

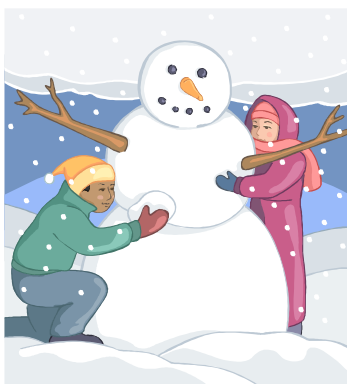


KIDSTEPS

Family and Children's Center

A Division of SARAH, Inc

Winter Brochure 2012



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

We are on the Web
www.sarah-inc.org



Find us on Facebook

246 Goose Lane, Suite 101, Guilford, CT 06437 Phone: (203) 453-7592, x2
E-mail: kidsteps-fcc@sarah-inc.org www.sarah-inc.org

Welcome to KIDSTEPS Family and Children's Center! We have settled in to our new office at the SARAH, Inc. administrative offices in Guilford. We are committed to providing quality classes and workshops in a supportive environment for your child and family.

Please call if you would like information about community resources, child development, parenting, or other program needs. We look forward to meeting you and your family as we welcome the new year and the winter season.



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.



Parent/Child Classes/Groups

Toddler Movement Group: 18 months-2 year olds

Dates: Wednesdays, January 18, 25, February 1, 8, 15, 22, 29, March 7

Time: 10:15 - 11:15 a.m.

Location: Willoughby Wallace Memorial Library, 146 Thimble Islands Rd., Branford

Instructor: Marisa Valdiserra

Fee: None

Class Size: 6 children

This is an opportunity for your toddler to explore movement in a safe, accepting environment. The group will be introduced to movement games and songs that will help promote interaction and awareness of self and others. In addition, props such as parachutes and musical instruments will be incorporated throughout the group to enhance your toddler's experience.

Marisa Valdiserra is the dance/movement therapy intern at SARAH, INC. She is a 2nd year graduate student at Lesley University in Cambridge, MA. Dance/movement therapy focuses on an individual's movement as the primary means of connection, communication, and expression. This type of therapy can address such issues as attachment, socialization, self-esteem, body awareness, and relationship building.

For the last 10 years, Marisa has worked with children and adolescents diagnosed with autism, Asperger's Syndrome, and other pervasive developmental disorders. In addition to working with the children, she also coaches parents on ways to effectively play, communicate, and teach their child.

**Marisa is also available for private consultations. Please contact the Family and Children's Center to arrange an appointment.*



Children's Classes/Groups



Cooperative Art Group for Girls (ages 9-11) Exploring Cultures Through Art

Dates: Wednesdays, January 25, February 1, 8, 15, 22, 29

Time: 4:00-5:00 p.m.

Location: SARA in Action, 51 Boston Post Rd., Madison

Instructor: Nicole Kras, M.A., M.S., C.A.G.S.

Fee: \$60.00 for 6 sessions

This group will combine both individual and group cultural based art directives while focusing on identifying emotions, exploring feelings, dealing with conflict, and building social skills. Each week a new topic will be introduced and art work will be created that will facilitate discussion on that topic.

Week 1: Egyptian Pharaoh Masks

Week 2: Egyptian Pharaoh Masks (Cont.)/Japanese Fans

Week 3: Chilean Indian Rainsticks

Week 4: Native American Dream Catchers

Week 5: Navajo Sand Painting

Week 6: Chinese Dragons

Nicole Kras is an art therapist, college instructor and former elementary school teacher. She currently offers art therapy sessions for both children and adults at the Shoreline Center for Wholistic Health in Guilford.



Children's Classes/Groups

Creative Art Group (ages 6-8)

Dates: Thursdays, January 26, February 2, 9, 16, 23, March 1

Time: 4:00-5:00 p.m.

Location: SARAH in Action, 51 Boston Post Rd., Madison

Instructor: Nicole Kras, M.A., M.S., C.A.G.S.

Fee: \$60.00 for 6 sessions

Creative Art is a group for children ages six through eight. It is designed to promote creativity, social skills, and self-expression. Participants will be actively engaged in art directives using various art media. Discussion topics may include making friends, sensitivity to others, identifying emotions, and conflict resolution.

Week 1: Multimedia Collages

Week 2: Masks

Week 3: Painting to Music

Week 4: Identifying Emotions

Week 5: Sculpture

Week 6: Group Mural





Parent/Child Classes/Groups

Everybody Come and Play!

Dates: Session 1: Saturdays, January 14, 21, 28, February 2

Session 2: Saturdays, February 11, 18, March 3, 10 (*note: no group on Feb. 25th*)

Time: 9:30-11:30 a.m.

Location: SARAH in Action, 1620 Boston Post Rd., Westbrook

Fee: \$ 35.00 per session

We are starting a **NEW** playgroup for children of **all** abilities in January. This group will address social skills and cooperative play as well as provide other developmentally appropriate experiences. Siblings are welcome too, and can participate in their own group. Time for parent education through discussion and meeting other adults is included. Please contact Kathy at kidsteps-fcc@sarah-inc.org or (203) 453-7592 ext. 2 if interested. Groups are set by age.





Parent/ Caretaker/Teacher Workshops

KIDSTEPS is happy to announce workshops designed to provide information, tools, and answers to tackle some of parenting's biggest challenges.

Watch your email and check out our flyers for the upcoming workshops:

- ◆ **CREATING A SUCCESSFUL SCHOOL EXPERIENCE:
THE CHALLENGES AND SOLUTIONS**
- ◆ **PUTTING AN END TO THE HOMEWORK HASSLES**
- ◆ **HELP! MY CHILD HAS AN ANXIETY DISORDER**
- ◆ **HELP! MY CHILD HAS ADD/ADHD**
- ◆ **AUTISM IS A FAMILY AFFAIR**
- ◆ **PUTTING AN END TO POWER STRUGGLES**
- ◆ **MEALTIME BATTLES**
- ◆ **BEDTIME BATTLES**
- ◆ **SURVIVING THE WORKING PARENT SYNDROME**
- ◆ **YOUR HOUSE, MY HOUSE, OUR CHILDREN**

If you are interested in a particular topic and would like to schedule a presentation for your parent or school group, please contact the Family and Children's Center.

Barb Baycroft is a Children's Mental Health Worker and Parent Coach with over 25 years experience helping children and empowering parents. Using humor and practical parenting strategies she will help parents find solutions that will work for them and their families.



Parent /Caretaker Workshops

Family Dynamics of Special Needs Planning

Date: Wednesday, February 15

Time: 6:30-7:30 p.m.

Location: SARA in Action, 51 Boston Post Rd., Madison

Fee: None

Presenter: Kevin McAvoy, CFP, MetLife Center for Special Needs Planning

Family Members who have dependents with special needs, no matter what age or disability, have many serious questions about how to best prepare for their future well being, not only lifetime care but quality of life. A person caring for a person with special needs faces unusually difficult planning decisions regarding their future as well as their family. The most important issue is planning for their future care and services. This workshop will address important issues a family will face, such as protecting government benefit eligibility for supplemental Security Income (SSI), Medicaid and ways in which a special needs trust can provide lifetime care while still preserving government benefit eligibility. This workshop will also touch upon guardianship issues, appropriate vehicles to fund a special needs trust and the Letter of Intent. The Letter of Intent is one of the important planning tools discussed in the workshop. It helps a family communicate all future needs and wishes for an individual who may not be in a position to indicate these desires for him or herself. This workshop also deals with the emotional and financial considerations that must be discussed prior to taking on this role and exactly what role each person on the team will play in their family member's future.



Parent /Caretaker Workshops

CPR & First Aid Training

Date: Thursday, February 23

Time: 6:00-9:00 p.m.

Location: SARA in Action, 51 Boston Post Rd., Madison

Fee: \$50 per person

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

This Heart Saver CPR class teaches how to perform Cardio-Pulmonary Resuscitation (CPR) on adults, children, and infants, as well as how to help someone who is choking. The program is designed for families, friends, and members of the community who want to learn CPR. First Aid training is included in this class. Participants will be mailed a CPR certificate (already included in the session fee) after completion of the 3 hour training.





Parent /Caretaker Workshops

Summer Camp for Children with Special Needs

Date: Wednesday, March 14 (*note: this will be held during our regular Parent Chat time*)

Time: 6:30 p.m.

Location: SARA in Action, 1620 Boston Post Rd., Westbrook

Fee: None

Presented in conjunction with the CT Family Support Network





Parent /Caretaker Workshops

The CT Family Support Network will host a presentation on Summer Camps for children with special needs. The presentation will offer parents an opportunity to meet with representatives from local camps, share information with other parents and discuss funding resources.

If you are a parent or guardian of a child with special needs and you are wondering:

***What will I do for summer programming?
What will I do after summer school is over?
What camps have other special needs children gone to and did they like them?***

Come join us. If you have information about a camp you want to share please bring it with you



Parent/Caretaker Workshops

How to Make the IEP a Framework for Success: Raising The Bar at PPT Meetings

Date: Tuesday, March 20

Time: 7:00-9:00 p.m.

Location: SARA in Action, 51 Boston Post Rd., Madison

Fee: None

A Discussion and Q&A with:

Special Education Law Attorney Lawrence Berliner and Special Guest Michele Isenberg, Executive Director, Wise Learning.

A “hands on” workshop for parents of children with special needs to maximize their advocacy efforts in the special education process. This workshop will help parents articulate their concerns and visions for their child and develop strategies to ensure achievement of their goals.

Attorney Berliner will discuss:

- ◆ Student’s basic rights mandated by the IDEA
- ◆ Understanding the goals and objectives in the IEP
- ◆ How to prepare for any PPT meeting throughout the year
- ◆ The Annual PPT
- ◆ How to organize strategize and review the progress and plan for the school year ahead
- ◆ Building a collaborative relationship with the school
- ◆ New developments in special education law



Parent /Caretaker Workshops

Michele Isenberg will discuss:

- ◆ Parent Advocacy
- ◆ Students learning styles and how that translates to an IEP
- ◆ When extra help beyond the school day is required for a child with special needs
- ◆ How to define that help and how to obtain appropriate educational services
- ◆ Designing a unique learning program to meet the needs of each student
- ◆ Developing strategies to overcome learning challenges

A **Valuable Primer** for special education law issues and parent advocacy concerns will be handed out at the end of the session.

Presented in conjunction with the Jewish Federation of Greater New Haven.



Ongoing Programs

Parent Chat Groups

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.

In an effort to meet the ongoing needs of our families, there are two sessions of Parent Chat offered each week.

****Please note the new day and location for the evening Parent Chat.***

Date: Tuesdays, ongoing

Time: 9:30-10:30 a.m.

Location: Women and Family Life Center
96 Fair St., Guilford.

Facilitator: Deborah Pagano of the CT Family Support Network

***Free childcare is offered at this session**

Date: Wednesdays, ongoing

Time: 6:30-7:30 p.m.

Location: SARAH in Action, Westbrook
1620 Boston Post Rd., Westbrook

Facilitator: Deborah Pagano of the CT Family Support Network

***Free childcare is offered at this session**



Coming Soon!

Coming soon to the Norwich area:

- ◆ Basic Sign Language class presented by KID-
STEPS therapists.

And

- ◆ Toddler movement group presented by
Marisa Valdiserra.

Look for our flyers and check our website. We hope to have more information about these classes soon.





Program Locations

SARAH, Inc. Administrative Offices

246 Goose Lane, Suite 101

Guilford, CT 06437

203-458-4040

SARAH in Action - Madison

51 Boston Post Rd. Unit 1

Madison, CT 06443

203-318-5206

SARAH in Action - Westbrook

1620 Boston Post Rd.

Westbrook, CT 06498

860-399-1888

Willoughby Wallace Memorial Library

146 Thimble Islands Rd.

Branford (Stony Creek), CT 06405

203-488-8702



REGISTRATION FORM - Winter 2012

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?

Friends/Family

Newspaper/Media

Internet/website

School

My family's physician

Attended past workshops

In the event of an Emergency, please contact:

1st Name: _____

Ph #: _____ Relationship: _____

2nd Name: _____

Ph #: _____ Relationship: _____

✓	Name of Workshop	Fee
	Cooperative Art (Girls 9-12)	\$60.00
	Creative Art Group (ages 6-8)	\$60.00
	Toddler Movement Group	No Fee
	Saturday Playgroup Session 1	\$35.00
	Saturday Playgroup Session 2	\$35.00
	The Family Dynamics of Special Needs Planning	No Fee
	CPR/First Aid	\$50.00
	Summer Camp for Children w/Special Needs	No Fee
	How to Make the IEP A Framework for Success	No Fee
	Parent Chat Tuesday 9:30-10:30 a.m. Guilford	No Fee
	Parent Chat Wednesday 6:30-7:30 p.m. Westbrook	No Fee
Total Fees Due for Workshop(s):		\$
* Tax Deductible Donation:		\$
TOTAL AMOUNT ENCLOSED:		\$

Please make checks payable to: SARAH, Inc.

Mail registration form & payment to:

SARAH Inc
 KIDSTEPS Family & Children's Center
 246 Goose Lane, Suite 101
 Guilford, CT 06437

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

**** 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. We are also on the web:
http://www.sarah-inc.org/family_children.html**



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/suggestions/comments

Contact: Kathy Fadel (203) 453-7592 ext. 2 OR
kidsteps-fcc@sarah-inc.org

Winter 2022

2022-2023



QUESTIONS
The Yerevan University Center
for Business Administration
and Applied Sciences