

PREP/Parent Resource Center Newsletter

Providing Information and Support to Families of Children with Disabilities
Serving Charlottesville, Albemarle, Fluvanna, and Louisa School Districts

SERVICES ARE FREE AND OPEN TO ALL

January 2015

ADHD Information Session – FREE Event

February 17, 2015 - Tuesday (5:30-7:30 pm)

PREP Parent Resource Center, 225 Lambs Lane, Charlottesville

Learn more about ADHD, developing parenting strategies and positive behavioral interventions, and strengthening family relationships. *(Refreshments are provided)*

Presenter: Kate Barrett, ADHD Coach & CHADD*-Certified Parent-to-Parent Educator
-*Children and Adults with Attention-Deficit/Hyperactivity Disorders (www.chadd.org).

Please contact Deborah at 434-975-9400 or danama@k12albemarle.org to sign up.

UVA Children's Yoga - for Children with Special Needs

Session 1: January 21-February 25, 2015 (Wednesdays - 4:30-5:30 PM)

Session 2: March 25 - April 29, 2015 (Wednesdays - 4:30-5:30 PM)

If you have a child with special needs, UVA Children's Hospital Outpatient Therapy Services offers a program for children ages 5 and above with varied special needs including autism (mild-moderate), sensory issues, developmental delays, vertebral palsy, etc. Siblings and friends are welcome to register and parents are invited to participate.

\$75 for six week session. Scholarships are available upon request.

Addition info/registration: Ruth Goldeen 434-465-9580 or email: rag2a@virginia.edu

Sign Language Classes - (January 20th - April 2nd)

Beginning - Advanced - Intermediate - Study Skills - Conversational

Independence Resource Center - 815 Cherry Ave., Charlottesville (434) 971-9629
IRC takes pride in offering classes that are fun and informative. Sliding fee scale.

<http://www.prepivycreek.com/storage/Sign%20Language%20Class-2015.pdf>

SOCIAL SKILLS GROUPS

MONDAYS FROM 4 – 5:15

BATTLE BUILDING (UVA CHILDREN'S OUT-PT SERVICES)

FOR CHILDREN AGES 5 – 7, FEBRUARY 2, 2015 – MARCH 9, 2015

FOR CHILDREN AGES 8 – 12, APRIL 13, 2015 – JUNE 1, 2015

MORE INFORMATION:

JENNIFER KRAUS, OTR/L – 434-465-9582, JSK8T@VIRGINIA.EDU

RUTH GOLDEEN, OTR/L – 434-465-9580, RAG2A@VIRGINIA.EDU

Special Education Advisory Committee - Jan/Feb Meetings

Albemarle SEAC: January 27 and February 24 (7:00-9:00 p.m.)

Albemarle Co. Offices, 401 McIntire Rd., Rm. 320

Charlottesville SEAC : February 12 (8:45 a.m.) Division Annex, CHS Lower Level, Cville

Fluvanna SEAC : January 21 (5:00 - 7:00 p.m.) - Fluvanna School Board Office

14455 James Madison Highway, Palmyra, VA

Louisa SPAC: February 5 (6:00 p.m.) Louisa School Board Office -Board Room, 1st Floor

953 Davis Hwy, Mineral, VA

Cool Tools for School Success – Free Webcast

School success depends on a student's ability to plan, organize and prioritize tasks, materials, and information; separate main ideas from details; think flexibly; memorize content; and monitor progress toward completing tasks. This webcast will introduce strategies using low tech to high tech tools for developing these executive functioning skills for students on the Autism Spectrum. Mona Pruett, M.S., OT/L

<http://vcuautismcenter.org/te/webcasts/archives.cfm>

2-1-1 VIRGINIA

2-1-1 is an easy to remember phone number connecting people with free information on available community services. When you dial 2-1-1, a trained professional listens to your situation and suggests sources of help using one of the largest databases of health and human services in Virginia. Nonprofit organizations and federal, state and local government agencies are included in the database and you can access services in your community and statewide. All referrals are confidential.

More information: Phone **211** or website: <http://www.211virginia.org>

Free - APPLE  technology classes

Best Buy, 1615 Emmet Street North, Charlottesville, VA

MAC Computer Basics: January 26th - 5pm - 6 pm

IPad and iPhone: January 29th - 5pm - 6pm

SIBLING SUPPORT PROGRAM

Saturday, March 7, 2015 10 am-2pm

3500 Remson Court (VIA), Charlottesville, VA

Siblings of children with disabilities will have the chance to have a day that's all about them. The Virginia Institute of Autism is teaming up with Charlottesville Parks & Recreation to host a one-day Sibling Support Program. Their goal is to provide siblings with opportunities for peer support within a lively, recreational context that emphasizes a kids'-eye-view. 8-14 year olds. To Register: Sarah Blech at 434-970-3264 or blechs@charlottesville.org

**Does your child have attention problems
or has he/she been diagnosed with ADHD?**

The Children's Learning Clinic (CLC) in the UVa Human Services Department is looking for boys and girls ages 8--12 to participate in a research study. They are currently accepting children suspected of/diagnosed with ADHD. Children without attention problems are also eligible to participate. More information: 434-924-7034 or

http://curry.virginia.edu/uploads/resourceLibrary/CLC_Flyer.pdf

"From Possibilities to Practical Applications" Education Conference

Strengthening Education for Children with Disabilities

Saturday, February 7, 2014 9am - 4pm

Hilton Richmond Hotel@ Short Pump, 12042 West Broad St., Richmond

Join over 250 general and special education parents and other professionals from Central Virginia and beyond to discover how to better educate people with disabilities. This full-day conference, hosted by the Down Syndrome Association of Greater Richmond (DSAGR), will kick off with the keynote address presented by documentary filmmaker Dan Habib. Registration and additional information: 804-525-7731 or www.dsagr.com/home/conference

Tumbling for Children with ASD

Carver Rec Center

Wednesdays: January 21 - February 25 (10:00 - 10:45 am)

Tumbling for Children with ASD - class will provide children with Autism Spectrum Disorder an extremely enriching environment that will stimulate thinking, foster social skills, and strengthen gross motor skills through gymnastics. Ages 3 -4.

More information: Sarah at 434-970-3264 or blechs@charlottesville.org
Charlottesville Parks and Therapeutic Rec. January Newsletter and Schedule of events: <http://prepivycreek.squarespace.com/storage/January%20TR.pdf>

Life After High School ~ Transition Conference and Resource Fair **March 21st (Save the Date!)**



Charlottesville Albemarle Technical Center, 1000 E. Rio Rd. Charlottesville, VA.

The Parent Resource Center will host annual "Life After High School Transition Conference" for students with disabilities and their parents. Presentations will address important topics such as: Career Readiness, College Options, Job Coaching, Self-Determination, Career Options, and Technology for education, employment and independence. This event is FREE and Open to ALL. Please Join Us! More information:

<http://prepivycreek.squarespace.com/storage/2015%20Transition%20Conference%20Flyer.pdf>

For planning purposes, please register the number in your family who will attend:
Call Deborah @ 434-975-9400 or email: danama@k12albemarle.org

PREP/Parent Resource Center provides information & support to families of children with disabilities. Please contact us if we may offer assistance.

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<http://www.prepivycreek.com/prc>

Please email danama@k12albemarle.org to subscribe to this newsletter.