

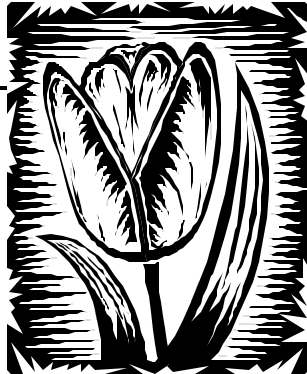


FAMILY SUPPORT NETWORK

Volume 1, Issue 3

Winter/Spring '06

SAVE THE DATE!! FSN-CC's Spring Fling



When: Friday, April 21, 2006, 5-8:00 pm

Where: Greensboro Children's Museum

What: A great opportunity to meet other local families of children with special needs, and to enjoy all the fun & wonder of the museum *at no cost*.

More details coming soon...stay tuned!!

"JUST FRIENDS" PLANS CELEBRATION TO RING IN '06

Don't be alarmed if you saw the members of "Just Friends" looking a little jumpy on Friday, January 27. The group, specially created for children in grades 6-8 who have developmental delays, bounced the evening away at Pump It Up in Greensboro. Fifteen kids and their families turned out to enjoy this "Inflatable Party Zone" featuring giant interactive inflatable play structures. "Just Friends" is now nineteen members strong - and growing!

More fun events are being planned for 2006. Participants must be accompanied by a parent or guardian. For more information, contact Renea @ 856-0081 or renea@rmyersmarketing.com.



NEW !!!

Latino Families of Children with Down Syndrome

FSN-CC & the Down Syndrome Support Network of Central Carolina have partnered with UNCG Graduate student Gayle Simpson on a Capstone Project (Genetic counseling program). This group will provide opportunities for Spanish-speaking families to meet one another & share with us what kinds of support are most needed. The first meeting took place on January 29 at the Women's Hospital Education Center. For information on future meetings, call Teresa @ 832-6507. *Se habla espanol.*

Randolph County Play Group for children with special needs, age birth-5, & their caregivers. A great opportunity to connect with other area families!

**Tuesday, February 28
10 a.m.-12 p.m.**

**First Presbyterian Church,
Large Fellowship Hall
Walker Ave., Asheboro**
Drinks & snacks provided
RSVP to Brooke:
334-5601 Ext. 252

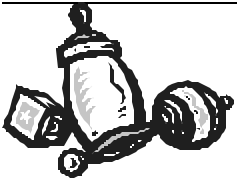
The Down Syndrome Network of Greater Greensboro will be holding a "Heart Healthy" event at

Pyramids Wellness Center on Oak Branch Drive on Sunday, February 19th from 2:30-4:30pm. There will be an open Gym format with lots of food and fun. Please call FSNCC at 832-6507 for more info or to **RSVP by February 13th.**

Have an idea for a way to enhance family support in your area? FSN-CC has an exciting opportunity to help parents develop support groups, coordinate special events, and create other opportunities for families of children with special needs throughout Central Carolina.

PARENT LEADERSHIP GRANTS are available in amounts up to \$500. In the past year, these grants have been used to support FSN's MOM's Group, the Premie Play Group, and various activities of the Down Syndrome Network of Greater Greensboro. Applications may be submitted by parties of two or more parents working together as co-leaders of the proposed project. Information can be obtained by calling Andi or Nancy at 832-6507, or Brooke at 334-5601 x252.





NICU NOTES

Come On Everybody, Let's

Dance!: Calling all preemie graduates! Family Support Network of CC and The Music Academy of NC will once again host a series of Early Childhood Music Classes just for preemie graduates. Funding for this program is provided by the Moses Cone-Wesley Long Community Health Foundation. If you have a preemie ages 18 - 36 months adjusted and are interested in joining, please call Laura Holly at the Music Academy: 379-8748 ext.103 or e-mail mancprograms@bellsouth.net. Space is limited; classes will meet weekly beginning in April.

Preemie Magazine: A great new free resource for parents of preemies. This magazine is packed full of great information for the child both in the NICU and when they go home from the hospital. There is also a new online community with chats, forums, etc. to connect with other parents. Go to www.preemiemagazine.com to reserve your free subscription.

SIDS Update: The American Acad-

emy of Pediatrics has developed new guidelines for Sudden Infant Death Syndrome (SIDS) for infants under the age of one. They include:

- * *Infants should be placed on their backs for sleep.*
- * *Keep soft objects and loose bedding out of the crib.*
- * *Use a firm sleep surface.*
- * *Consider offering a pacifier at nap and bedtime.*
- * *Avoid overheating.*

To learn more, go to www.aappolicy.aappublications.org. **Keyword- SIDS.**

NICU Opportunities: Are you interested in becoming a NICU Support Parent? We are looking for parents of NICU babies who are interested in helping current NICU families by offering them support from someone who has walked in their shoes. Contact the FSN office to be placed on the list. Trainings, which last two evenings, are held once or twice a year.

Celebrate the end to RSV season by joining us at the annual Spring Fling! A great event for young families. See page 1 for details.



We are pleased to announce that the **MUSIC ACADEMY OF NORTH CAROLINA** will once again offer **Spring Break** and **Summer Music Camps** for children aged 5-10 with special needs. Spaces are limited! To reserve a spot for your child, please contact Laura Holly at the Music Academy: 379-8748 ext.103 or e-mail mancprograms@bellsouth.net. Many thanks to Deluxe Corporation for providing funding for the Spring Break Camp!

NICU GRADUATE FAMILIES
Please join us for
March of Dimes Walk America
April 29th, 2006
Details: 832-6507/fsncc@aol.com

Did **YOU** lose a lovely black leather jacket at Mom's Group in January? Call Brooke: 334-5601 E xt. 252



SIBSHOPS:

Just for brothers and sisters of children with special needs!!

- GALS (Girls Appreciating Loved Siblings): Friday, February 17th. St. Paul's Catholic Church. Friday, March 10th. location TBA (local restaurant); call for details.
- Teens: Friday, February 24th. KidsPath of Greensboro.



CALLING ALL RISING FIRST GRADERS!!

Coming up this Spring: A one-time Sibshop for new participants. Join us to experience what Sibshops is all about. Call for details!

Call FSN-CC for more Information: 336.832-6507 or fsncc@aol.com

FSN-CC, together with the ARC of NC, will host a **Sibshops Training with Don Meyer** right here in Greensboro on April 7th & 8th at Women's Hospital. Mr. Meyer is the nationally-recognized creator of this wonderful program for brothers and sisters of children with special needs. Some of our own local Sibshops participants will be featured at this event, which will draw FSN employees & other professionals from across NC. We can't wait!



COMMUNITY CALENDAR (FSN events are highlighted)

FEBRUARY

- **14th:** ASNC of Guilford County monthly meeting: "**Hyperbaric Oxygen Therapy - Why it is Good for Our Children.**" 6:30-8:00 p.m. Lawndale Baptist Church, Greensboro. Respite care available: call 580-6548.
- **17th:** **GALS (Girls Appreciating Loved Siblings). St. Paul's Catholic Church, Greensboro. 832-6507**
- **18th:** Train to become a **PTA-EC advocate!** 10-11:30 AM, Panera Bread, Greensboro. Call Ruth for reservations: 812-9063
- **23rd: Improving Handwriting Skills in Children: Techniques & Interventions to Overcome Handwriting Dysfunction.** Full day workshop. Winston-Salem. Info: www.CrossCountryEducation.com or (800)397-0180.
- **23rd & 24th: The 23rd Annual North Carolina Augmentative Communication Conference "Learning New AAC Tricks in 2006"** The Radisson Hotel High Point. For more information: <http://www.ncaca.com> or contact Jennifer Magoon at: 336-545-3717 or via email at magoonj@gcsnc.com
- **24th: Teen Sibshops, grades 6 & up. KidsPath of Greensboro. 832-6507**
- **28th:** Dale Metz will speak on the **importance of maintaining humor in parenting** at Tristan's Quest's monthly Parent Support Group Meeting. 7 p.m. Friendship Friends Meeting House, New Garden Rd. 335-3188

MARCH

- **2nd: FSN MOMs Group. Spa night, 7:00 p.m. Call 832-6507 for directions & to RSVP.**
- **8th: Get Healthy Guilford: A Celebration of Food, Fun, and Fitness;** 8:30 am – 12:30 pm; Agricultural Service Center, 3309 Burlington Road, Greensboro; pre-register by March 10th to jmayer@co.guilford.nc.us or 336-641-3361.
- **7th, 14th, & 21st:** Continuation, "**Good Citizenship 101**" from Tristan's Quest. Small group setting in which young boys can learn about a variety of social skills. Six-week session.

- (continued) \$150; payment schedules available. Contact Jan or Dr. Jean at 335-3188.
- **10th: GALS (Girls Appreciating Loved Siblings). Location TBA. 832-6507**
- **10th & 11th: The International Dyslexia Association Annual Conference.** Embassy Suites Hotel, Cary. For more information contact: <http://www.nc-ida.org>
- **16th: Roadmap to a Successful Transition.** Help your EC student prepare for a move up to Elementary, middle, high school and beyond. Presented by the ECPAC & GCS-EC Dept. 6-8:30pm. Smith High School. Call 370-8329 for details.
- **21-22:** Prevent Child Abuse North Carolina presents the **25th State-wide Conference on Child Abuse and Neglect**, Durham. Register at www.preventchildabusenc.org or call 1-800-CHILDREN.
- **25th & 26th: The Autism Society of North Carolina's 2006 Annual Conference on Autism Spectrum Disorder.** William and Ida Friday Center for Continuing Education in Chapel Hill. Info at autismsociety-nc.org.

APRIL

- **4th, 18th, 25th:** Continuation of "**Good Citizenship 101**" from Tristan's Quest. See notes for March. Information at 335-3188.
- **6th: FSN Moms Group. Beading night. 7:00 p.m. Call 832-6507 for directions & to RSVP.**
- **21st: FSN-CC Spring Fling. 5-8:00 p.m., Greensboro Children's Museum. RSVP at 832-6507.**
- **24th:** Autism Society of NC—Guilford County Chapter. Third Annual Charity Golf Classic. 1:00 p.m., Cardinal Golf Club, Greensboro. Info at 333-0197.

ONGOING MEETINGS:

Series: "**Parenting Children with Special Needs.**" Discussion on parenting children with disabilities in the context of a faith community. Wednesday evenings, 6:30 – 7:30 p.m., February 22 – March 22. Westminster Presbyterian Church, Greensboro. For more information call the church at 299-3785, or e-mail cathy.cochran@mosescone.com.

National Alliance on Mental Health (NAMI)

- Monthly educational meetings offering information & support for families and individuals living with mental illness. Fourth Monday of each month, 7:30 p.m. Fellowship Presbyterian Church, 2005 New Garden Road.
- "Caring & Sharing" Support Group for individuals and families living with mental illness. Meets on the second Thursday of each month, 7:00 pm. Call 282-5089. *More information: 370-4264.*

Tristan's Quest

- Parent Support Group for families living with behavioral/emotional disabilities. meets on the last Tuesday of each month @ 7:00 p.m. Friendship Friends Meeting House, New Garden Rd.
- Support Group for girls with behavioral/emotional challenges, grades 9-12. Meets biweekly: January 25, February 8 & 22, March 8 & 22, April 19. 6:30-8:00 p.m., 709 Battleground Ave.
- Support Group for girls with behavioral/emotional challenges, grades 3-5 also meets biweekly: February 1 & 15, March 1 & 15, April 5 & 26. 6:30-8 p.m. at Tristan's Quest, 709 Battleground Ave. *More information: 335-3188.*

The Autism Society of North Carolina—Guilford County Chapter (ASNC-GC)

- Monthly meetings for families and individuals living with autism spectrum disorder. Meetings are held on the second Tuesday of each month from 6:30-8:00 p.m. Christian Life Center at Lawndale Baptist Church, 3505 Lawndale Drive, GSBO. *Respite care available upon request: call 580-6548 for information.*
 - **ASNC-GC Parent Coffee Breaks (AM)** meet on the third Tuesday of each month at the Panera on Wendover Avenue for informal conversation and support. 9:30 a.m.
 - **ASNC-GC Parent Coffee Breaks (PM)** meet on the first Tuesday evening of each month at Panera on Wendover. *This group meets to discuss biomedical issues related to autism. 7:00 p.m.*
- For more information, call 333-0197 or visit asnccg.org.*

HAVE YOU HEARD.....

- Local speech-language pathologist Jill Pierce and her company, Language Links, have developed a new product called the GO Binder. This binder was designed for upper elementary, middle and high school students who need extra help with organizational skills. To learn more about the GO (Get Organized) Binder, contact Janice Eads at: eads_family@msn.com, or by phone: 336-580-1178.
- Ms. Pierce and Mrs. Eads are also teaming up to offer a 12-week Community Skills training program for adolescents with Asperger's & high-functioning autism. Experiences in the classroom and community will help participants hone their skills in conversation, money, managing frustration, asking for help, social orientation, obtaining help or information, solving problems, using maps and menus, and much more. For more information or to register, contact Jill at piercejill2@yahoo.com.
- Spaces are still available for the upcoming CHALLENGER SPORTS LEAGUE events! Basketball games will be held February 4 & 18, and March 4 from 10 AM—12 PM at the Craft Recreation Center. Bowling games are scheduled for February 25, and March 11 & 18 from 12-2 PM at Gate City Lanes. For more info, contact Rob French at the ARC of Greensboro: 373-1076.



- AMBUCS will host an Open House on Saturday, Feb. 11 at the AMBUCS Resource Center in High Point to give families a chance to check out the AmTryke. AmTrykes are unique tricycles which provide lots of trunk support, and can be driven by hand, foot, or both. Stop by to place your child on the Wish List for a FREE AmTryke! RSVP to Laura at (336) 852-0052 ext. 10, or email: laura@ambucs.org.
- Greensboro Black Belt Academy is pleased to offer courses in Tae Kwon Do and Women's Self-Defense for people with developmental disabilities, ages 5 and up. This project will be led by Mr. Steven Adams, who holds a 1st degree black belt and is an instructor at Greensboro Black Belt Academy. The program offers small group sizes and lots of individual support. For more information or to register, please contact Mr. Adams at 336-299-0606.



FSN-CC's END-OF-YEAR EVENTS BRING FAMILIES TOGETHER

Family Support Network of Central Carolina sponsored several events to commemorate the holidays and bid farewell to 2005. Here are some of the highlights from our winter activities:

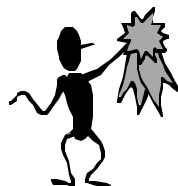
* The **HOLIDAY JAMBOREE** was a huge success, bringing together over 200 families. Highlights included festive live music; pictures with Santa and/or snowmen; a delicious breakfast bar; a variety of crafts & games; and MUCH more. **Many thanks to Gateway Education Center for providing the space for this event; to the ARC of Greensboro for their generous funding assistance; and to our volunteers and Board of Directors for all their hard work!** Thanks also to **Haley McGraw**, who collected \$155 and various supplies for FSN-CC at her birthday party last year!

* Meanwhile, **JUST FRIENDS SOCIAL CLUB** celebrated the holidays with a party at the home of Dan and Renea Myers on December 17. The kids and parents enjoyed pizza, games—and a visit from Santa.

* FSN families got a little help coping with the post-holiday slump thanks to **HOLIDAY MUSIC CAMP**. Many thanks to the **Music Academy of North Carolina** for offering this fantastic program! Six kids spent three mornings immersed in music, movement, and instruments from around the world. FSN is very excited about our collaboration with the Music Academy. **SPRING BREAK** and **SUMMER CAMPS** for children with special needs, aged 5-10, are also on the planning table...see page 2!

* FSN's **MOM'S GROUP** enjoyed its annual Ornament Swap at Diana White's home on December 8th. The evening was marked by the traditional catered dinner, camaraderie, and cutthroat competition for the evening's most enchanting ornament. At the January MOM's Group meeting, we welcomed several new members to the group. This is a fantastic group, full of warm, funny, intelligent Moms with lots of empathy and expertise to offer. We invite new Moms (and their guests) to join us for Mexican Night on February 2; see page 3 for details.

- **IS YOUR CHILD'S EC PROGRAM AWARD-WORTHY?** The Guilford County PTA Council will present the very first Exceptional Children's Advocacy Awards in April 25, 2006. These awards are based on PTA activities and accomplishments dated from March 4, 2005–March 3, 2006. Awards will be judged in three categories: elementary, middle, and high school (exception: Instruction Assistant). To learn how to place your nomination, please contact Connie Bruffey @ 282-3440 or Joy Peterson @ 292-3626. You are also invited to attend PTA Awards training on Thursday, January, 19th from 6:30–7:30 pm: PTA Office, 712 N. Eugene Street, GSB0.



Family Support Network of Central Carolina * (336) 832-6507 *
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Family Support Network of Central Carolina
801 Green Valley Road
Greensboro, NC 27408

Learn more about the Family Support Network of North Carolina at fsncc.org.

Supporting those who support special children.

