



KIDSTEPS

Family and Children's Center

A Division of SARAH, Inc.

WINTER BROCHURE 2010

Program Highlights

- Teacher Workshops
- Children's Workshops
- Parent Workshops
- Girls' Night Out
- Group Guitar
- Music and Me
- Parent Chat Group
- Sensory Group
- Social Skills Groups
- Music Therapy

We are on the Web
www.sarah-inc.org

Making strides to support, educate and advocate for differently-abled children, their families and friends.

51 Boston Post Road, Madison, CT 06443
E-mail: mroy@sarah-inc.org

Phone: (203) 318-3692, x2
www.sarah-inc.org

Welcome to KIDSTEPS Family and Children's Center! We hope that our programs at FCC will be educational and fun for the whole family. Our center offers a unique, safe and accepting environment for parents/caregivers and their children to participate in small group activities and workshops. All program instructors accept and respect diverse needs and learning styles.

Please call if you would like information about community resources, child development, parenting or other program needs. We are looking forward to meeting your family and providing support as we enjoy the winter weather.



The KIDSTEPS Family and Children's Center is a division of SARAH, Inc. Our mission is to meet the needs of families concerned about their child's social, emotional, physical development and educational success. SARAH, Inc. and all of our programs do not necessarily promote or endorse any particular viewpoint or service.

We provide a therapeutic, integrated, and inclusive learning experience for differently-abled children (ages birth to 12), their families, and typical peers.

Our programs are open to all children.

NOTE: All sessions are held at KIDSTEPS (located in Madison), unless otherwise indicated in program description.



Parent/Child Classes

Music and Me (6 months - 4 yrs. old)

Dates: Tuesdays, Jan. 19, 26, Feb. 2, 9, 23, Mar. 2, 9, 16

Time: 3:30-4:15pm

Fee: \$95 for 8 sessions

Instructor: Marcia Nelken, Educator

Music and Me is a weekly, spirited, relaxed and playful music and movement program for parents and children. Children will be involved in a variety of parent/child activities, including playing drums, xylophones and other fun instruments. This experience will help children take small steps in their awareness of music, movement and social development. The instructor developed and has taught this program for more than 20 years.

Sense-sational Learning (2-3 yrs. old)

Dates: Mondays, Feb. 22, Mar. 1, 8, 15, 22, 29

Time: 9:30-10:30 am

Fee: \$60 for 6 sessions (FREE for KIDSTEPS B23 children)

Instructors: Connie Warner, M.S., Ed.; Early Intervention Teacher
Cindy Taylor, M.S., OTR/L; Occupational Therapist

Children learn best when all of their senses are engaged. Join us in this facilitated playgroup for children ages 2-3 and their caregivers as we participate in a variety of sensory motor play and learning activities. Sessions will include opportunities for discussion, questions and follow up suggestions.

Music for Learning (2-4 yrs. old) and (5-7 yrs. old)

Dates: Wednesdays, Jan. 20, 29, Feb. 3, 10, 24 Mar., 3, 10, 17

Time: 3:30-4:20 (2-4 yrs..old), 4:30-5:20 (5-7 yrs. old)

Fee: \$80 for 8 sessions

Instructor: Courtney Biddle, MT-BC, Bd. Cert. Music Therapist

Children will be actively engaged in music activities geared toward growth in non-musical areas such as communication, motor, emotional and social skills. Music therapy can benefit all children.



Children's Classes/Groups

Study Power (8-11 yrs. old)

Dates: Tuesdays, Jan. 19, 26, Feb. 2, 9, 23, Mar. 2, 9, 16

Time: 4:30-5:15 pm

Fee: \$80 for 8 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

Does your child have difficulty planning ahead, doing homework, attending to school work, organizing time, loosing assignments? This workshop will help your child learn skills and teach strategies to help students manage their time, schoolwork, and extra-curricular activities more efficiently. All strategies are easy to integrate into an immediate routine. A parent/child meeting is required prior to registration to review school performance and develop student goals.



Social Skills/ Group (7-9 yrs. old)

Dates: Wednesdays, Jan. 20, 27, Feb. 3, 10, 24, Mar. 3, 10, 17

Time: 4:00-4:50 pm

Fee: \$100 for 8 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

These small group sessions enable children to interact and learn new skills with a group of appropriately matched peers. Sessions include a lesson targeting identified skills, cooperative play time (crafts, games, activities) and discussions organized to practice and enhance targeted skills. A parent briefing follows each session. A parent/child interview and an intake form are required prior to registration. All children who may benefit from a social skills group are welcome to participate in these sessions.

Girls' Night Out / A Circle of Friends (8-11yrs. old)

Dates: Tuesdays, Jan. 26, Feb. 9

Time: 6:00-7:30 pm (dinner included)

Fee: \$15 per session OR \$25 for 2 sessions

Instructor: Marian Roy, M.S., Counselor/Educator

Once a month (for two months in a row) girls will meet and engage in fun activities that encourage peer relationships and communication. Activities will include craft projects, games and themes related to friendship and being a girl. Girls with special needs are encouraged to participate in this fun activity. Each session will include group participation preparing a simple meal.



Group Guitar Class (9-12 yrs. old)

Dates: Thursdays, Jan. 21, 28, Feb. 4, 11, 25,
Mar. 4, 11, 18, 25

Time: 4:00-5:00 pm

Fee: \$150 for 9 classes

Instructor: Jeff Sasso, M.A., Special Ed.; Guitar Instructor

New students will learn the basic techniques of playing beginning guitar. This group class is offered to children eager to learn the basics of guitar playing. Learn how to tune the guitar and use chord charts to play songs. Students continuing with this class will advance at their own pace. This group will be limited to 4 students and will enable students with special needs to work with typical children in a supportive learning environment.

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Parent/Caretaker/Teacher Workshops

Baby Sign: Enhancing Parent/Child Communication

Date: Wednesday, Jan. 20

Time: 7:00-8:00 pm

Fee: \$15 ((FREE for KIDSTEPS B23 children)

Instructor: Eileen D. Baker, M.E.D. Consultant

Research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language, baby sign, is an effective and positive bridge to recognizing their often challenging, non-verbal needs. Parents will be introduced to sign language that will help with everyday communication needs. Upon request, follow up workshops will be scheduled.

Dealing with Hitting and Aggression (3-10 yr. olds)

Date: Tuesday, Feb. 2

Time: 7:00-8:30 pm

Fee: \$15

Instructor: Marian Roy, M.S., Counselor/Educator

A certain amount of aggression in children is normal. Many children are not fully able to control strong feelings and may act impulsively. Young children may not understand the consequences or have developed language to express themselves with words. This workshop will discuss reasons for aggressive behavior, explore ways to help prevent aggression and explore techniques that may increase a child's ability to express themselves in a more acceptable way.

Self-Help Skills:

Toilet Training, Food Aversion and Autism

Date: Tuesday, Feb. 10

Time: 7:00-8:30 pm

Fee: no fee

Instructor: Christine Eichelberger, Ph.D., State Director, Beacon Services of CT

This workshop will provide an overview of the unique issues that young children on the autism spectrum have with regard to toilet training and feeding. We will provide helpful strategies to teach toilet training and implement a toileting schedule. We will also discuss helpful strategies for working with children who are picky or resistant eaters in order to increase the variety of foods they will eat.

Why Children Lie and What You Can Do About It

Date: Tuesday, Feb. 23

Time: 7:00-8:30 pm

Fee: \$15

Presenter: Marian Roy, M.S., Counselor/Educator

Children tell a variety of lies, from little white lies to boasting and bragging to planned concealing of information; and they do so for a number of different reasons. This workshop explores what motivates children to lie, how lying changes at different ages and how a child prepares a lie. Discussion will focus on how to encourage truthfulness in children.

You Can't Make Me: Power Struggles

Date: Tuesday, Mar. 2

Time: 7:00-8:30pm

Fee: no fee

Instructor: Marian Roy, M.S., Counselor/Educator

Location: Guilford Free Libray, 67 Park St., Guilford

Often power struggles occur when a child is asked to do something and refuses. Children may resist adult requests or become upset when they don't get what they want. Once power struggles start, they are hard to end. Participants will learn techniques to increase the chances that children will follow directions and not engage in power struggles.

Understanding ADHD

Date: Tuesday, Mar. 9

Time: 7:00-9:00pm

Fee: no fee

Instructor: Kathy Slade, Connecticut Parent Advocacy Center

This training is designed to educate parents, teachers and others about Attention Deficit Hyperactivity Disorder and implications for school success. It provides participants with information about ADHD, including behavior support for parents and instructional strategies for teachers.

Music for Learning-Overview of Music Therapy Class

Date: Wednesday, Jan. 6

Time: 7:00-8:00pm

Fee: no fee

Instructor: Courtney Biddle, MT-BC, Bd. Cert. Music Therapist

Learn about the benefits of music therapy and our new children's program "Music For Learning".



Ongoing Programs

Parent Chat Group

Free childcare is provided

Date: Wednesdays, ongoing

Time: 9:30-10:30 am

Fee: No fee

Facilitator: Marian Roy, M.S., Counselor/Educator

Parents meet weekly to discuss topics of interest to the group. Information and resources are available upon request. Come join the fun and share ideas with parents who have similar concerns and interests.



Parent Coaching

This private one hour, parent-only session addresses individual concerns such as parenting issues or child behavior issues. Call the Family and Children's Center to make an appointment.

School & Community Consultation / Workshops

In-service training and consultation is available. Topics may include, but are not limited to, children with special needs, behavioral concerns, classroom management, teasing and bullying. Upon request, a planning meeting will be scheduled to determine the content and extent of the consultation and training.

Please contact the Family and Children's Center for more information and/or to schedule an appointment with Marian Roy, M.S., Certified Counselor and Administrator.

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REGISTRATION FORM - Winter 2010

Parent/Guardian Registration/Information:

Names: _____

Address: _____

Home Phone: () _____

E-mail address: _____

Please add my name to your e-mail list

Child(ren) Registering for Workshops:

Name 1: _____ Age: _____

Name 2: _____ Age: _____

Please list any allergies the child(ren) may have, as well as any accommodations that may be required:

How did you hear about our program?

- | | |
|--|--|
| <input type="checkbox"/> Friends/Family | <input type="checkbox"/> Newspaper/Media |
| <input type="checkbox"/> Internet/website | <input type="checkbox"/> School |
| <input type="checkbox"/> My family's physician | <input type="checkbox"/> Attended past workshops |

In the event of an Emergency, please contact:

1st Name: _____

Ph #: _____ Relationship: _____

2nd Name: _____

✓	Name of Workshop	Fee
	Music and Me	\$ 95.00
	Sense-sational Learning	\$60.00
	Music for Learning	\$ 60.00
	Study Power	\$80.00
	Social Skills Group	\$100.00
	Girls' Night Out ONE Session	\$15.00
	Girls' Night Out TWO Sessions	\$25.00
	Group Guitar	\$150.00
	Baby Sign	\$15.00
	Dealing with Hitting and Aggression	\$15.00
	Self Help Skills: Toilet Training and Food Aversion	No fee
	Why Children Lie and What You Can Do About It	\$15.00
	You Can't Make Me: Power Struggles	No fee
	Understanding ADHD	No fee
	Parent Chat Group	No fee
Total Fees Due for Workshop(s):		\$
* Tax Deductible Donation:		\$
TOTAL AMOUNT ENCLOSED:		\$

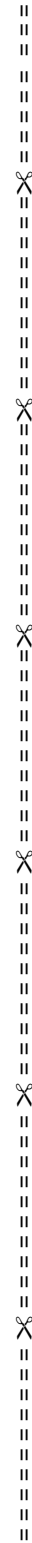
Please make checks payable to: SARAH, Inc.

Mail registration form & payment to:

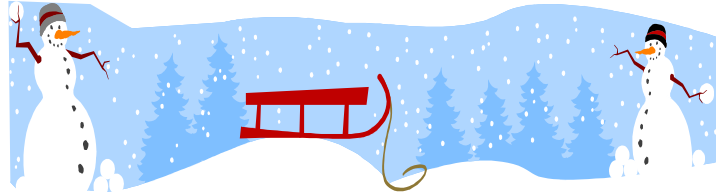
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Please Note: No one will be turned away due to an inability to pay. Scholarships and reduced fees are available for families/caregivers. Please contact us at FCC for more information.

**** SARAH, Inc. is a 501(c)(3) non-profit agency. Fees cover basic costs of workshops. Additional contributions are tax deductible and help support scholarships and continuing programs and are greatly appreciated.***



We ask that you please share the information in this brochure with others who may be interested in attending classes and/or joining our mailing list. We are also on the web.



KIDSTEPS Family & Children's Center Policies

Attendance:

Please contact our office (in advance, if possible) to let us know if you or your child is unable to attend a registered workshop or class.

Refunds:

Refunds will only be given if a workshop/class has been cancelled by our office.

Inclement Weather:

In the event of inclement weather, please contact our office to determine whether a workshop or class has been cancelled. All cancellations will be made by our office at least 2 hours prior to the start time of the scheduled session.

Questions/suggestions/comments

Contact: Marian Roy (203) 318-3692, ext. 2 OR mroy@sarah-inc.org



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Place label here

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