SUPPORT FOR FAMILIES
OF CHILDREN WITH DISABILITIES

NEWSLETTER

WINTER 2013/2014

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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.

SAVE THE DATE!

Saturday, March 22, 2014

2014 Information & Resource Conference

A **FREE** conference for families of children with disabilities, the professionals who work with them, and the community at large.

8:30am - 3:30pm
John O'Connell High School
2355 Folsom St., San Francisco

NEW THIS YEAR:

Registration opens Monday, February 10 *online and by phone*

Childcare and popular workshops fill quickly, so call 415-920-5040 or go to www.supportforfamilies.org **beginning February 10** to register.

MORE INFORMATION TO FOLLOW!

Our **Annual "Monster Mash" Halloween Party** at **The Aquarium of the Bay** was a huge success! We had 326 attendees this year, compared to 213 last year, and 48 volunteers, compared to 28 last year! Families had a great time making monster masks, watching the magic show, seeing the otter exhibit, and so much more. Thanks to our partner Aquarium of the Bay, our volunteers, our staff, and our attendees for making it happen!

FVCA

The Flu and Children with Neurologic Conditions

Excerpts from Family Voices and the National Center on Family Professional Partnerships Website

Children of any age with neurologic conditions are more likely to become very sick if they get the flu. Complications may vary and can include pneumonia and even death. Neurologic conditions can include:

- Disorders of the brain and spinal cord (for example: spina bifida and hydrocephalus)
- Cerebral palsy
- Epilepsy (seizure disorders)
- Stroke
- Intellectual disability
- Moderate to severe developmental delay
- Muscular dystrophy
- Spinal cord injury

Some children with neurologic conditions may have trouble with muscle function, lung function or difficulty coughing, swallowing, or clearing fluids from their airways. These problems can make flu symptoms worse.

Vaccination is the Best Protection against Flu

The best way to prevent flu is to get a flu vaccine every year. It is important for children with neurologic conditions to be vaccinated, since they are at a high risk of experiencing complications if they become ill from flu.

Additionally, close contacts of these children, such as parents, siblings, household members, caregivers, babysitters, doctors, nurses, and teachers should also get vaccinated to keep from getting sick or spreading the flu to these vulnerable children or other people at high risk of serious flu complications.

Children with neurologic conditions should only get the flu shot, not the nasal spray vaccine. Flu shots are approved for use in children aged 6 months and older, including healthy children and children with chronic health problems. Children younger than 2 years old and children with chronic health problems should not get the nasal spray vaccine.

Talk with your health care provider about getting a flu vaccine for you and your child. Some children will need more than one dose of the flu vaccine to be protected. Your health care provider can determine the number of doses your child needs to be protected against flu.

Cost

If your child is covered by MediCal, the flu shot should be covered. Most private health insurance plans cover the cost of a flu shot as a preventative health measure. Another resource is Vaccines for Children, a federal program, which provides vaccines at no cost to children who might not otherwise be vaccinated because of inability to pay. If you do pay out-of-pocket, you can expect to pay from $15 to $30.

Treating the Flu in Children with Neurologic Conditions

Any high risk person should get prompt medical attention if they have flu symptoms. If your child with a neurologic condition develops fever or flu symptoms, call your doctor or take them to the doctor right away. CDC recommends that doctors treat flu illness promptly in high risk people who have underlying medical conditions with antiviral drugs. Antiviral drugs are prescription medicines that fight against the flu.

If you child has flu, keep them at home, except for doctor visits, for at least 24 hours after their fever is gone without the use of fever-reducing medicines. You should also make sure your child gets plenty of rest and clear fluids (water, broth, sports drinks, etc.). Your health care provider may also recommend fever-reducing medicines* based on your child's age.

*Children younger than 4 years of age should not be given over-the-counter medicines without approval from a health care provider. Also aspirin should not be given to any child younger than 18 years old who has the flu.

Tips to Stay Healthy
In addition to getting vaccinated yearly, children with neurologic conditions and their families should practice good health habits to help protect themselves and others against the flu. These may include:

- You and your child should avoid close contact with people who are sick.
- Take action to help control the spread of germs (like flu)
- Make sure that your child's chronic health condition is under the best medical control possible.
- Have a plan for how to take care of your child in case they become sick with the flu.

For more information about the flu and children/youth with special health care needs please visit the FVCA website: www.familyvoicesofca.org.

FAMILY VOICES of California

Flu and Health Resources for Families and Professionals

- **Centers for Disease Control and Prevention**: www.cdc.gov/flu/; 1-800-CDC-INFO
- **Complex Child E-Magazine**: http://articles.complexchild.com/nov2010/00246.html
- **Family Voices of California (FVCA):** www.familyvoicesofca.org
- **Family Voices National:** www.familyvoices.org; 888-835-5669
- **Flu.gov**: www.flu.gov
- **Lucile Packard Foundation of Children's Health**: lpfch-cshcn.org; 650-497-8365
- **Muscular Dystrophy Association (MDA)**: www.mdausa.org/flu-season-support
- **National Center for Family Professional Partnerships:** www.fv-ncfpp.org/activities/flu/flufacts; 888-835-5669

Affordable Care Act (ACA)/ Covered California Resources

Covered California (www.coveredca.com; 800-300-1506) *is a new marketplace established for California under the federal Patient Protection and Affordable Care Act [Obamacare] where "you and your family will be able to compare health coverage options and choose the one that best fits your needs and budget" (coveredca.com). Helpful resources around the ACA and Covered California are below:*

Individual & Family Enrollment in San Francisco
Office of the Mayor, City & County of San Francisco & SF Benefits Net
SF Benefits Net: 855-355-5757; 1440 Harrison St, SF
www.sfmayor.org/index.aspx?page=962
Find out what health coverage you and your family are eligible for in San Francisco. Includes chart comparing Medi-Cal, Covered CA, and Healthy San Francisco.

The ACA and You: A User's Guide
California Health Report
www.healthycal.org/archives/12488
Confused about the health care reform law and how it will affect you? Go here for more information.

The ACA: What Autism Families Need to Know
The Autism Health Insurance Project
www.autismhealthinsurance.org/aca; 510-325-0975
This local Bay Area agency has helpful tips and explanations for how the ACA will affect autism families.

How Will the ACA Affect People With Disabilities?
Thinking Person's Guide to Autism
www.thinkingautismguide.com/2013/09/how-will-affordable-care-act-affect.html
The Autistic Self-Advocacy Network's Ari Ne'eman speaks about specific advantages, opportunities, and sticking points of the ACA for People with Disabilities. This article can be helpful to people with many types of disabilities.

Medicaid Expansion Provision of the ACA
The Catalyst Center, Boston U. School of Public Health
hdwg.org/catalyst/medicaid-expansion; 617-638-1936
The Catalyst Center is a national center dedicated to improving health care coverage and financing for Children and Youth with Special Health Care Needs (CYSHCN).

10 Things to Know About Transition Planning

- Transition services are intended to prepare students to move from the world of school to the world of adulthood.
- Transition planning begins during high school at the latest.
- IDEA [Individuals with Disabilities Education Act] requires that transition planning start by the time the student reaches age 16.
- Transition planning may start earlier (when the student is younger than 16) if the IEP team decides it would be appropriate to do so.
- Transition planning takes place as part of developing the student's Individualized Education Program (IEP).
- The IEP team (which includes the student and the parents) develops the transition plan.
- The student must be invited to any IEP meeting where postsecondary goals and transition services needed to reach those goals will be considered.
- In transition planning, the IEP team considers areas such as postsecondary education or vocational training, employment, independent living, and community participation.
- Transition services must be a coordinated set of activities oriented toward producing results.
- Transition services are based on the student's needs and **must** take into account his or her preferences and interests.

Excerpt taken from "Transition to Adulthood", National Dissemination Center for Children with Disabilities (NICHCY), September 2010. To read the whole article, visit: www.nichcy.org/schoolage/transitionadult

To learn more about Transition to Adulthood, consider taking our Transition to Adulthood Clinic, held every 4th Thursday of the month (except November and December).

Education

Parent Mentor Training Updates

Parent Mentor Training – Special Education Series
Starting in September 2007, the Special Education Series has provided our Parent Mentors information and resources to support mentees, as well as themselves, regarding areas of Special Education. The Parent Mentor Program (PMP) is now in its 6th year of providing this Series to current and upcoming Parent Mentors under the PMP. The current Series started on September 17th for the English speaking families and on September 18th for the Spanish speaking families. The Series covers various areas including Basic Rights and Responsibilities, Evaluations and Assessments, How to prepare for an IEP, and more. Materials are used to help our Mentors get a better understanding of the Special Education arena.

Parent-to-Parent Training
The Special Education Series takes a break in December. At that time we have our Parent to Parent (P2P) portion of our training. The P2P will be held on December 7th for English speaking mentors and December 11th & 18th for Spanish speaking mentors. During this training we will talk about communication skills, active listening and what it means to be a Support for Families Parent Mentor. Our volunteer Mentors are an integral part of our organization and participate in various activities that include Parent Panels at universities and colleges, community outreach at city and organization events, and sharing their stories with college interns or the media. This training will also help Mentors to strengthen their conversation skills when representing their own children.

New Parent Mentors are invited to attend, as well as the current group of recently trained mentors.

Interested in becoming a Parent Mentor?
If you are interested in becoming a volunteer Parent Mentor, please contact us. We are currently registering parents for the P2P in December. For information or to register, please contact a PMP Coordinator:

Joan E. Selby (English)
415-282-7494, Ext. 113
jselby@supportforfamilies.org
JoAnna Van Brusselen (Spanish)
415-282-7494, Ext. 141
jvanbrusselen@supportforfamilies.org

Registration is required. Thank you.

PMP

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

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

Find us on Facebook

facebook.com/supportforfamiliessf

Phone Line/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. Visit the library catalog online at: www.supportforfamilies.org/library.html. On-site computer access and assistance is also available.

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 peer support from parents or a professional consultation from mental health clinicians who can help families and professionals access mental health and other services for children.

Family Gatherings
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.

NEW: iPads for Assistive Communication Workshop & Lending Program
Take a clinic on how your child can use the iPad for communication; possibly borrow an iPad from our iPad lending library; and attend a Conversation Club so your child can practice using his device to communicate with peers.

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.

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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.

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Support Groups

All support groups are free of charge. Childcare is provided unless otherwise indicated and 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 Group: Meets 1st Tuesday of the month, 7:00pm - 8:30pm.

Behavior Group - The Nurtured Heart Approach (6 week series): Next series starts in January 2014 - call Warmline for dates.

Behavior Support Group - The Nurtured Heart Approach: For those who have completed the 6-week series. Meets 1st and 3rd Tuesdays of the month, 6:30pm - 8:15pm.

Cantonese SFCD Group: For Cantonese-speaking families of children with special needs. Meets 2nd Saturday of the month, 1:00pm - 3:00pm .

Children with Cerebral Palsy Peer Group: A group for children with Cerebral Palsy. Meets 4th Tuesday of the month, 4:45pm - 6:45pm.

Parents of Children with Cerebral Palsy Group: A group for parents/caregivers who have children with Cerebral Palsy (concurrent with Children's Group). Meets the 4th Tuesday of the month, 4:45pm - 6:45pm.

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

Down Syndrome Support Group: For parents/caregivers of children with Down Syndrome. Meets the 2nd Tuesday of the month, 6:30pm - 8:30pm. (except Dec.)

Living with Loss: Loss, Hope and Healing: A group for parents and caretakers of medically fragile children and children facing life threatening illness. Call our warmline for more information.

Mission Head Start Group:
For Spanish-speaking families of children birth to five with special needs. Meets 2nd Wednesday of the month at Mission H.S., Sept - May, 9:00am - 10:30am.

Parent Toddler Playgroup:
A group for parents/caretakers and their children ages 18-42 months with disabilities or special health care needs. Call our Warmline for more information.

Parents of Transition Age Youth: 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.

Prader-Willi Group: For families of children with Prader-Willi Syndrome. Meets quarterly on Saturdays, 10:15am - 1:30pm.

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

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.

Behavior Support Group Q&A: What is the Nurtured Heart Approach?
by Patricia LaCocque

Parents/caregivers at SFCD have been excited about learning and using the philosophy and practices of the Nurtured Heart Approach. The two 6-week series so far have been attended by parents with children with autism, Down's Syndrome, and ADHD. It also works well with typical children.

The author of the approach, Howard Glasser, says, "The Nurtured Heart Approach® is a set of core methodologies originally developed for working with the most difficult children. It has become a powerful way of bringing inner wealth to all children while facilitating parenting and classroom success."

"We teach parents how to:
- Neutralize Negative Behavior
- Energize Positive Behavior in Meaningful Ways
- Demonstrate Fair and Consistent Boundaries

"And the benefits have included:
- Understand the unique dynamics of the challenging child
- Shift a child toward using his/her intensity in successful ways
- Create a deeper sense of success & inner wealth for the child."

Excerpt taken from www.difficultchild.com.

For more information, call our Warmline! 415-920-5040.

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.). They begin promptly.

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

WORKSHOPS

Your Child's Rights in Child Care and After School Care
Friday, December 6, 2013; 10:00am – 12:00pm
For children with disabilities, obtaining quality inclusive care can be a challenge. Child care and after school providers don't always understand their responsibilities and families don't always know their rights. This training will go over the Americans with Disabilities Act, and will provide real world examples of how to successfully include children with disabilities in care. *Presenter: Maisha Cole, Staff Attorney, Child Care Law Center*

Crossing the Bridge to Preschool Services
Friday, December 6, 2013; 1:30pm – 3:30 pm
If your child will be turning three in the next year, you will become involved in transitioning your child from early intervention into new educational programs like preschool. We'll help you understand the steps in this process in order to facilitate a smooth transition. *Presenters: Representatives from GGRC, SFUSD, and Support for Families*

PPW: Play and Neurodevelopment
Saturday, January 11th, 2014; 8:30am-12:30pm
Playing is key to growth and development. This workshop for parents and professionals focuses on the importance of play in children's development from a number of theoretical perspectives. Participants will leave with an understanding of why play matters and concrete skills they can use to support children's play when playing is a struggle. *Presenter: Benjamin Fife, PsyD*

IDEA: Child Find Requirements & Discipline in School
Tuesday, January 14, 2014; 5:00pm – 7:00pm

Making Plans for Your Child's Future
Tuesday, February 4, 2014; 6:30pm – 8:00pm
All parents face serious questions about how to best prepare for their child's future when they are gone. This workshop will give you a clear understanding of what the special needs planning process is, and how planning now for your child's financial and legal needs will bring you peace of mind and a sense of empowerment. All attendees will leave with practical steps they can implement immediately to begin planning for their child's future. *Presenter: Ken Prodger, Certified Financial Planner*

PPW: Technology for Learning Differences
Saturday, February 8th, 2014; 8:30am-12:30pm
Students with learning differences often have an impressive array of cognitive "tools" (skills) in one area but only a minimal set in others. They can complement their cognitive toolset with a "technology toolbelt": a personalized set of devices and software matched to their unique learning profile and tasks. We will illustrate how to stock that toolbelt for different learning profiles, and demonstrate software, devices, and "everyday tech." *Presenter: Shelley Haven, Assistive Technology Consultant*

PPW: Reading Stories and More!
Wednesday, February 26, 2014; 10:00am - 12:00pm
We will define early literacy and describe the skills children need in order to be ready to learn to read. The workshop will include videos, resources, and provide opportunities to try out different strategies! Please bring one of your favorite children's picture books to the workshop. *Presenter: Amber Friesen, Ph.D.*

CLINICS

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

Individualized Education Program (IEP) Clinics
Presented by SFCD. Learn about Special Education law, the IEP process, what to do when things aren't working, and how to become a more active/effective team member.

Transition to Adult Services Clinic
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.

Skills for Effective Parent Advocacy Clinic
Presented by SFCD. Participants will learn what advocacy is, the specific skills needed to be an effective advocate, and how to apply those skills to make a difference.

iPads as Assistive Communication
Presented by SFCD. We'll cover iPad basics, how to adapt the iPad for your child (settings and adaptive tools), communication apps, and how to incorporate the iPad into your child's daily routine. Afterward, you may be able to BORROW an iPad.

SAVE THE DATE

Saturday, March 22, 2014
Information and Resource Conference

John O'Connell High School

Calendar of Events

December 2013

Dec 5	4:00pm - 6:00pm	IEP Clinic - Cantonese
Dec 6	10:00am - 12:00pm	Your Child's Rights in Child Care
Dec 6	1:30pm - 3:30pm	Crossing the Bridge to Preschool
Dec 7	8:30am - 4:30pm	Parent Mentor Program (PMP): Parent to Parent Training- English
Dec 7	10:00am - 1:00pm	iPads as Assistive Communication (Comm.) - English
Dec 11	9:30am - 1:30pm	PMP: Parent to Parent - Spanish (Pt 1)
Dec 12	4:00pm - 6:00pm	IEP Clinic - English
Dec 18	9:30am - 1:30pm	PMP: Parent to Parent - Spanish (Pt 2)
Dec 19	4:00pm - 6:00pm	IEP Clinic - Spanish
Dec 21	10:00am - 1:00pm	iPads as Assistive Comm. - Spanish
Dec 26	4:00pm - 6:00pm	~~Transition Clinic~~ CANCELED

January 2014

Jan 2	4:00pm - 6:00pm	IEP Clinic - Cantonese
Jan 4	10:00am - 1:00pm	iPads as Assistive Comm. - English
Jan 9	4:00pm - 6:00pm	IEP Clinic - English
Jan 12	8:30am - 12:30pm	PPW: Play and Neurodevelopment
Jan 14	5:00pm - 7:00pm	IDEA: Child Find Workshop
Jan 15	10:00am - 1:00pm	PMP: Special Education Ser. - Spanish
Jan 16	4:00pm - 6:00pm	IEP Clinic - Spanish
Jan 18	10:00am - 1:00pm	iPads as Assistive Comm. - Spanish
Jan 21	5:30pm - 8:30pm	PMP: Special Education Ser. - English
Jan 23	4:00pm - 6:00pm	Transition to Adult Services Clinic
Jan 23	6:30pm - 8:30pm	Community Advisory Committee (CAC) for Special Education Meeting
Jan 30	4:00pm - 6:00pm	Skills for Effective Parent Advocacy

February 2014

Feb 1	10:00am - 1:00pm	iPads as Assistive Comm. - English
Feb 4	6:30pm - 8:00pm	Making Plans Workshop
Feb 6	4:00pm - 6:00pm	IEP Clinic - Cantonese
Feb 7	1:30pm - 3:30pm	Crossing the Bridge to Preschool
Feb 8	8:30am-12:30pm	PPW: Technology for LD
Feb 13	4:00pm - 6:00pm	IEP Clinic - English
Feb 15	10:00am - 1:00pm	iPads as Assistive Comm. - Spanish
Feb 18	5:30pm - 8:30pm	PMP: Special Education Ser.- English
Feb 19	10:00am - 1:00pm	PMP: Special Education Ser. - Spanish
Feb 20	4:00pm - 6:00pm	IEP Clinic - Spanish
Feb 26	10:00am - 12:00pm	PPW: Reading Stories and More!
Feb 27	4:00pm - 6:00pm	Transition to Adult Services Clinic
Feb 27	6:30pm - 8:30pm	CAC Meeting

March 2014

Mar 1	10:00am - 1:00pm	iPads as Assistive Comm. - English
Mar 6	4:00pm - 6:00pm	IEP Clinic - Cantonese
Mar 13	4:00pm - 6:00pm	IEP Clinic - English
Mar 15	10:00am - 1:00pm	iPads as Assistive Comm. - Spanish
Mar 18	5:30pm - 8:30pm	PMP: Special Education Ser. - English
Mar 19	10:00am - 1:00pm	PMP: Special Education Ser. - Spanish
Mar 20	4:00pm - 6:00pm	~~IEP Clinic - Spanish~~ CANCELED
Mar 22	8:30am - 3:30pm	Information and Resource Conference
Mar 27	4:00pm - 6:00pm	Transition to Adult Services Clinic
Mar 27	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 Winter!

Holiday Ice Skating Party
Saturday, December 21st, 2013, 6-8pm
Yerba Buena Ice Skating Center, 750 Folsom St., SF 94103

Registration is now FULL. To get on the wait list or to cancel your reservation, please call 415-920-5040.

First Movie Night of 2014:
Friday, January 24th, 2014 5:30-7:30pm
Support for Families, 1663 Mission St., San Francisco 94103

Movie Nights

Our popular Movie Nights is coming back in Winter 2014! Families and children are invited to watch a movie, munch on yummy snacks, and enjoy the playroom here at our main office. Movie Nights are held monthly on Fridays in January to June 2014 from 5:30pm-7:30pm. Please check www.supportforfamilies.org or call 415-920-5040 for upcoming dates and movie titles.

Family Access Day at the Contemporary Jewish Museum
Sunday, February 23rd, 2014, 10am-12:30pm
736 Mission Street, San Francisco, CA 94103

Photo Credit: Gary Sexton.

Children and families with disabilities are invited for an inclusive and multisensory experience at the Museum. This fun-filled day will feature a family gallery tour of Frog and Toad and the World of Arnold Lobel, a dance workshop by AXIS Dance Company, a "studio of the senses" art workshop, and a special screening of a claymation film inspired by the characters in Frog and Toad. Presented in partnership with the Contemporary Jewish Museum, Support for Families, INCLUDE, a partnership of Jewish LearningWorks and the Jewish Community Federation and Endowment Fund, and Rosh Pina. For more information about this event, please contact access@thecjm.org or 415-655-7856. For information on how to register, please check www.supportforfamilies.org or call 415-920-5040.

Play Ball! in Spring '14

by Linda Leonard

Kids six and over with physical or cognitive challenges are invited to join the SF Giants Challenger League! From March to June, team members and their families get together to play and provide fan spirit for a non-competitive game of baseball on Sunday afternoons.

Our son Drake has been a player on the Challenger League for the past three seasons. On Sundays, he suits up in uniform, and we venture out to play with all the great friends he's made! Games take place throughout the Bay Area, with home fields at McCovey Cove or Treasure Island.

Together, the kids practice essential baseball skills, but more importantly, they learn how to support each other in a team effort. We have noticed a greatly improved sense of self-esteem in Drake as a result of joining this league, as the games are the only time he can participate in a group sport and truly feel supported. In addition, as a regular family fan in the stands, I can attest that we have met so many incredible families who have built a camaraderie that extends well beyond the baseball field.

Highlights of this past season include hitting the ball—both from the tee and by pitch, running or rolling around the bases and cruising into home plate, kicking up clouds of dirt in the infield, chasing a runaway ball into the outfield, lying in the grass and soaking up the afternoon sun, playing with friends in the dugout, having family members cheer for our team, petting our doggy mascot, having a hot dog after the game, meeting and practicing with coaches and players from the MLB Giants, attending a game at AT&T Park, and a great year-end Jamboree tournament and picnic!

Register for Spring 2014 hrough the San Francisco Little League website, www.SFLL.org. For additional information, to volunteer, or for contacts for other Bay Area Challenger teams, please contact Peter Straus at 415-864-2939, or challenger@sfll.org. We would love you joing our team!

More Recreation Resources for Kids with Disabilities This Winter/Spring in San Francisco

- Challenger Little League: www.SFLL.org; 415-864-2939
- E-Soccer and ETKO: e-soccer.org; 415-517-6509
- KEEN SF: www.keensanfrancisco.org; 415-710-4412
- Kidspace: www.kidspacetherapy.com; 415-695-1400
- SF Recreation and Park: sfrecpark.org/recprogram/adaptive-recreation; 415-242-5649
- Steppin' Out Dance Studio: www.steppinoutsf.com; 415-821-7884

For more, visit our resource guide online (www.supportforfamilies.org/resource2) or call our Warmline (415-920-5040).

Thank you!

Donations received August 1 through October 31, 2013

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.

wine + design 2013

Event Sponsors:

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In addition, Support for Families thanks the many people who bought dinner tickets to Wine+Design 2013, raffle tickets, and/or auction items. These purchases also help support our programs and services!

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San Francisco Ballet
San Francisco Linens
San Francisco Symphony
San Francisco Zoo
Bob Sarlatte

Development

wine + design 2013

The Wine+Design 2013 Auction and Gala on October 4 was SFCD's most successful fundraiser to date, netting more than $150,000 to support our programs and services!

The event honored San Francisco Recreation and Park Department for its access and inclusion services for children and adults with special needs. Auctioneer and host Chad Carvey kept the bids coming while Denon & Doyle DJs served up an irresistible mix of musical styles.

Bob Palacio of SF Recreation & Park Department accepts the 2013 Support for Families Service Award

Enthusiastic Wine&Design guests raised their paddles in support of Support for Families.

Peter Mansfield and Deborah Denehy danced to music of DJ Richard from Denon & Doyle.

Catherine Sarlatte
Sea Glass Fine Art
Seager Gray Gallery
Semifreddi's Bakery
SF Giants
Smart Mom Jewelry
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Rocio Smith
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- 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

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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.

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