



# FAMILY SUPPORT NETWORK of CENTRAL CAROLINA

Volume 2, Issue 5

Summer  
2007

801 Green Valley Road, Greensboro NC 27408 \* (336) 832-6507 \* support@fsncc.org

Supporting families of children with special needs & those born prematurely in  
Alamance, Caswell, Guilford, Randolph & Rockingham Counties

## NICLI Notes Page 2

### SUPPORT PARENT TRAINING

As many of our readers know, learning that your child has a disability or chronic illness can be an overwhelming experience. For many of us, speaking with another parent who has experienced a similar situation can be a critical source of support. FSNCC is seeking volunteers to become Support Parents for families whose children have been recently diagnosed. Our orientation spans two evenings. Participants enjoy dinner together while reflecting on their own experiences of raising a child with special needs, and learning tools for providing impartial, empathetic support. After training, Support Parents are periodically matched with families whose children have been recently diagnosed for a series of informal contacts. If you would like to offer the gift of support to another family in this way, please contact Brooke at 334-5601 Ext. 217 or [brooke.juneau@ncmail.net](mailto:brooke.juneau@ncmail.net). **Our Fall training will take place on September 11th and 13th, 6:00-9:00 p.m. at Women's Hospital of Greensboro.**

### MOMS' GROUP

FSNCC's Moms' Group is a great way to meet other mothers of children with special needs and share your experiences in a fun, relaxed atmosphere. Whether you have never attended before, or are

coming back after having been away for a while, we welcome you with open arms. Join us for our upcoming meetings:

**September 6: Sit & Chat, 7:00-9 pm:**

**Call for location & directions.**

**October 4: Mexican Night,**

**6:30-9 pm: Casa Vallarta,**

**3915 Battleground Ave. GSO.**

For more information & to RSVP, give us a call at 832-6507.

### DOWN SYNDROME NETWORK OF GREATER GREENSBORO

**The Fourth Annual Buddy Walk is planned for Sunday, October 14th at Greensboro's Country Park.** Registration will begin at 1:30; the walk begins at 2:30 p.m. This event raises funds and awareness in our community, and offers a great opportunity for people with Down syndrome and those who love them to experience a wonderful day of fun and friendship. If you are interested in participating and/or sponsoring a walker, please contact Dawn Pettus at (336) 454-3527 or Gretchen Baute at (336) 584-5298. You can also check out scenes from last year's Buddy walk at [www.team-up.org](http://www.team-up.org).

### SIBSHOPS

Do you have a child in grades 1-6 who has a sibling with special needs? If so, consider having them join us at Sibshops. This program

provides support within a recreational setting for brothers and sisters of children with special needs. Sibshops focus is on fun...each session is filled with games, crafts, and more. You can read more about this extraordinary program at [www.siblingsupport.org](http://www.siblingsupport.org). You can also get the latest news on our local program at [www.fsncc.org](http://www.fsncc.org); click on the Sibshops link under "Our Services." Our Fall sessions will be held from **6:30-8:30 p.m. at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road, Greensboro** on the following dates:

**September 21    October 19**

**November 16    January 18**

**February 15**

Each session is \$5; scholarships are available. Give us a call to sign up!

\* We will also host an annual **Teen Sibshop Reunion** for graduates of the Sibshops program. Date TBA; we'll be sending info to our grads in the mail.

\* **GALS group (Girls Appreciating Loved Siblings)** is for sisters of kids with special needs, in grades 5 and up. New members are welcome! Calendar TBA; call us to be placed on the mailing list.

### FSNCC Fall Picnic

**Sunday, September 30**

**City Lake Park, High Point**

**Shelter #8, 3:00-6:00**

**Details to follow...**



# NICU NOTES

## NICU Family Reunion

Hosted by Moses Cone Health System. Don't miss this annual celebration for NICU graduates! Saturday, September 8<sup>th</sup> from 1:00-3:30 pm at the Women's Hospital Education Center. No RSVP is necessary. Come one, come all to a circus themed event. Join us for free games, music, art, and pony rides. FSNCC will once again be collecting items for Elizabeth's Closet; check out our WISH LIST at the end of this page!

## Support Parent Program: Helping NICU families one tiny step at a time.

Looking for a way to make other families' stay in the NICU a little brighter? FSNCC is seeking experienced, dedicated families (like yours!) to become volunteer Support Parents for families in the NICU. Volunteers should be home from the NICU for at least one year, and have an interest in providing one to one phone support to current NICU families. Volunteers also attend four regularly scheduled FSNCC NICU Events to share their stories. This is a great way to offer hope and encouragement to new NICU families faced with the emotional challenge of having a baby in an NICU.

Although we offer an annual two

evening training, we are piloting a short version for families whose schedule would make it difficult to commit to our regular training. Call us if you are willing to come in during the day for a two hour training. This training features a new DVD about becoming a support parent and a meeting with FSN staff about our local guidelines. Call the office or email us at [support@fsncc.org](mailto:support@fsncc.org) to set up a time.

## NICU Parent Council

We are recruiting NICU graduate families to assist the Parent Council. Please contact Tracy Edmonds ([birdsandfins@triad.rr.com](mailto:birdsandfins@triad.rr.com)) or Jenn Duke ([chrisjennjax@aol.com](mailto:chrisjennjax@aol.com)) for more information.

## New NICU Gallery at [www.fsncc.org](http://www.fsncc.org)

Take a look at the new NICU-related sections of our website! From the Home page, click on "NICU Services." Be sure to check out the link at the bottom of the page, which will take you to our "Yesterday & Today" gallery, featuring NICU grads and how far they have come since their fragile early days. You can share your child's photos with us by e-mailing them to [brooke.juneau@ncmail.net](mailto:brooke.juneau@ncmail.net), or mailing them to:

Brooke Juneau  
c/o Greensboro CDSA  
122 N. Elm Street, Suite 400  
Greensboro, NC 27401

Check our website frequently for many upcoming additions, including a prematurity-specific resource page, and photo galleries from some of our NICU family events.

## NICU Babies Just Wanna Have Fun!

Please join us on Friday, September 28<sup>th</sup> from 9:00-10:30 am in the Women's Hospital Education Center, Classroom #5. Pediatric Physical Therapist Carrie Sawulski will lead families in a play session with their babies. She will give ideas and tips about enhancing development during play. For NICU graduates up to age two. Call us to RSVP no later than September 20<sup>th</sup> at 832-6507.

## Free Subscription to Premie Magazine

Did you know there is a great magazine just for parents of preemies? Premie Magazine is full of good information for NICU graduates. Free subscriptions are available for families at [www.premiemagazine.com](http://www.premiemagazine.com).

## WISH LIST for ELIZABETH'S CLOSET

This FSNCC program, which ensures that all NICU families leave the hospital with all of the needed baby basics, needs your help. We are especially low on the following items:

- Boys' clothing: preemie sizes
- Diapers: Size newborn and/or 1
- Baby wipes
- Baby bath products
- New or gently used furniture, especially cribs and strollers

Please contact Nancy at 832-6507 or [nancym@fsncc.org](mailto:nancym@fsncc.org) if you have items to contribute. Thanks so much for your help!



**HURRY!!**

### **EC Summer Parent**

#### **Institute: Empowering Parents**

The Guilford County Schools' Exceptional Children Services & the EC Parent Advisory Committee have partnered with the Exceptional Children Assistance Center of North Carolina (ECAC) to sponsor a Parent Summer Institute on Monday, August 6 & Tuesday, August 7.

The session on August 6 will target parents with elementary age special needs students. Topics will focus on **Literacy for All** as it relates to the General and Adaptive Curriculum, **Positive Behavior Support**, and **Navigating the Special Education System**.

The target audience on August 7 will be parents with secondary age special needs students. Topics will include **Literacy for All** as it relates to the General and Adaptive Curriculum, **Pathways to Graduation**, and **Bullying**. Both sessions will be held at **Westover Church** located at 505 Muirs Chapel Road, Greensboro, NC from 8:30 – 3:30. Lunch will be provided to Institute participants.

For more information or to register, contact Stephanie Antkowiak, Exceptional Children Services Parent Liaison at 370-8329 or via e-mail at [ankows@gcsnc.com](mailto:ankows@gcsnc.com). You may also register by contacting Margaret Campbell with the Exceptional Children Assistance Center at 1-800-682-9617, ext 17.

### **Help Needed to Improve Family-Centered Learning for Graduate Students**

Are you interesting in having an impact in the training opportunities of graduate students who will be the future services providers for children with special needs and their families in Guilford County? We are pleased to announce the Birth-Kindergarten: Interdisciplinary Studies in Education and Development (BK:ISED) grant, "An Enhanced Collaborative Model". The purpose of this grant is to provide financial support for individuals from underrepresented groups, including students from culturally and linguistically diverse backgrounds, students with disabilities, or students who have a family member with a disability. We are looking for families with children with special needs to interact with these graduate students in varying ways. These opportunities could include families serving on parent panels in the classes, co-instruction of classes or family-centered field site experiences. If you are interested or would like more information, please contact Azell Reeves at [reev5205@bellsouth.net](mailto:reev5205@bellsouth.net) or Angie Roberson at [atrobers@uncg.edu](mailto:atrobers@uncg.edu), family partnership coordinators for this project.

### **Siblings of Girls with Asperger Syndrome Needed for DVD Production**

Coulter Video of Winston-Salem is working on a series of DVDs for siblings of children with autism, and is currently completing a project for siblings of girls with Asperger syndrome. These films will answer questions siblings might have about autism spectrum disorders, and will feature interviews with boys and girls who have siblings on the spectrum. Interviews can be conducted at your home or the home of the videographers, and last about an hour. **Participants are needed quickly; production is due to wrap up in August!** If you are interested in participating, please call (336)794-0298 or e-mail [coultervideo@att.net](mailto:coultervideo@att.net).

### **Surrogate Parent Advocates Needed**

Guilford County Schools' EC Services needs volunteers to serve as surrogate parents. A surrogate parent is assigned to a student when no parent can be identified, and represents the child in matters relating to identification, evaluation and educational placement for students with special needs. If you have experience in education or would like to train for this opportunity, please call the 370-2323 or e-mail Stephanie Antkowiak, EC Parent Liaison at [antkows@gcsnc.com](mailto:antkows@gcsnc.com) or Carolyn McMath, Compliance Lead, at [mcmathc@gcsnc.com](mailto:mcmathc@gcsnc.com). Training will be on Thursday, August 9<sup>th</sup> at Westover Church in GSO.

### **Partners in Policymaking 2008 Accepting Applicants Through October**

The NC Council on Developmental Disabilities sponsors this phenomenal training series for people with disabilities, their family members, and service providers. Partners attend eight, two-day training sessions in Raleigh, NC. Each session begins at 12:00 p.m. on Saturday and concludes by 3:30 pm on Sunday. National and state leaders in the disability movement will present various topics such as:

- History of the Disability Rights Movement
- Inclusive Education
- Effective Communication
- Supported Employment, Supported Living, Person-Centered Planning
- Assistive Technology
- Seating & Positioning
- Federal Policy & Legislative Process
- State Legislative Process
- Parliamentary Procedures
- Community Organization & Local Advocacy

This comprehensive training is offered at no cost. Accommodations & mileage reimbursement provided; child/health care stipends also available. Participation is limited. To apply, contact Melissa Swartz at the NCCDD: 919-420-7901 or [Melissa.Swartz@ncmail.net](mailto:Melissa.Swartz@ncmail.net), or visit [www.ncpartnersinpolicymaking.com](http://www.ncpartnersinpolicymaking.com).

## FOUR-COUNTY CALENDAR

### ROCKINGHAM

The Family Support Network of Central Carolina is eager to expand our outreach

into Rockingham County! If you are interested in being matched with another local family who has a child with special needs; becoming trained as a volunteer Support Parent; or helping to coordinate a support or play group for families of children with special needs in your area, we are here to help. We provide a wealth of information to families of children with disabilities, and those born prematurely, including resource and referral; Parent Leadership Grants to help fund parent-led initiatives; and free printed information on topics ranging from specific diagnoses to parenting issues to educational considerations. **How can we help your family?**

For more information about our services, please check out our website at [www.fsnc.org](http://www.fsnc.org) (a Rockingham County resource page is currently under construction), or contact Brooke Juneau at (336) 334-5601 Ext. 217 or [brooke.juneau@ncmail.net](mailto:brooke.juneau@ncmail.net).

### RANDOLPH

**\* Special program for Randolph County Foster Families:**

The Randolph County Department of Social Services and the Family Support Network of Central Carolina will co-sponsor a training for area foster families on Saturday, September 29th from 9:00 a.m. - Noon at the offices of the Randolph County Department of Social Services. Speaker Donna Foster will present helpful tips for successful Shared Parenting. For more information, please contact Christina Sterling at 336-683-8038.

**\* Randolph Co. Family Support Program:** Free support groups for parents of school aged children with emotional/behavioral challenges. Dinner provided.

**Asheboro:** Asheboro Friends Meeting, 230 E. Kivett St., 6-8 p.m. 2nd Tuesday of every month during the school year. **Archdale:** New Covenant Lutheran Church, 10445 N. Main, 6-8 p.m. Meets every 4th Tuesday during the school year. Parents of children with ADHD are encouraged to attend. **Youth support groups** also offered at both locations & times, for kids 13-18 who suffer from depression, low self-esteem, or difficulty with schoolwork. Contact Vickie Wilson, Family Advocate at 629-9550 or [vickiew336@earthlink.net](mailto:vickiew336@earthlink.net)

### ALAMANCE

**\* Down Syndrome Support Group:** A new group for Alamance area families with children of any age who have a diagnosis of Down Syndrome. Co-sponsored by the Alamance Partnership for Children and FSNCC. Meetings on the 3rd Thursday of each month. Dinner & child care provided. For more information, call Brooke at 334-5601 Ext. 217 or Ashley at 513-0063.

**\* Autism Society of NC, Alamance County Chapter**

Meetings **resume in September** on the 2nd Thursday of each month at Shiloh Presbyterian Church, Burlington. 6:30-8:00 pm. Childcare available. For information, respite care programs, and other events, call 919-563-0471 or visit [alamanceasnc@bellsouth.net](mailto:alamanceasnc@bellsouth.net). **Alamance County Chapter ASNC morning coffee times** are held on the 3rd Friday of each month, 9:30 am, at Panera Bread near Burlington Square Mall in Burlington. Visit with other parents from our ASNC support group & exchange ideas and information about our children.

**\* Open Hearts, Open Homes: Foster & Adoptive Association of Alamance County:** Meetings on the 3rd Thursday of each month at 6:30 at Integrity Community Church, Burlington (in the Burlington Outlet Center). For more information, contact Fred Surrette at 584-2066 or e-mail [alamancefostera-dopt@yahoo.com](mailto:alamancefostera-dopt@yahoo.com).

**\* Kindermusik teacher welcomes students with special needs:**

Meredith Gornto offers music lessons for young children at all levels of ability at the Brain Train store on S. Church Street in Burlington. For programs and enrollment information, call 336-329-9573 or e-mail [mgornto@triad.rr.com](mailto:mgornto@triad.rr.com).

**\* Circle of Parents Group:** These meetings allow anyone in a parenting role to discuss the challenges of raising children. Gain a sense of belonging & improve your parenting skills. Meetings on the last Tuesday of each month, 6:30-8:00 p.m. at 1206-A Vaughn Rd., Burlington. Dinner & snacks provided. Sponsored by the Alamance County Partnership for Children. For info call Ashley at 513-0063.

**\* Training for foster parents:** Carson Dean will present "Parenting with Love & Logic" on Thursday, September 13 from 6:00-9:00 p.m. For information, location & to RSVP, call (336)229-2960 or email [ann.creech@alamance.com](mailto:ann.creech@alamance.com)

### CASWELL

**\* ASNC-GC Fun on the Farm:** The Autism Society of NC's Guilford County chapter offers their annual day of fun in the country on October 20th from 11:00-3:00. This great family event features food, music, hayrides, horseback rides, a moonwalk, and much more. Home of Therell & Marie Brown, 6236 Hwy 87-N in Matkins. Call 585-0908 for more info & to RSVP.



# Community Calendar

## Guilford County, Fall '07

\*Please Note: Many of these events, including all events of the Family Support Network of Central Carolina, are open to families throughout our service area.

### AUGUST

**7th:** Triad Hitchup group for families of children with hearing loss. Pool party. (See page 6 for more information.)

**13-19th:** "Win-Win at Wyndham." Purchase tickets for the Wyndham Golf Championship and benefit Tristan's Quest and many other great local nonprofits. Tournament held at the Forest Oaks Country Club, GSO. For more information, contact Jan or Dr. Jean at 547-7460 or [drjean@tristansquest.com](mailto:drjean@tristansquest.com).

**14th:** The Greensboro Public Library will host Anne Clinard Barnhill, author of *At Home in the Land of Oz; My Sister, Autism and Me* at 12:00 p.m. Part of the Central Library Brown Bag Series, 219 N. Church St., GSO. For more info, contact Beth Sheffield at 373-3617 or [beth.sheffield@greensboro-nc.gov](mailto:beth.sheffield@greensboro-nc.gov).

**18th:** Family BBQ fundraiser benefiting Tristan's Quest. 3-9 p.m. Music & activities. GSO Harley-Davidson Park off Farragut Rd. Info: 547-7460.

**20th:** Poetry reading with The Arc Poetry Group and Lalenja Harrington. The Arc Poetry Group shares its book *The Spirit Can Still Fly* about the power of expression that lives within all of us. Copies of the book will be available for purchase at the event. A book signing will follow. 7:00 p.m., GTCC High Point, H4 building, Community Room 203. For more information on this event or how to purchase *The Spirit Can Still Fly* contact Teresa McKeon at 883-0650 ext. 230.

### SEPTEMBER

**6th:** FSNCC Moms' Group. 7:00-9 p.m. (See page 1 for details.) **RSVP: 832-6507.**

**8th:** NICU Family Reunion. 1:00-3:30 pm at the Women's Education Center, Classroom 5. Hosted by Moses Cone Health System. (See NICU Notes, page 2, for details.)

**10th:** "Newly Diagnosed" workshop for parents and grandparents of those who have received a recent diagnosis of Autism Spectrum Disorder. Free to families; no child care provided. 10:00 - 11:30am, ASNC Triad Office, 810 Warren Street, GSO. For info & registration, contact Judy Smithmyer or Lori Flinchum at 333-0197.

**11th & 13th:** FSNCC Support Parent training. Please see page 1 for details.

**21st:** FSNCC Sibshops. 6:30-8:30 p.m. at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road, GSO. (See page 1 for more information.)

**25th:** Triad Hitchup group for families of children with hearing loss. Speaker: Patricia Roush, AuD. (See page 6 for more information.)

**30th:** FSNCC Fall Picnic. City Lake Park, High Point, Shelter #8. 3:00-6:00 p.m. A wonderful, FREE event for families of kids with special needs & NICU graduates. More details to come in the mail this Fall!

### OCTOBER

**4th:** FSNCC Moms' Group. Mexican Night. 6:30-9 p.m. Casa Vallarta, 3915 Battleground Ave., GSO. **RSVP: 832-6507.**

**5th & 6th:** "Making the Connections: A Conference About Childhood Hearing Loss." Multiple sessions for families and services providers working with children who have hearing loss. Koury Convention Center, GSO. Pre-conference session for audiologists. For info & registration, call (919) 966-4032 or visit [www.sph.unc.edu/oce](http://www.sph.unc.edu/oce).

**9th:** Golf Tournament benefiting Tristan's Quest. Stoney Creek Golf Club. Now registering sponsors and participants. Call 547-7460.

**14th:** 4th Annual Buddy Walk for the Down Syndrome Network of Greater Greensboro. Country Park, GSO. Registration begins at 1:30; walk begins 2:30. (See pg. 1 for more details.)

**19th:** FSNCC Sibshops. 6:30-8:30 p.m. at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road, GSO. (See page 1 for more information.)

**20th:** Fun-on-the-Farm, offered by the Autism Society of NC's Guilford County chapter. 11:00-3:00 at Therrel & Marie Brown's house. Call 585-0908 more info. (Rain date Oct. 27th)

**30th:** Triad Hitchup group for families of children with hearing loss. Speaker: Beth Whitfield, Med, AVT. (See page 6 for more information.)

**WANT YOUR EVENT LISTED?**

**Contact Brooke at  
(336)334-5601 Ext. 217 or  
[brooke.juneau@ncmail.net](mailto:brooke.juneau@ncmail.net).**



Take a look!

NEW & IMPROVED

[www.fsncc.org](http://www.fsncc.org)

## ONGOING MEETINGS AND EVENTS

\* **Triad Area Hitch-Up (Hearing Impaired Toddlers and Children Have Unlimited Potential):** A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meetings on the last Tuesday of each month from 6:30-8:30 p.m. at Greensboro AHEC (Moses Cone Memorial Hospital), Rooms 31 & 33. Child care available; RSVP is required for this service. For more information, e-mail [info@triadhitchup.com](mailto:info@triadhitchup.com) or visit [www.triadhitchup.com](http://www.triadhitchup.com).

\* **Communication Services for the Deaf/Hard of Hearing:** Parent discussion group, games & activities for kids & teens. Dinner served. 4th Thursday of each month at College Park Baptist Church, GSO. Contact Kelle Owens 336-275-8878 or [kelle@csdhh.org](mailto:kelle@csdhh.org).

\* **National Alliance on Mental Health:** Educational meetings offering information & support for families and individuals living with mental illness. 4th Monday of every other month, 7:30 pm. Fellowship Presbyterian Church, 2005 New Garden Road. Also: "Caring & Sharing" Support Group for individuals and families living with mental illness. Meets on the first Wednesday of each month, 7:00 pm. Call 282-5089.

\* **Tristan's Quest:** Parent/Caregiver Support Group for parents whose child has behavioral/emotional challenges. Last Tuesday of each month from 6:30 - 8:00 p.m. at the TQ office at 115-A South Walnut Circle, Greensboro (off W. Market between Edwardia and Norwalk.) Child-care available by RSVP. A variety of pro-

grams & support groups for youth (4-18) at risk for emotional/behavioral difficulties & children of incarcerated parents are also available. Volunteers welcomed, background check required and training provided. Call 547-7460 or view

[www.tristansquest.com](http://www.tristansquest.com)

\* **The Autism Society of NC, Guilford County Chapter (ASNC-GC):** Monthly meetings for families & individuals with ASD, 3rd Friday night of each month during the school year. Brooks Global Elementary School, 1215 Westover Terrace, GSO, 6:30 - 8:00pm. Respite care available upon request: call 580-6548. *Parent Coffee Breaks (AM):* 3rd Tuesday of each month, Panera on Wendover Ave. for informal conversation & support. 9:30 am. *Parent Coffee Breaks (PM):* 1st Tues-

day evening of each month, Panera on Wendover. Focus: biomedical issues related to autism. 7:00 p.m. 333-0197 / [www.asncgc.org](http://www.asncgc.org).

\* **The Arc of High Point:** Common Visions group for individuals with special needs, their families, & anyone interested in disability issues. 1st Monday evening of each month, Arc of HP, 153 E. Bellevue Dr. Call 883-0650 or visit [www.arc-of-hp.com](http://www.arc-of-hp.com).

\* **GSO and High Point Parks & Recreation Mainstream Resources Units:** A variety of programs for Guilford County residents with physical, developmental, and/or visual impairments. For information on events in GSO call 373-2735. In HP, call 883-3469 & request calendar.

## good news

### New Dentist in Guilford County Welcomes Patients with Special Needs

Dr. Mike Ignelzi of Lake Jeanette Orthodontic & Pediatric Dentistry has experience working with children with visual impairment and other types of special needs, and invites new patients to learn more about his practice. Medicaid and private insurance accepted. His office is located at 3901 N. Elm Street in GSO. Phone: 336-286-0200.

### Martial Arts Classes for Students with Special Needs

Steve Adams of the Greensboro Black Belt Academy offers courses in Tae Kwon Do & Women's Self-Defense for persons aged 5 & up with developmental disabilities. For info, call 312-0611.

### Take a Walk on "The Parent Side"

Check out [www.theparentside.com](http://www.theparentside.com) for a treasure trove of shirts, bumper stickers, buttons, and MUCH more, all promoting inclusion and disability rights. Items available for babies through adults.

### Arc of HP Offers "Reality Fit Club"

All staff & participants of the Arc of High Point are invited to attend this six-week series of informative sessions on health, nutrition, and exercise. The group will convene each Thursday evening from August 21st to September 25th at the YWCA (150 W. Hartley Drive, HP) from 6:30-7:30 p.m. Max. 25 participants. Sponsored by the Hartley Drive Family YMCA. To register, call Teresa at 883-0650 Ext. 230.

**August 21** General Health/Wellness

**August 28** Games/Facilities tour

**September 4** Cooperative Extension:

*Proper eating habits/what to avoid and why*

**September 11** Women only: *Breast/cervical cancer*

**September 18** Men only: *Prostate cancer information*

**September 25** Stress relievers: *Use of yoga/meditation/breathing*

*\*Weekly content subject to change*

### ASNC-GC Fun on the Farm

The Autism Society of NC's Guilford County chapter offers their annual day of fun in the country on October 20th from 11:00-3:00 This great family event features food, music, hayrides, horseback rides, a moonwalk, and much more. Located at the home of Therell & Marie Brown in Caswell County. Call 585-0908 for more info.