



KIDSTEPS

Family and Children's Center

A Division of SARAH, Inc.

SUMMER BROCHURE 2009



Program Highlights:

- **Teacher Workshops**
- **Baby Sign**
- **Children's Workshops**
- **Group Guitar**
- **Music and Me**
- **Parent Chat Group**
- **Parent Workshops**
- **Sensory Group**
- **Sibshops**

Making strides to support, educate and advocate for differently-abled children, their families and friends.

51 Boston Post Road, Madison, CT 06443
E-mail: mroy@sarah-inc.org

Phone: (203) 318-3692, x2
www.sarah-inc.org

Welcome to KIDSTEPS Family and Children's Center! We hope that our programs at FCC will be educational and fun for the whole family. Our center offers a unique, safe and accepting environment for parents/caregivers and their children to participate in small group activities and workshops. All program instructors accept and respect diverse needs and learning styles..

Please call if you would like information about community resources, child development, parenting or other program needs. We are looking forward to meeting your family and providing support as we enjoy the warmer weather.



The KIDSTEPS Family and Children's Center is a division of SARAH, Inc. Our mission is to meet the needs of families concerned about their child's social, emotional, physical development and educational success. SARAH, Inc. and all of our programs do not necessarily promote or endorse any particular viewpoint or service.

We provide a therapeutic, integrated, and inclusive learning experience for differently-abled children (ages birth to 12), their families, and typical peers.

Our programs are open to all children.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



Parent/Child Classes

Baby Sign: Enhancing Communication for Infants, Toddlers and Pre-School Children (Birth to 4 yrs. old)

Dates: July 7, 9, 14, 16, 21, 23

Time: 11:00-11:45 am

Fee: \$110 for 6 sessions

Instructor: Eileen D. Baker, M.E.D. Consultant

Research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language, baby sign, is an effective and positive bridge to recognizing their often-challenging non-verbal needs.

Music and Me (6 mos.-4 yrs. old)

Dates: Tuesdays, July 7, 14, 21, 28; Aug. 4, 11

Open House June 30th -- enjoy a free class

Time: 3:30-4:15pm

Fee: \$120 for 6 sessions

Instructor: Marcia Nelken, Educator

Music and Me is a weekly, spirited, relaxed and playful music and movement program for parents and children. Children will be involved in a variety of parent/child activities including playing drums, xylophones and other fun instruments. This experience will help children take small steps in their awareness of music, movement and social development. The instructor developed and has taught this program for more than 20 years.



Sense-sational Learning (2-3 yrs. old)

Dates: Mondays, July 13, 20, 27; Aug. 3

Time: 9:30-10:30 am

Fee: \$60 for 4 sessions (FREE for KIDSTEPS B23 children)

Instructors: Connie Warner, M.S., Ed.; Early Intervention Teacher
Cindy Taylor, M.S., OTR/L; Occupational Therapist

Children learn best when all of their senses are engaged. Join us in this facilitated playgroup for children ages 2-3 and their caregivers as we participate in a variety of sensory motor play and learning activities. Sessions will include opportunities for discussion, questions and follow up suggestions.



Children's Classes/Groups

Sibshops (7-12 yrs. old)

Dates: Thursdays, June 4, 11, 18

Time: 4:30-6:00 pm (dinner included)

Fee: \$40 for 3 sessions

Place: Guilford Community Center

Instructor: Marian Roy, M.S., Counselor/Educator along with the Guilford Recreation Center's staff.

Sibshops are a celebration of the many contributions made by brothers and sisters. A Sibshop is an activity-based support workshop for the brothers and sisters of people with unique concerns and special health issues or disabilities. Children will have an opportunity to talk to peers and become involved in many fun activities, including games, crafts and cooking. Dinner is included, prepared by the participants.

****Register through the Guilford Community Center. (203) 453-8068**

Social Skills Group (6-8 yrs. old)

Dates: Tuesdays, July 7, 14, 21, 28; Aug. 11, 18

Time: 3:10-4:00 pm

Fee: \$150 for 6 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

These small group sessions enable children to interact and learn new skills with a group of appropriately matched peers. Sessions include a lesson targeting identified skills, cooperative play time (crafts, games, activities) and discussions organized to practice and enhance targeted skills. A parent briefing follows each session. A parent/child interview and an intake form are required prior to registration. All children who may benefit from a social skills group are welcome to participate in these sessions.

Social Skills Group (for 6-8 yrs. old)

Dates: Wednesdays, July 8, 15, 22, 29 Aug. 12, 19

Time: 3:10-4:00 pm

Fee: \$150 for 6 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

Please refer to the Social Skills Group description above.

Social Skills Group (9-11 yrs. old)

Dates: Tuesdays, July 7, 14, 21, 28; Aug. 11, 18

Time: 10:00-10:50 am

Fee: \$150 for 6 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

This group will focus on increasing appropriate peer interactions and practicing skills related to getting along with peers and working cooperatively in a group setting. Fun social skills games and projects will provide activities to reinforce positive appropriate behaviors. A parent/child interview and an intake form are required prior to registration. All children who may benefit from a social skills group are welcome to participate in these sessions.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.

What To Do When You Worry Too Much (7-11 yr. olds)

Dates: Thursdays, July 23, 30

Time: 10:00-11:00 am

Fee: \$45 for 2 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

Children who worry too much try to avoid new or stressful situations. Parents find themselves spending a huge amount of time reassuring, coaxing, and doing everything to try to alleviate their child's distress. This workshop series focuses on learning and practicing techniques that will help alleviate fears and give your child confidence to try new activities and begin to think positively.

Group Guitar (9-12 yrs. old)

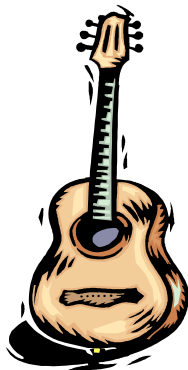
Dates: Thursdays, July 9, 16, 23, 30; Aug. 6, 13,

Time: 4:15-5:15 pm

Fee: \$130 for 8 classes

Instructor: Jeff Sasso, M.A., Special Ed.; Guitar Instructor

Students will learn the basic techniques of playing beginning guitar. This group guitar class is offered to children eager to learn the basics of guitar playing. Learn how to tune the guitar and use chord charts to play songs. This group will be limited to 4 students and will enable students with special needs to work with typical children





Parent/Caretaker/Teacher Workshops

Setting Limits With the Strong Willed Child

Date: Thursday, August 13

Time 7:00-8:30 pm

Fee: \$15 per person

Instructor: Marian Roy, M.S., Counselor/Educator

Some parents are fortunate to have a child with an easy temperament, who is eager to please, making discipline easy. Parents of challenging children find that they do not respond to typical discipline strategies. This workshop will present effective methods that work with strong willed children and techniques that will motivate your child to cooperate and follow your rules.

Helping Children Resolve Social Conflicts

Date: Tuesday, July 14

Time: 7:00-8:30 pm

Fee: \$15 per person

Instructor: Marian Roy, M.S., Counselor/Ed.

Children's conflicts over toys, space and friendship create many challenges for parents and teachers. This workshop presents a mediation process and other useful and effective problem solving strategies that will help children learn to deal with conflict.



CPR Training

Date: Thursday, Aug. 20

Time: 6:00-8:30 pm

Fee: \$30 per person (includes certificate fee)

Instructor: Julie O'Connell, Certified American Heart Assoc. Instructor

This Heartsaver CPR class teaches how to perform Cardio-Pulmonary Resuscitation (CPR) on adults, children and infants and how to help if someone is choking. The program is designed for families, friends and members of the community who want to learn CPR. Participants will be mailed a CPR certificate after completion of the 2 1/2 hour training.



Ongoing Programs

Parent Chat Group

Free childcare is provided

Date: Wednesdays, ongoing

Time: 9:30-10:30am

Fee: None

Facilitator: Marian Roy, M.S., Counselor/Educator

Parents meet weekly to discuss topics of interest to the group. Information and resources are available upon request. Come join the fun and share ideas with parents who have similar concerns and interests.



Mom's Night Out

A time for mothers to take a break from the weekly routine, have fun and chat with other parents about topics of interest or concern. Call the Family and Children's Center for specific event information.

Parent Coaching

This private one hour, parent-only session addresses individual concerns, such as parenting issues or child behavior issues. Call the Family and Children's Center to make an appointment.

School & Community Consultation / In-Service

In-service training and consultation is available. Topics may include (but are not limited to) children with special needs, behavioral concerns, classroom management, teasing and bullying. Upon request, a planning meeting will be scheduled to determine the content and extent of the consultation and training.

Please contact the Family & Children's Center for more information and/or to schedule an appointment with Marian Roy, M.S., Certified Counselor and Administrator.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



REGISTRATION FORM - Summer 2009

Parent/Guardian Registration/Information:

Names: _____

Address: _____

Home Phone: ____ (____) _____

E-mail address: _____

Please add my name to your e-mail list

Child(ren) Registering for Workshops:

Name 1: _____ Age: _____

Name 2: _____ Age: _____

Please list any allergies the child(ren) may have, as well as any accommodations that may be required:

How did you hear about our program?

- | | |
|--|--|
| <input type="checkbox"/> Friends/Family | <input type="checkbox"/> Newspaper/Media |
| <input type="checkbox"/> Internet/website | <input type="checkbox"/> School |
| <input type="checkbox"/> My family's physician | <input type="checkbox"/> Attended past workshops |

In the event of an Emergency, please contact:

1st Name: _____

Ph #: _____ Relationship: _____

2nd Name: _____

Ph: _____ Relationship: _____

| ✓ | Name of Workshop | Fee | Office Use |
|---------------------------------|---|----------|------------|
| | Baby Sign | \$110.00 | |
| | Music and Me | \$120.00 | |
| | Sense-sational Learning | \$60.00 | |
| | Sibshops - Contact Guilford Community Center to register. (203) 453-8068 | \$40.00 | |
| | Social Skills Group: 6-8 yrs. old TUES session | 150.00 | |
| | Social Skills Group: 9-11 yrs. old TUES session | \$150.00 | |
| | Social Skills Group: 6-8 yrs. old WED session | \$150.00 | |
| | What to Do When You Worry Too Much | \$45.00 | |
| | Group Guitar | \$30.00 | |
| | CPR Training | \$30.00 | |
| | Helping Children Resolve Social Conflicts | \$15.00 | |
| | Setting Limits with the Strong Willed Child | \$15.00 | |
| | Parent Chat Group | free | |
| | | | |
| | | | |
| Total Fees Due for Workshop(s): | | \$ | |
| *Tax Deductible Donation: | | \$ | |
| TOTAL AMOUNT ENCLOSED: | | \$ | |

Please make checks payable to: SARAH, Inc.

Please Note: No one will be turned away due to inability to pay. Scholarships and reduced fees are available for families/caregivers. Please contact us at FCC for more information.

Mail registration form & payment to:

KIDSTEPS Family & Children's Center
51 Boston Post Road, Unit 9 ~ Madison, CT 06443

**** SARAH, Inc. is a 501(c)(3) non-profit agency. Fees cover basic costs of workshops. Additional contributions are tax deductible and help support scholarships and continuing programs and are greatly appreciated.***

We ask that you please share the information in this brochure with others who may be interested in attending classes and/or joining our mailing list.



KIDSTEPS Family & Children's Center Policies

Attendance:

Please contact our office (in advance, if possible) to let us know if you or your child is unable to attend a registered workshop or class.

Refunds:

Refunds will only be given if a workshop/class has been cancelled by our office.

Inclement Weather:

In the event of inclement weather, please contact our office to determine whether a workshop or class has been cancelled. All cancellations will be made by our office at least 2 hours prior to the start time of the scheduled session.

Questions?

Contact: Marian Roy (203) 318-3692, ext. 2 OR mroy@sarah-inc.org



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Place label here

SUMMER 09

