice Skating Party!

As one parent told us, it was “all smiles” at our Holiday Ice-Skating Party at the Yerba Buena Ice Skating & Bowling Center on December 20, 2014.

Children of all ages and abilities got the chance to skate on the ice with Santa, enjoy delicious desserts, and take home a brand new book. We were happy to receive so much positive feedback about the event and here is just one comment we’d like to share:

This [event] was beautiful. My son uses a wheelchair and thought that he would not be able to participate, but he was able to participate and it was all very easy for the family. Thank you for this great memory. We will hold on to it!

Thank you to our staff, volunteers, and attendees for helping to bring smiles to the children at our event!



Donor & Volunteer Recognition Party: Thank You!

Support for Families is thankful to know and work with so many amazing people in our community. On Wednesday, February 18th, our staff, board members, donors, volunteers and other community members attended the Donor & Volunteer Recognition Party. We took this time to recognize and honor some remarkable people who have shown extraordinary dedication to our organization and to children and youth with special needs.

Support for Families is pleased to honor the following recipients of the 2015 Donor & Volunteer Award:

- Itani Dental, Sponsor
- Immaculate Conception Academy, Community Partner
- Bonnie Legg, Yerba Buena Ice Skating Center, Community Partner
- Winton Tomlinson, Volunteer
- Deidra Owen, Volunteer
- Jill Kimbrough, Parent Mentor
- Maricela Rodriguez, Parent Mentor

JOB OPPORTUNITY: Family Resource Specialist (Bilingual Cantonese)

Support for Families is looking for a Cantonese-speaking parent of a child with special health care needs, disabilities, and/or a child who has an IEP for this Family Resource Specialist (FRS) position.

The Support for Families FRS staff members are all parents of children with special needs and come from varied educational and work backgrounds. Intensive training is provided to new staff, and continues for all FRS staff on an ongoing basis.

If you are a parent of a child with special needs, please don't hesitate to contact us if you have an interest in, or questions about, this FRS position.

Email us at jobs@supportforfamilies.org or go to www.supportforfamilies.org/jobs.html for more information on how to apply.

Thank you!

Donations received Nov 1, 2014 through Jan 31, 2015

Support for Families gratefully acknowledges gifts from the following individuals, groups and businesses. We apologize for any omissions or misspellings; please contact us so we can correct our records.

Development



David Brody, Brody, Walsh & Brody
Christine DeVoto & Terry DeVoto
Thomas Patton

Businesses, Groups and Foundations

Bill Graham Supporting Foundation of the Jewish Community Federation and Endowment Fund
Escher Family Fund
Physicians of Pan-Med Enterprises
Thendara Foundation
Waste Solutions Group, Inc

Individuals

Anne Marie Siu Yuan
Georganne and John Boerger
Bonnie Bridges
Chiachi Chen
Timothy Chuter
Mabel Gin Dang
Deborah Daniels-Smith
Sandy Feifer
Jill and Joe Feldman
Richard Hobbs
Linda Hornbostel

Roz and Steve Itelson
Susan Jones
David Kobe
Phung Lam
Alvin Lipsetz
Sydney Lu
Ingrid Lusebrink
Barry Milgrom
David Mostny
Gayle and John Podleski
Marni Rosen
Robert and John Seemann
Christina Share
Hayes Sherman
Dorothy Stell
Rebecca Stiewig
Suzanne Sullivan

Tributes

In honor of Antonio Lucchini's 10th Birthday:
Cathy Hong
Mary Kloepfer
Joyce Lam
Tuan Nguyen
Julie Pua
Jim Riley

In honor of Avery Dauer and family:
Susan Krist

In honor of Jake Gamboa:
Mai Mai Wythes

In Recognition of Christian Dauer:
Tracy Wheeler & Paul Rauschelbach

InKind Gifts

Aquarium of the Bay
Children's Book Project
Jane LaPides and Murray Cahen
Costco
Jennifer Crayton
McCall's Event Management
Olive Garden, Stonestown
Trader Joe's
Whole Foods Market

Holiday Ice Skating Party

DONORS:
Children's Book Project
Costco, San Francisco
McCall's Event Management
Raising a Reader
Trader's Joe on Ninth Street
Whole Foods Market on Ocean Ave

VOLUNTEER GROUPS:

Junior League of San Francisco
National Student Speech Language Hearing Association (NSSLHA)
One Brick Bay Area

PG&E

INDIVIDUAL VOLUNTEERS:

Abby Eusebio
Bob Hayden
Breana Marino
Chetan Tekur
Christina Luah
Cyrille Jimenez
Daisy Jimenez
Daniel Sullon
Daryl Bishop
Deidra Owen
Emily Barker
Erika Villavicencio
Geoff Faulkner
Jenny Shao
John Faux
Joseph Menzel
Lisa Faulkner
Lori Nigam
Mai Dang
Mary Rhoades
Nanette Dove
Ramji Srinivasan
Robert Leon
Sandy Ross
Shanshan Ge
Silvana Soletto
Soledad Sullon

SFCD is Seeking New Board Members!

The Support for Families Board of Directors is looking for energetic people who want to ensure that San Francisco families of children with disabilities have the support and information they need to enhance their children's well being and development. Although we are specifically seeking board members who have expertise in Media/Public Relations and/or Fundraising, we are very open to hearing from other well-qualified candidates.

To be considered, email boarddevelop@supportforfamilies.org for more details.

Support for Families values diversity and we strongly encourage family members, professionals, people with disabilities, language and ethnic distinct communities, and other traditionally underserved communities to apply.

Thanks also to sponsors of the Family Voices of California Health Summit and the Support for Families Information and Resource Conference.

We will have a complete list of those donors and sponsors in the next Newsletter!



**SUPPORT FOR FAMILIES
OF CHILDREN WITH DISABILITIES**
1663 Mission Street, 7th Floor
San Francisco, CA 94103

**NONPROFIT ORG.
US POSTAGE
PAID
SAN FRANCISCO, CA
PERMIT NO. 1887**



SUPPORT FOR FAMILIES OF CHILDREN WITH DISABILITIES

All services are free of charge:

- Phone Line & Drop-In Center
- Information & Resources
- Resource Library
- Support Groups
- Parent Mentor Program
- Educational Workshops
- Family Gatherings
- Short-term Counseling
- Community Outreach
- Website: www.supportforfamilies.org

This NEWSLETTER is published quarterly in English, Spanish & Chinese. If you have a question or comment, email us: info@supportforfamilies.org

Support for Families

1663 Mission Street, 7th Floor
San Francisco, CA 94103
T: 415.282.7494
F: 415.282.1226

Family Resource Center Warmline, Information, and Referral

1663 Mission Street, 7th Floor
San Francisco, CA 94103
T: 415.920.5040

Support for Families strives to present families and professionals with a wide range of views and options in its materials and trainings.

The materials and trainings are not necessarily comprehensive, are not meant to be exhaustive, nor are they an endorsement of the author and/or presenter.

If you would like to offer feedback or if you know of additional resources, speakers and/or materials that may be helpful, please contact us at info@supportforfamilies.org.

Board of Directors

Christian Dauer, President
Laura Lanzone, Vice President
Chris Dehner, Treasurer
Diego Valderrama, Secretary
Eileen Boussina
Judy C. Chen
Jennifer Crayton
Michelle Foosaner Diamond
David Fazio
Jane LaPides
Cherese LeBlanc
Jessica Litwin
Goli Mahdavi
Jim Riley
Laurie Strawn

Executive Director

Juno Duenas

Staff

Family Resource Center (FRC)

Nazmin Bishop, Development Director
Nina Boyle, FRC Program Director
Elaine Butler, Librarian
Michelle Cochran, Caregiving Services Coordinator
Joe R. Goyos, Education Manager
Karen Haney-Owens, Social Worker
Patricia LaCocque, Mental Health Social Worker
Emelyn Lacayo, Family Health Liaison
Dennis Lockett, Family Resource Specialist (FRS)
Felix Lopez, FRS/Education Coordinator
Roxana Lopez, FRS
Sean Lowry, Program Coordinator
Nora Martin, Information and Resource Manager
Daniel Meisenheimer, Mental Health Social Worker
Kevin Mulligan, IT Manager/PRRS Data Administrator
Christine Reina, FRS
Joan Selby, Parent Mentor Program (PMP) Coordinator

Sujata Sherchan, Finance Administrator
Sarath Suon, Special Events and Volunteer Manager
Dori Tanaka, Phone Line Coordinator
Kristine Thai, Education Coordinator
Linda Tung, Administrative Coordinator
JoAnna Van Brusselen, PMP Coordinator
Daniel Vasquez, FRS
Jan Watson, Grants Manager
Dianne Wightman, Operations Director
Diana Wong, Mental Health Clinician
Lisa Yee, FRS

Family Resource Center Network of California (FRCNCA)

Debbie Sarmiento, Manager

Family Voices of CA (FVCA)

Pip Marks, FVCA Manager
Allison Gray, Leadership Project Coordinator

High Risk Infant Interagency Council (HRIIC), Help Me Grow Network member
Nadia Thind, HRIIC Director

San Francisco Inclusion Networks (SFIN)

Zulema Rubalcava Barron, ASQ Specialist
Alan Broussard, Project Manager
Vanessa Chen, Inclusion Coach
Dee Hayden, Director
Judy Higuchi, Coaching/TA Manager
Jennifer Hernandez, Inclusion Coach
Ramya Krishna, Early Childhood Inclusion Specialist
Ana Vanesa Plasencia, Data Specialist
Deborah Rollfs, Inclusion Coach
Sonia Valenzuela, Family Involvement Manager
Iris Willow, Project Coordinator

Special Needs Inclusion Project (SNIP)

Alison Stewart, SNIP Manager
Rion Hoffman, Inclusion Coach