

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



KIDSTEPS is a division of SARAH, Inc. Since its founding in 1957, SARAH, Inc. has become a leading provider of support services and advocacy for individuals with disabilities and their families throughout Connecticut.

Services

Individual/Group Supports:

- Parent support groups.
- Individual parent consultation related to child and family concerns.
- Social skills children's groups.
- School transition information and support.

Educational Workshops:

- Parent workshops on topics such as setting limits, nutrition and development issues.

Resources and Referral:

- Resource library.
- Information related to community services.

Parent/Child Activities:

- Play groups.
- Art, music, yoga and more.
- Family enrichment activities.
- Family training counseling and home visits.

Consultation and Training

The Family and Children's Center is supported solely by grants, workshop fees and individual donations.



Family & Children's Center

Michael is seven and has enjoyed SARAH programs through KIDSTEPS since he was a toddler. Today, the Center is bridging an important gap according to his mom, Tracy Inorio. Michael has four siblings and he is the youngest.

Tracy first heard about SARAH from a neighbor. When he began school at age three, the family wanted additional services that would enhance his peer relationships and more.

"SARAH's KIDSTEPS Family and Children's Center was the missing link in Michael's life," Tracy said. "Their programs boost his self confidence and social skills and his knowledge about a lot of things. He wouldn't be doing as well as he is without KIDSTEPS."

The KIDSTEPS Family & Children's Center, a division of SARAH, Inc., provides supports and services for children and families. They offer a quarterly schedule of small low- to no-fee classes, as well as workshops, support groups and consultations that address all sorts of topics and skills.

So, what does a seven-year-old do at KIDSTEPS Family & Children's Center?

"Michael constantly surprises me with what he has learned. I just can't say enough about KIDSTEPS Family & Children's Center,"

- Tracy Inorio



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Interested in KIDSTEPS? Think SARAH, Inc.

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SARAH, since 1957

For 50 years, individuals and families continue to choose SARAH Inc. to provide services that connect them with the communities in which they live and work, enhancing skills and enriching lives. The agency has an array of support and services available to individuals referred from the Connecticut Bureau of Rehabilitation Services, Department of Social Services, Department of Developmental Services, local school systems and the general public.



Tracy has a long list. “For example, Michael has taken an art class with a visiting teacher from the Guilford Arts Center and enjoyed a workshop called ‘Talk to the Animals’,” she said.

“Michael constantly surprises me with what he has learned. I just can’t say enough about SARAH,” Tracy said.

Involving the Whole Family

The programs are beneficial to the rest of the family, too. Michael’s eight-year-old sister attends sibling workshops, designed to help siblings understand the additional and special support their brothers and sisters might need and receive. She was also able to enjoy the art workshop with her brother.

Like Michael, Phyllis Quinn’s son Elliot enjoys KIDSTEPS Family & Children’s Center programs. Her daughter attended a sibling class that the 12-year-old found helpful for understanding her brother’s special challenges. Phyllis and her husband enjoyed a night out with other KIDSTEPS parents.



Sessions at the Family and Children’s Center include such offerings as: social skills groups, baby sign language, group guitar, and music, art and theater classes. Some parents have found yoga useful in providing a calming experience for their children.

Other parent discussion opportunities are available, such as: parent workshops to help children who are teased or bullied, parent chat discussion groups, and parent coaching. Family and Children Center professional staff offer consultation services to schools and community agencies, as well.

“Our donor-supported Family and Children’s Center is filling a critical need,” said Patricia Bourne, Executive Director of SARAH Inc. “KIDSTEPS has more and more inquiries about how we might fill the gap for parents of children with special challenges ranging in age from about birth to age 12. The Family & Children’s Center small-group programs, led by professional staff, help children and families enhance their skills in a safe and positive environment.”



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