

Piedmont Regional Education Program

PREP/PARENT RESOURCE CENTER

March, 2013

Providing information and support to families of children with disabilities



PREP/Parent Resource Center will be closed
April 1st—April 5th for Spring Break

Thanks to everyone who attended the Life After High School
Conference and Resource Fair!

YOGA FOR THE SPECIAL CHILD

FREE Class and Open House

Saturday, March 30 3:00

Come bring your child for a FREE CLASS and meet the instructors!

YOGA FOR THE SPECIAL CHILD

for children with HIGH FUNCTIONING AUTISM

and/or DEVELOPMENTAL DELAYS

On going class Mondays from 4:30-5:15

Yoga empowers children. They gain self-awareness and self-confidence, as well as increasing flexibility, concentration, physical strength, motor control and inner peace. This class includes traditional yoga postures, breathing techniques, and relaxation techniques.

Is this class right for your child? Yes, if they can imitate others and enjoy a group setting. Contact Ursula with questions 434-964-9565 or for a child questionnaire.

T/TAC has an exciting autism related training opportunity for the educators and students of Region 5.

April 16, 2013- In collaboration with Region 5 T/TAC and Commonwealth Autism Service, the Shenandoah Valley Regional Airport invites you and your students with autism to our
Airport Exploration Day!

Please see the attached registration forms or our website

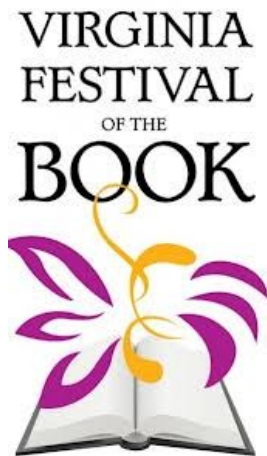
<http://www.jmu.edu/ttac/training/index.shtml> for more information.

On March 22, 2013

1 pm

Mecca Burns, Registered Drama Therapist, directs Post High students and staff in dramatizing some stories from the well known *Tales from the Arabian Nights* that include scenes, music, and songs to be sung with the audience. It is open to the public and takes place at Carver Recreation Center.

Hosted by the Post High Program of Albemarle County Schools, Enrichment Alliance of Virginia, and Piedmont Council for the Arts, it takes place in the newly finished Carver Recreation Center, 233 4th St NW. It also takes place at Worksource Enterprises on Thursday and Meadowcreek Center on Wednesday, both at 10:30 am. Last year special needs students came from all of the high schools, plus parents and friends of the Post High performers.



A one day event to RECHARGE and CELEBRATE your parenting power !

SATURDAY, MARCH 23rd

8:30 a.m. to 12:30 p.m.

Charlottesville High School

1400 Melbourne Road

Featured Guest Speaker: David Waters, Ph.D.

REGISTER AT: www.safeschoolscville.org/parentingpower.html.

Childcare and/or transportation may be available and provided by request. You MUST register to be contacted about assistance with child care or transportation. To register by phone, call (434) 872-4568.

PARENTING CLASSES AT CHILDREN, YOUTH AND FAMILY SERVICES!

**SURVIVING THE TEEN YEARS
6 EASY STEPS**

**TRANSPARENTING
SATURDAY WORKSHOPS**

**FOR A COMPLETE SCHEDULE
WWW.CYFS.ORG**



Subscribe to the PREP/Parent Resource Center Newsletter!

Email Sarah Blech at

sblech@k12albemarle.org

SOL Preparation and Learning Fair

Parents and Students are encouraged to join us for activities, food, and performances to celebrate learning and academics.

Saturday, April 13th, 11:00 am—2:00 pm

Carver Recreation Center in the newly remodeled, historic Jefferson School/City Center, on 4th St. SW, Charlottesville.

Www.safeschoolcville.org

"Learning to Listen - Functional Behavior Assessment and Positive Behavior Supports"

Dr. Carol Schall, [Director of the VA Autism Resource Center](#)

In this workshop, you will explore:

Problem solving approaches that assist teachers and families in developing supports for individuals with disabilities who exhibit challenging behavior.

Functional behavior assessments and how to complete one.

How to develop a comprehensive behavior support plan.

Successful approaches for increasing independence.

Networking strategies in developing collaborative teams to support each other.

Saturday, March 23, 2013

9am-12pm

River Road Church, Baptist (8000 River Road, Richmond)

It is FREE to attend but please RSVP to rsvpdsagr@yahoo.com. There will be no childcare provided.

Questions? Contact Kim Owens, markandkim@owensclan.com

Support Groups

Asperger Syndrome Family Support Group (listserv) -

<http://health.groups.yahoo.com/group/AspergerSyndromeFamilyGroup/>

Online group: Charlottesvilleareaspecialneedssupport@yahoogroup.com

Down Syndrome Support Group – Timrose999@gmail.com

Families of Aspergers Network—FFAAN@groups.facebook.com or Teresa at 434-286-3575

Mom's Night Out – contact Jennifer Borishansky at stargazer1024@yahoo.com

Dad's Night Out – contact Stephen Goadhouse at sgoadhouse@gmail.com

Spring Hill Respite Care Program for Special Needs Children – contact mary@springhillbaptist.org or Spring Hill Baptist Church 973-7473

Mom's Support Group – contact Cathy Cassety at cathycassety@gmail.com

ADHD Parent Support Group – Sarah Bedford at sarahcville@gmail.com

Therapeutic Parks and Recreation – contact Mildred Spicer at 970-3764

Kids Launch Play Group is a play group geared towards children between 8-12 years old and on the autism spectrum. Contact Maureen for more details mogiphel@gmail.com or 434-249-7985

Epilepsy Charlottesville/Albemarle Support Group - Matthew Mays - mmays1216@yahoo.com or (434) 971-9844

Strength in Numbers Parent Support Group – Meets monthly at Spring Hill in Ruckersville. For more information contact Suzanne McDonald at strengthnnumbers1@gmail.com

C'ville Area Special Needs Support Group—Co-Sponsors: Blue Ridge Connection Care for Children and CRAAG. For more information contact CRAAG at CRAAG1@gmail.com

Special Olympics - <http://www.youthsportsnow.com/instruction-listing/special-olympics-area-3>