

# FAMILY SUPPORT NETWORK OF GREATER FORSYTH

August 2015



FAMILY SUPPORT  
NETWORK OF GREATER FORSYTH

## ABOUT FSN

The Family Support Network believes that the greatest asset that a child with special needs can have is a strong support system. We strive to strengthen families and to enhance the lives of children with special needs by providing support, education, and caring connections to their families. Our staff are uniquely qualified to help other families, many of them being parents of children with special needs themselves.

## FSN SUMMER PLAYGROUP

A group for families who have young children with special needs ~ a great time for parents and kids to make new friends! Please join us on **Friday mornings from 9-10:30 from July 10th - Aug 14th** on The Children's Center CVS Boundless Playground, 2315 Coliseum Drive, WS, NC 27106.

## FSN LOCAL COLLABORATION TEAM

Our 2015 focus will be on **Healthy Living for Individuals with Disabilities and Their Families**. Our group is a community collaborative of agencies, churches and individuals interested in supporting families who have a member with a disability of any age and we welcome guests.

**Thursday August 13<sup>th</sup>, 3:30-5:00**

The Children's Center 2315 Coliseum Drive, WS, NC 27106

Questions - 336-703-4289 or [ChrisFSN@theCFEC.org](mailto:ChrisFSN@theCFEC.org).

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The Family Support Network of Greater Forsyth is an outreach program of The Centers for Exceptional Children. Our offices are located in The Special Children's School  
4505 Shattalon Dr., WS, NC 27106 | 336-703-4289

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**Please Note:** Family Support Network offices will be located at The Children's Center through mid-August while The Special Children's School is having the HVAC system replaced. You can still reach us using the same phone number and emails.



## EXCEPTIONAL FAMILIES MEETING

Teaching Self Advocacy and Self Determination Skills – Aug. 27<sup>th</sup>

Mark Steele, Executive Director, The Adaptables Center for Independent Living  
Special Guest – Bryan Dooley, Disability Advocate

Little Creek Recreation Center - 610 Foxcroft Dr., WS, NC 27103

6:00 p.m. - 7:30 p.m.

Dinner and childcare provided at no cost with RSVP. Dinner will be available at 5:30. Please call 336-703-4289 to register or email [ChrisFSN@theCFEC.org](mailto:ChrisFSN@theCFEC.org).





**FREE Triple P  
Online Parenting Program**

**A great positive parenting  
program available to families at  
no cost!**

[Triple P Online](#)

## **SPECIAL OLYMPICS MEDFEST AND ADAPTIVE SPORTS EXPO**

**Come and find a new activity to get you moving!**

**Saturday, August 29th from 9 am – 2 pm at The Gateway YWCA**

MedFest, Special Olympics Sports Expo and a Community Activity Fun Day to promote health and fitness for individuals with disabilities. There will be medical providers to do sports physicals for Special Olympic athletes and vendors with information and demonstrations about other community adaptive sports opportunities.

## **SAVE THE DATE - YOUNG LIFE CAPERNAUM CLUB**

Official 2015-2016 Club Kick Off Meeting at YMCA

**Saturday, September 26 - 4:00-5:30** (3474 Robinhood Rd. 27106)

This is a specially designed Young Life program for young adults (ages 14-22) with disabilities. This program uses a reverse inclusion model so lots of our typical teen friends come too! Everyone is welcome! Please email [gfcylcapernaum@gmail.com](mailto:gfcylcapernaum@gmail.com) or call **Greater Forsyth County Young Life** office at 336.725.1750 if you have questions. For more information click [HERE](#).



## **WRIGHTSLAW Conference Coming to Raleigh in September**

Wrightslaw special education law and advocacy programs are designed to meet the needs of parents, advocates, educators, attorneys, and health care providers who represent children with disabilities.

**September 9, 2015:** Raleigh, NC - Special Education Law and Advocacy Training

<http://www.wrightslaw.com/speak/15.09>



Be sure to “like” **The Centers for Exceptional Children** on Facebook. FSN regularly posts information and updates.

## **Looking for funds to attend a conference?**

Check out the Jean Wolff-Rossi Fund with the NC Council on Developmental Disabilities

The Jean Wolff-Rossi for Participant Involvement Fund (Rossi Fund) empowers people with I/DD and their family members with opportunities to actively participate in decisions that often impact them personally. Through the Rossi Fund, individuals with I/DD and their family members can receive reimbursement for specific expenses for seminars and conferences designed to improve their knowledge, networking and skill levels for advocacy.

<http://nccdd.org/initiatives/conference-funding/rossi-fund.html>



## **Upcoming Fall 2015 Sibshops Dates**

September 11<sup>th</sup> | October 16<sup>th</sup> | November 13<sup>th</sup>



## PDSSN Buddy Walk, 5K Race and Family Fun Day!

Saturday, September 19, 2015

5K Race 8:30am & Buddy Walk 9:00am-12:30pm

West Forsyth High School

1735 Lewisville-Clemmons Road, Clemmons, NC

Families and Friends Celebrate the Many Abilities of Individuals with Down Syndrome

Visit [PDSSN.org](http://PDSSN.org) for Registration and Information

### Join The Piedmont Down Syndrome Support Network's New Parent Celebration!

We invite you to join us for our New Parent Celebration, an event designed specifically for new and expectant parents! Parents who have received a prenatal diagnosis as well as parents of children up to 36 months old are encouraged to attend. Families who are new to the Piedmont area are also welcome to join us to learn about PDSSN and the resources and programs available in our community.

Are you struggling with the overwhelming information regarding the diagnosis of Down syndrome? Do you have questions about medical challenges your child may face? Do you wonder how other parents have navigated this new journey they are traveling on? This program will answer these questions! We hope the program will provide you with information, inspiration and hope for a bright future for you and your family!

You will have a chance to meet other parents who are also entering the realm of raising a child with Down syndrome. Parents who have older children with Down syndrome will also attend.



Dr. Tamison Jewett, Medical Geneticist at Wake Forest Baptist Health and a member of PDSSN's board, will be available to answer your medical questions.

A representative from the Children's Developmental Services Agency (CDSA) will explain the early childhood intervention services that are available for your child and how to access these services.

**Please RSVP for Saturday, August 29, 2015, 10:00am to 12:30pm, Parkway UCC, 2151 Silas Creek Pkwy, Winston-Salem, NC 27103**

Snacks and child care are provided at no cost with RSVP. Please visit <http://bit.ly/PDSSN-NewParent> to RSVP by August 26th.

We hope you, your spouse and baby will join us for this wonderful day! We look forward to seeing you there!

For more information, please call 336-480-8871, email [info.pdssn@gmail.com](mailto:info.pdssn@gmail.com), or visit [www.pdssn.org](http://www.pdssn.org).

## Input Needed for NC Council on Developmental Disabilities New 5 Year Plan

If you live in North Carolina and are a person with an intellectual or other developmental disability (I/DD), a family member, a service provider or a stakeholder, the North Carolina Council on Developmental Disabilities (NCCDD) wants your input while developing the next Five-Year State Plan!

There are two ways for you to let the NCCDD know what is important to you and where they should focus their efforts over the next five years:

Click [HERE](#) to take the short community survey.

Click [HERE](#) to register for a free listening session near you.

The Forsyth County Session will take place at The Enrichment Center, July 28 from 5:30 p.m. to 7:30 p.m.



### FSN Community Corner

If you have something you would like to give to another family or if you are looking for an item, please let us know and we will be happy to share this in our newsletter. Please call 703-4289 for more info or email Chris at [ChrisFSN@theCFEC.org](mailto:ChrisFSN@theCFEC.org).



**PIEDMONT  
TRANSIT  
RESOURCES**  
1.800.588.7787

### Piedmont Transit Resources

Using public transportation in the Piedmont Triad just got easier...

Coming this August 2015 - Piedmont Transit Resources, a regional information center where you can get your transit questions answered by calling one number!

#### SERVICES PROVIDED:

- Transit Trip Planning
- Fare & Schedule Information
- Real-time Bus Status
- Transit Agency Policy Information
- Complaints/Commendations
- Lost & Found
- Emergency Ride Home Information
- Pass Sales
- PART Shuttle Requests
- Route & Informational Brochure Requests
- Rideshare (Carpool/Vanpool) Information

Hours of Operation: 6:00AM – 7:00PM, Monday-Friday  
For more information call 1.800.588.7787 or email [contactus@partnc.org](mailto:contactus@partnc.org).

For more information on any of these events please call The Family Support Network of Greater Forsyth at 336.703.4289 or check out our website at <http://www.thecfec.org/family-support-network/>

To receive this monthly newsletter by e-mail, send your request to [ChrisFSN@theCFEC.org](mailto:ChrisFSN@theCFEC.org) and put "FSN news list" in the subject line.

Please include your full name in the e-mail body.

If you wish to unsubscribe at any time put **REMOVE** in the subject line.