

FAMILY SUPPORT NETWORK OF GREATER FORSYTH



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January 2016

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.

For more information on any of these events please call The Family Support Network of Greater Forsyth 336-703-4289 or check out our newly designed website at: www.FSNgreaterforsyth.com

PAY IT FORWARD IN THE NEW YEAR

Chat & Snack Sponsors Needed

Do you know of a church group or civic organization that might like to SPONSOR A "CHAT & SNACK" AT ONE OF OUR LOCAL HOSPITALS? The Family Support Network of Greater Forsyth provides 3 outreach events a month at our local hospitals. We partner with local families, community groups and restaurants who would like to provide dinner to families who have children at Brenner Children's Hospital or in one of our local Hospital Neonatal Intensive Care Units. We are currently looking for groups who are interested in sponsoring an event. Call our office at 703-4289 for more details about this wonderful community service.

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

BREAKFAST WITH SANTA - THANK YOU!

We would like to say thank you to all our Breakfast with Santa sponsors:

Clemmons Presbyterian Church
Thrivent Financial
Gallins Vending
Ronald McDonald House
Whole foods
Will Stebbins & Downtown School students
Children's Developmental Services Agency Staff
Walmart
Sam's Club
Villa Grill in Clemmons
Jersey Mike's in Clemmons
Dominoes
Davie LICC
Knights of Columbus
Capturing Hopes Photography
Santa
All of our wonderful volunteers!!



EL GRUPO DE ESPERANZA

New group for Spanish speaking families who have children with special needs.

Monday, **January 11th** at El Buen Pastor Church 10:30-12:00 - RSVP requested

Please contact Michele Valladares in the Family Support Network offices at 703-4289 or email micheleFSN@thecfec.org.

PRESENTATION ABOUT FAMILY SUPPORT NETWORK

Tuesday, January 12, 2016 at Davie Wellness Center, 142 Gaither St, Mocksville 27028

Dinner will be served from 5:30-6:00 and the presentation will be from 6-7. RSVPs are requested. For additional information or to RSVP please contact: Meenal Khajuria, Community Program Coordinator at 336.528.0578 or email mkhajuria@cphs.org.



FSN LOCAL COLLABORATION TEAM

2016 Topic – Access to Disability Services Across the Lifespan

Our first meeting of 2016 will be **Thursday, January 14th 3:30-5:00**. 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. Our next meeting will be held at The Children's Center, 2315 Coliseum Drive, WS, NC 27106.

Questions - 336-703-4289 or ChrisFSN@theCFEC.org.

EXCEPTIONAL FAMILIES MEETING

Our 2016 series will begin on **January 28th** and we will meet monthly through October at Little Creek Recreation Center (610 Foxcroft Dr WS NC 27103). **January guest – Triad First in Families**

Come and learn about this wonderful organization that helps families in our area who have a family member with a developmental disability or traumatic brain injury. Their mission is to help people with disabilities and their families to believe in their dreams, achieve their goals, and give back to others. They assist children and adults to be more involved and contributing members of their communities by helping them: meet current goals and plan for the future, acquire needed goods and services, and find opportunities to give back to others.

Exceptional Families is a monthly discussion group for parents of children of all ages with special needs. Dinner and childcare provided at no cost with RSVP. Please call 336-703-4289 to register or email ChrisFSN@theCFEC.org.

SAVE THE DATES!

Sibshops is a support group for kids ages 5 (by the start of school) to 14 who have siblings with special needs.

WHEN: March 11, April 15, and May 13, 2016 6:00-8:30 PM
LOCATION: The Children's Center, 2315 Coliseum Dr., W-S, NC 27106





Like Basketball? The Triad Trackers, a local wheelchair basketball team, will play 2 more home games on January 20 and February 6, 2016 at 1:00 at the Gateway YWCA. There is no admission fee. Plan to come out and cheer them on!

THE WINSTON-SALEM ADAPTED ARTS AND SPORTS PROGRAM (W.A.A.S.P) AT WAKE FOREST UNIVERSITY

WAASP is a student-run program at Wake Forest University for children of all ages with physical and/or cognitive disability. They encourage the development of gross and fine motor skills through creative and fun interactions. During each session, children play sports and games or create arts and crafts projects. Friends and parents are welcome too! And it is **FREE** for everyone!



Where: 1834 Wake Forest Road, WFU Campus, Reynolds Gym, WS, NC 27109.

When: Sunday, January 24th.

For more information, please contact Xiang Li at (717) 649-8320 or email: lix213@wfu.edu or visit our website at <http://wfuwaasp.webs.com/>

FREE PRESSURE MAPPING CLINIC

Tuesday, January 12, 2016 at 6 PM in the 3rd floor Sticht Center rehabilitation gym

Pressure mapping is a simple procedure that lets you see on a computerized display if your seat cushion does a good job of relieving pressure, or if it creates any "hot spots" that put you at risk of developing a pressure ulcer.

A 2005 study found that HALF of wheelchairs users tested were using the wrong seat cushion, and 60% of people with spinal cord injuries that use wheelchairs develop a pressure sore at some point, yet insurance usually only pays for pressure mapping AFTER you have tissue breakdown. Why take the chance? Come get tested for FREE! We will have a PT on hand, seating vendors, a lift, and assistants to help anyone with transfers that needs it.

Call or text Melissa MB Wilkins at 919-673-3703. To see actual pressure maps done on real patients, or to learn more about pressure mapping, visit: http://sci.washington.edu/info/forums/reports/pressure_map.asp

YOUNG LIFE CAPERNAUM CLUB

Saturday, January 16th - 4:00-5:30

YMCA, 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 or call **Greater Forsyth County Young Life** office at 336.725.1750 if you have questions. For more information click [HERE](#).



IMPRINTS CARES
stronger families. stronger communities.

NEW OPTION FOR INCLUSIVE CHILD CARE FOR ELEMENTARY AND MIDDLE SCHOOL STUDENTS

Imprints Cares is now offering afterschool care at our newest location:

502 N. Broad Street, WS

Transportation is offered from your child's school to our site. For more info, please contact Janelle Gibbs @ 722-6296 x223 and/or stop by to meet our staff and find out more about our premier inclusion program.

PIEDMONT DOWN SYNDROME SUPPORT NETWORK NEW PROGRAM!

PDSSN Learning Program is looking for families who have children with Down syndrome ages 3-7 (or up to 1st grade) to participate in a program to improve math and literacy skills. This 4 session series will take place one Saturday a month February-May. Sessions involve both the parents and the child.

Total cost is \$160.00 (a limited number of scholarships are available). For more information or to register please visit:

<http://pdssn.org/programs-3/educational-programs/the-learning-program/tlp-registration-form/>

NORTH CAROLINA'S PARTNERS IN POLICYMAKING

Leadership & Advocacy Training Initiative funded by the North Carolina Council on Developmental Disabilities



Partners in Policymaking is a nationally-replicated leadership and advocacy training program. This program is designed ONLY FOR self-advocates with developmental disABILITIES and for parents (and caretaker siblings) of school-aged children with developmental disABILITIES residing in the State of North Carolina.

Please find the 2016 application [here](#) for your use and broad dissemination. Please share this application with your families, neighbors, constituents, patients, clients, consumers, church members, students and friends who want to learn how to garner the skills and employ the tools to become, "**effective disability policy change agents**" for better, more successful outcomes in their own lives and in the lives of those you hold dear.

Please note that time is of the essence since the application deadline is January 16, 2016. The first training session starts on Saturday & Sunday, February 20 & 21, 2016 in Cary, NC.

To the parents of self-advocates who are young adults (age 18 and older), please consider supporting your adult children by encouraging them to apply and take advantage of this outstanding leadership and advocacy training opportunity.

Learn more about Partners in Policymaking at:

<http://nccdd.org/public-policy/public-policy-programs/partners-in-policymaking.html>

SPECIAL OLYMPICS FORSYTH COUNTY

Spring/Summer Registration is now open!

Now is the time for athletes and volunteers to call to register for Spring training programs! The following training programs have been scheduled. All qualified athletes (school age and adult) are welcome to participate in these practices. Call 727-2425 or email latoyap@cityofws.org to register.

You must pre-register before coming to the first practice. You must have a current physical and parent release on file before beginning practice.

*** If you DO NOT PRE-REGISTER, you will NOT be able to participate in the first practice.

Please note that Special Olympics Forsyth County provides these opportunities as serious (but fun) training sessions. Athletes are expected to attend practices on a regular basis.

SPRING TRAINING SCHEDULE 2016

SPORT	SITE	TRAINING	DAY/TIME
Aquatics	TBA	3/5/2016 – 5/28/2016	TBA
Bowling	Creekside Lanes	1/9/2016 – 2/28/2016	S – 1:00 pm – 3:00 pm
Cheerleading	Miller Park	1/9/2016 – 5/28/2016	S – 10:30 am – 12:00 pm
Equestrian	Lazy Bee Ranch	April – November, 2016	Call for Details
Rhythmic Gymnastics	Miller Park	3/20/2016-5/28/2016	S – 10:00 am – 11:30 am
Softball	Hanes Hosiery	4/2/2016 – 5/28/2016	S – 10:00 am – 12:00 pm
Track & Field	Hanes Park	3/20/2015 – 5/28/2016	S – 10:30 am – 12:00 pm
Volleyball	Kernersville Community Recreation Center	4/2/2016 – 5/28/2016	S – 11:30 am – 12:30 pm



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



FREE TRIPLE P ONLINE PARENTING PROGRAM

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

[Triple P online](#)



NATIONAL EFFORT TO MAP ACCESSIBILITY

You can help map accessibility in our area.

Put NC on the map!

<https://www.brettapproved.com>

EXCEPTIONAL MOMS’ SUPPORT CIRCLE

New Support Group for mothers of children with special needs!

Group will meet on the 3rd Wednesday of each month; next meeting is **Wednesday, January 20th**.

This is a group where you will be able to share struggles and joys encountered along your individual journey with your special child. The group is being led by moms Jeanne Lenham and Tiffany Hunt and will be held at one of their homes from 9:30-11:30 AM. Please contact Jeanne at 336-671-3738 or Tiffany at 336-406-7663 for more details if you are interested in attending.

CONNECT WITH THE CFEC

January Newsletter

To access The Centers for Exceptional Children’s new newsletter, please click [HERE](#).

To learn more about The CFEC, visit our website at www.thecfec.org.



CENTERS
FOR EXCEPTIONAL CHILDREN

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 www.fsgreaterforsyth.com

To receive this monthly newsletter by e-mail, send your request to 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.