
This publication is brought to you by West Suburban Early Intervention (WSEI) and the West Suburban Interagency Early Intervention Committee (WSIEIC).

ONGOING INDOOR ACTIVITIES

Birchbark Books and Native Arts occasionally hosts children's events.
Call 612-374-4023 for more information

Hennepin County Libraries offer weekly **Family Storytime** events. Call 952-847-8500 for the number and location of the library nearest you.

Martha and Mike's Club House, "an afternoon of music, improvisational storytelling, and theater games" is featured on the second Saturday of each month. Fun for all ages, the event begins at noon at the Bryant Lake Bowl Theater, 810 W. Lake St. Call 612-825-8949 for details.
www.bryantlakebowl.com

The **Minneapolis Institute of Arts** (2400 3rd Avenue South) offers Ford Free Sundays, from noon to 5 p.m. They also offer children's art classes for ages 4 - 16. Call 612-870-3000, or 870-3131, or visit their web site at www.artsmia.org for information.

The Bakken Museum, 3537 Zenith Av. So. offers **Family Science Saturdays**. Adults, \$5. children and seniors, \$3. Call 612-926-3878 or log on to www.thebakken.org

Zany Brainy offers book activities that help young children (4 & under) develop vocabulary & hone language skills. Store locations are: Edina 952-920-0410 and Maple Grove 763-416-2798.

The following **pool facilities** have an average temperature of 92 - 94 degrees. The sites have variable times for open swim. Costs are also variable.

Williston Fitness Center	952-939-8370
Courage Center , Golden Valley	763-520-0474
Abbott Northwestern Hospital (Sister Kenny)	612-863-4296
The Marsh	952-935-2202
Northwest Chiropractic College	952-885-5444

The **Minneapolis College of Art and Design** is located at 2501 Stevens Avenue South in Minneapolis. Their 'Studio Tots' program is geared for kids ages 4 - 6; also ask about "Adventures In Art" programs. Call 612-874-3765, or visit their web site at www.mcad.edu for more information.

The Children's Theater Company, 2400 3rd Ave. S, Mpls. offers drama and fun for your family; show times and dates vary. Call 612-874-0400

Stages Theater Co. offers performances and classes (currently running 5 different shows for children, and 2 for older teens-adult ages). They also have year-round acting classes for all skill level children ages 4-17. Summer workshops and family scholarships are available. Call 952-979-1111 for schedule and ticket information. www.stagestheatre.org

The Minnesota Children's Museum has many activities scheduled throughout the year. These activities are geared towards children ages 6 months to 12 years. The Minnesota Children's Museum's multi-sensory approach provides ample opportunities for children to interact and enjoy the Museum. Call 651-540-0022 and Minneapolis 612-927-0653.

The **Minnesota History Center** is located in St. Paul, call 651-296-6126 for hours and directions. History Hi-Jinks, a free "hands-on" art and craft experience for parents and children of all ages takes place in the 2nd floor education center on Sunday afternoons. www.mnhs.org Free admission

Minnesota Transportation Museum welcomes you to take a trip back in time on the Como-Harriet Streetcar Line. Weekends to October 27., children under four ride for free for a two-mile, fifteen minute round trip ride. Call 651-228-0263 or log on to www.mtmuseum.org

Historic Landmark Center in St. Paul offers free public tours Thursday at 11:00 am and Sundays at 1:00 pm. Visit the Minnesota Museum of American Art Galleries, the Schubert Club Musical Instrument Museum, the Landmark Center Archive Gallery and more. Call 651-292-3225 for more information.

The Science Museum and the Omnitheater offers a variety of presentations throughout the year. Call 651-221-9444 for complete information.

The **Minnesota State Capitol** offers free tours. Call 651-296-6013.

Enjoy the **Original Baseball Hall of Fame - Museum of Minnesota** (Dome Souvenirs Plus), 910 South 3rd Street in Minneapolis. Call 612-375-9707

Creative Kidstuff is a toy store that offers demonstrations and special events throughout the year. They are in Minnetonka (952-540-0022) and Minneapolis (612-927-0653).

Wild Rumpus Bookstore offers a variety of events. Enjoy family workshops and visits from authors. Most events require preregistration. Call 612-920-5005 for specific information

Playmakers creates fairy tale birthday parties. Each child is able to participate in a performance of a fairy tale. This service includes beautiful costumes for every boy and girl and face painting. Call Playmakers at 763-553-1346 for more information.

Creature Encounters, Inc. provides a fun, educational animal program for all ages. By bringing animals to your home, you'll be able to see, hear and touch exotic animals form around the work. Great for birthday parties, special events and school groups. Call 763-576-0450 or visit www.creatureencounters.com

The Amazing Castle, The **Minnesota Children's Museum's** magical castle lets children don costumes and role-play by becoming lords and ladies, castle villagers, or any castle character they can think of. Call 651-225-6001 for times and fees.

Wonderweavers - Storytellers: Be silly with a clown or invite one of our other specialty or seasonal characters to your child's next party. The fun begins with stories and magic, followed by a choice of balloon animals, face painting, craft projects and games. Call 952-934-4194 or visit www.wonderweavers.com or email wondertale@aol.com

The **Raptor Center** is located on the St. Paul Campus of the U of MN. The Center annually receives over 500 injured birds of prey for treatment. An audiovisual introduces the educational and medical components of the facility, followed by live bird demonstrations of hawks, owls, falcons, and eagles. Call 612-624-4745

On the first Saturday of each month,

Walker Art Center, Vineland Place and Lyndale Avenue So. , offers free family programming from 11 a.m. to 4 p.m. Call 612-375-7622. or log on to www.walker-art.org

ONGOING CLASSES

Early Childhood Family Education (ECFE) offers classes and special events for parents and their infants, toddlers, and/or preschoolers. For information on the program nearest you, call your local school district office

ECFE Brooklyn Center	763-561-1159
ECFE Eden Prairie	952-975-6980
ECFE Edina	952-928-1444
ECFE Hopkins	952-988-5000
ECFE Minnetonka	952-401-6812
ECFE Orono	952-479-3648
ECFE Robbinsdale	763-504-4170
ECFE St. Louis Park	952-928-6764
ECFE Wayzata	952-745-5290
ECFE Westonka	952-491-8044

Kaleidoscope Preschool in Hopkins, MN is a program for any child

who is 3 to 5 years old. All preschool classes are designed as a guided discovery learning experiences. Children learn through play as well as experiences planned to promote their social, emotional, cognitive, ethical, and physical growth. Sections meet mornings or afternoons and are divided according to age. Sponsored by Community Education, Hopkins School District 270, the program follows the school year meeting from September through May.

2, 3, or 4 Morning or afternoon class sessions per week.

Scholarships are offered through School Readiness. Parent education opportunities in some classes

Kaleidoscope Preschool is accredited by the National Association for the Education of Young Children. Classes are located at:

Harley Hopkins Family Center
125 Monroe Ave. S.
Hopkins, MN 55343
Program Information (952) 988-5000
Fax (952) 988-5037 and the
Ronald B. Davis Community Center
5430 Glenwood Ave
Golden Valley, MN 55422

For more information Contact: karen_tadewald@hopkins.k12.mn.us

STEPPING STONES, in Hopkins, MN, is an all day year 'round, year-before kindergarten program located at Gatewood Elementary School and the Ronald B. Davis Community Center attached to Meadowbrook Elementary School. Supporting the Hopkins School District's "Academic and Self Development Skill Expectations," Stepping Stones fosters critical thinking skills as well as social and emotional growth in a guided discovery-based setting that helps prepare children for kindergarten. Open Monday-Fridays, 6:45 am-6:00 pm, Stepping Stones is a collaboration between Kids & Company and Kaleidoscope Preschool. Contact: Phone: 952-988-4080 or via Email: deb_ukura@hopkins.k12.mn.us

Parent Connections - Beginning the Journey. A support group offering resources, connections and friendship for parents of children ages birth through seven with mental retardation or related developmental disabilities. LOCATION: St. John's Lutheran Church, 300 4th St. East, Chaska, MN No fee Check website for dates and times

For more information log on to:

<http://archennepincarver.org/opportunities/calendar/>

Arc Hennepin County's "FACT SHEET -- 2000" is an informative piece about the "*Third Party Billing - Coming to a School Near You*" reimbursement plans

put into effect with the July 1, 2000 Minnesota special education laws. If you have not been informed about the issues and information that you need regarding your authorizing the school districts to bill your insurance plan for services, this is a piece you can request from them. Call 651-523-0823, or 800-582-5256, or visit www.arcminnesota.com

The PACER Center provides workshops and services for special needs families. It is located at 8161 Normandale Blvd., Mpls. MN 55437; **phone: 952-838-9000 (voice) 952-838-0190 (TTY)**; toll free **800-537-2237-MN**, or National **888-248-0822**. email pacer@pacer.org or visit these web sites: www.pacer.org www.taalliance.org www.fape.org .

PACER Center also maintains a list of parents and others who wish to be informed when bills are introduced about the reauthorization of the federal Individuals with Disabilities Education Act (IDEA.) To be added to the IDEA list complete the form on PACER's web site at www.pacer.org, or telephone PACER @ phone: 952-838-9000 (voice)

Minneapolis ECFE offers the following monthly support groups .

Parenting Children with Down syndrome

Parenting the Child with Special Needs

Parenting Children with Autism and Communication Disorders

Minneapolis residents get first consideration. Parents from other school districts are

welcome pending availability. Call 612-668-3927 for meeting times and locations. 13

Changed By A Child, a parent support group by parents for parents of children with special needs is offered from 6-8 p.m. the 2nd Wednesday of the month by Mayflower ECFE, 106 E. Diamond Lake Road.

Minneapolis residents get first consideration. Parents from other school districts are welcome pending availability. Call 612-668-3927 for information.

St. David's Child Development and Family Services, 3395 Plymouth Road, Minnetonka, offers **one on one speech-language, occupational, physical and music therapy services** including sensory integration and feeding/swallowing expertise. Their area of expertise is with preschool and early elementary aged children experiencing development delays. **They also offer these group services: Speech-Language Social Skills Groups**, for ages 4-12, **Music Therapy Group** For preschoolers through adults. and **Therapeutic Listening**, a sound-based program of bilateral (both ears) listening to engage the whole body, including the vestibular system, to support the organization of the central nervous system. For more information contact St. David's , 952-939-0396 and ask to speak to the Therapy Dept.

Minnesota Center for Conductive Education, a center for children with motor disabilities, "teaching children to help themselves," 1947 W. Burnsville Pkwy, Burnsville, MN 55337 952-736-1490

REACH, a center for Recreation, Education, Advocacy, Counseling and Health, (formerly known as West Hennepin Community Services) serving people with developmental disabilities and their families, offers a variety of social events, programs and educational opportunities for youth, teens and adults. Registration is required. For a calendar and registration form contact: 952-988-4177.

The **On Your Toes School of Dance** offers dance classes for children. Children with special needs are integrated into dance classes. 5810 W. 36th St. St. Louis Park. Call Cynthia Lehew-Nehrbass at 952-928-7803 for more information or go online at www.onyourtoes.org

Dance Impressions at 7033 Cahill Road in Edina provides dance classes for ages 3 - adult. Call 952-943-8370.

Minnetonka Dance Theater & School - located at 2806 Hedberg Drive in Mtn. (Cedar Lake Road & Hopkins Crossroads) - offers dance classes for boys and girls ages 4-adult. Their phone number is 952-937-1387.

My Gym, 956 Prairie Center Drive, Eden Prairie, offers age-appropriate, non-competitive play and exercise programs for children 3 months to 9 years. Summer Camps for 3 - 6 yr-olds and birthday party options are also available by calling 952-906- 0028. Call for a free trial class.

Futurekids offers computer camps for kids ages 3 - 15. Several locations around the metro area. Call 612-476-6036 for information.

Adaptive Swimming Lessons are offered through **Reach for Resources-** Northwest, West & Chaska areas. For information call them at 952-988-4177.

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The **Martha Burns Swimming School** has classes for children of all abilities 2 years and older. The school is located in Hopkins. For more information call 952-945-0346.

Foss Swim School offers swimming classes for children age 3 and up. Call 952-935-8732 for specific information.

Courage Center offers a class called **WATERBABIES**, for infants ages 6-48 months. The program is open to all children and their families, regardless of ability or disability. Cost is \$49 for a 7-week course. 14

The following programs frequently offer activities in the **Visual and Performing Arts for preschool children.**

Stage's Play Theater Company	952-979-1111
Minneapolis Institute of Arts	612-870-3131
Minnetonka Center for the Arts	952-473-7361
Bloomington Art Center	952-948-8746
Edina Art Center	952-929-4555
Walker Art Center	612-375-7610
Children's Theater Company	612-874-0400

Musik Start, A *Musikgarten* Studio teaching music, and understanding children. Bring your young child or children to this fun, bonding, highly acclaimed approach to early childhood music and movement. Learn how to nurture basic music competence during the time when children can best learn "the language of music." We offer age appropriate classes for infants, toddlers and preschoolers at our U of M studio location. 310 18th Ave. SE and University Ave., Mpls, MN 55414. Call or E-mail for a current class schedule. Julie Erickson, 952-0821 Julie@early.com.

Music Class for 3-4-yr-olds and Parents. A lively 45 minute class. Play instruments and learn together. \$72 for 6 sessions. Call 952-928-6763 for class dates and times or log on to www.slpcommunityed.com

Taking Whole Steps: Musical Encounters for Children with Autism. Ages 4-7 and 7-11, MacPhail Center for Music. Through the use of music, movement, listening, games, songs and art projects, this class helps your child develop the necessary skills for integration in other activities. The class tailors curriculum from the ECA Program for children with autism, ADD or ADHD. For more information call Melissa Wenzell (612-321-0100)

Perfect Intervals - Musical Discoveries for Children with Asperger's Disorder. Ages 6-9. this class has been created to fit the needs of children with Asperger's Disorder, or high functioning Autism. Through the use of music, singing, dancing, listening and sharing. Students increase their ability to relate to others, focus in their environment, express themselves through social interaction and increase awareness of sensory perceptions. For more information call Melissa Wenzell (612-321-0100)

Growing with Music is available at several locations. Toddlers, preschoolers as well as older children are introduced to musical fun and basics. Call 763-540-0271.

Kindermusik with Lucy, music classes for young children and their families. 560 Pauly Drive Chanhassen, MN. Call 952-949-1181 or email lamorrissey@hotmail.com

Family Music Center offers MUSIC TOGETHER, an early childhood music and movement approach for families. A fun, bonding way to develop musical intelligence before age 5. Call 763-529-2240 or click on to www.familymusiccenter.com

The **Minnesota Valley School of Music** is located at 6601 Bloomington Avenue in Richfield. They offer Kindermusik classes for infants through age 5. Suzuki string program includes private and group lessons. Call 612-798-4000 for more information.

Children's Yamaha Music School offers classes and programs throughout the year. The school has basic musicianship, rhythm and keyboard classes for children ages 3 1/2 - 9 years of age. Call 612-339-2255 for times and locations.

MacPhail Center for the Arts offers the Musical Trolley Program. This is an Early Childhood Arts Program for young children. They also have a special creepers & toddlers with parent program. MacPhail offers a handbell choir that serves the music education of students w/special needs. The choir uses adapted music-reading techniques using letters and colors. The choir also stresses music reading & social skills. Call 612-321-9764 ext. 328, or 612-321-0100 for tuition, dates, other info. Their web site is www.macphail.org.

15 **The Stepping Stone Theater for Youth Development** offers classes for 3 1/2 - 16 year olds. Classes include instruction in acting, singing, dancing and art. Call 651-225-9265 for more information.

The **Parade Ice Gardens** offers skating lessons for individuals of all ages with special physical/mental challenges. Located at 600 Canada Pkwy.; call 612-370-4846.

We Can Ride, Inc. offers therapeutic horseback riding to children and adults with disabilities. Horseback riding offers individuals a new-found freedom and a tremendous boost to confidence and self-worth. Call 952-934-0057 for more information.

A "**Preemie & Parent Interactive Play & Learn**" series offered for parents and their babies is designed to enhance motor and neurological development in premature children. An occupational therapist and infant behavior specialist facilitate classes. Bring your preemies! Call Kathy @ 612-692-1319 for details, fee scale, and to register. The classes are for (corrected to chronological) ages 3 mos.-12 mos.

River Valley Dance Academy, Chaska, MN, offers adaptive dance class for children living with physical challenges on Saturday a.m. Contact Jacelyn at 952-368-2300

WEBSITE / COMMUNICATION INFORMATION

Sensory Integration is sometimes a concern for parents of children with **Down Syndrome**. Also called **Sensory Processing Disorder**, There are three websites with information on Sensory Integration, www.sensoryresources.com, www.kidfoundation.org, www.spdnetwork.org

Waiver Online is a cutting edge Fiscal Intermediary, founded by parents who were determined to provide less expensive FI/ER services to other parents, while maintaining high quality service. They know the frustration of high fees, slow or outdated budget reports, errors, and lengthy waiting periods for reimbursement checks. **Waiver Online** provides clients with a user name and password that allows them to electronically submit timecards. Clients can also gain access to their up-to-date budget reports and illustrated budget forecasting that reflects their spending trends in comparison to their budget. Visit the website@ www.waiveronline.net

Children's Hospitals and Clinics now offer an **online Children's Medical Organizer**. A confidential, manageable, accurate and accessible way to store your medical information on line. Organize your medical information in three easy steps. 1) Open an Internet browser and locate www.childrenshc.org. Click on "Children's Medical Organizer." 2) Enter a "User name" and a confidential "Password." First-time users, click on "New user sign-up." 3) Enter your medical information.

QualityMall.org, is an international web site with lots of free information about the best person-centered supports for people with developmental disabilities. Also web sites for major disability organizations and high quality individual, agency, state and national resources. <http://www.qualitymall.org>

New website from the **Children's Defense Fund**, at www.cyfc.umn.edu/coveringallfamilies/. Offers information about programs offered in Minnesota including tax credits.

Family Institute for Creative Well-Being. The mission is to enhance, through creative arts, the emotional, spiritual, and social health of families who have members with disabilities or chronic health conditions. <http://www.familyinstitute-cwb.org>

Hasbro Children's Foundation is a potential source of funding for accessible playgrounds. <http://www.familyinstitute-cwb.org>

Meld Special E-Group, an on-line facilitated parent meeting every Wednesday from 8 - 10 p.m. , for parents of children with special needs. A message board is available 24- hours-a-day for group members to post questions, responses, or “get together” outside the group. To receive a password and/or instruction book, call Sandra laski or Gina Rysdon at 612-332-7563 to apply or visit them at www.meld.org.

Minnesota’s Website dedicated to providing information on **Autism Spectrum Disorders** is <http://cfl.state.mn.us/SPECEDautism/Autismindex.html>.

Searching for outstanding Autism/Asperger Syndrome merchandise?
[www..autismshop.com](http://www.autismshop.com), a division of **Autism Resource Network, Inc.**

Closing the Gap is an organization that focuses on computer technology for people with special needs through its bimonthly newspaper, annual international conference in Minneapolis and extensive web site. For more information, call 507-248-3294 or visit them at www.closingthegap.com

Yahoo Birth - Three Support Groups offer support for parents and professionals in Early Intervention Programs.
<http://groups.yahoo.com/group/BirthtoThreeSupport/>

The Human Services Research Institute’s **National Center for Family Support** has a web site located at www.familysupport-hsri.org that brings together the resources of the Institute and a diverse group of consultants, professionals & family members, with the goal to provide technical assistance/training to states to develop, implement, enhance and/or expand family support systems for families of children with disabilities.

www.state.id.us/dhw/InfToddler is a website with information titled “**Parents Should Know**” on “**How to get help for my child,**” including links to the child find coordinators and a development chart titled “A Pattern for Growth and Development.”

www.aap.org is the website for the **American Academy of Pediatrics**. There you can search for Policy Statements and Practice Guidelines for information relating to children with special health care needs or disabilities.

Here is a list of other Internet **web sites** recommended to visit:

National Information Center for Children and Youth with Disabilities -

www.nichcy.org/new.htm

Parents Helping Parents - www.php.com

National Network for Child Care - www.nncc.org
Parent Advocacy Coalition for Educational Rights (The Pacer Center)
- www.pacer.org
Early Childhood & Family Initiatives - <http://cfl.state.mn.us/ecfi>
[familyeducation.com./home/](http://familyeducation.com/home/)
kidsource.com/
[Parenthoodweb.com](http://parenthoodweb.com) (Newsletter)
momsonline.com (Moms online weekly web newsletter)
Down Syndrome Association of Minnesota - www.dsamn.org

Computertots offers classes for children ages 3 - Grade 12. Call Sheri Rylecki at 651-730-9910; or their world-wide headquarters at 703-759-2556 for information

The **STAR Program** (A System of Technology to Achieve Results) offers assistive technology programs that benefit Minnesotans with disabilities, their families and service providers. Call 651-296-2771 (or 296-9718) for a copy of their activities or visit [www.state.mn.us/branch/admin/assistive technology/](http://www.state.mn.us/branch/admin/assistive%20technology/) on the web.

The **Starkey Hearing Foundation** offers assistance for families whose child needs a hearing aid. Their goal is to assist children in obtaining hearing aid(s) if the family can not qualify for government assistance & not be able to afford a hearing aid. Call 612-928-4648.

A new service for the disability community! **Minnesota's Internet Disability Directory** is now available. Direct Ability is a comprehensive new web site directory devoted strictly to disability-related products, services, resources and information in Minnesota. To access the site go to www.directability.com.

DRAGnet (Disability Resources, Affiliates and Groups Network) is a Minneapolis based nonprofit organization that accepts donations of used computers and puts them into the hands of parents of children with disabilities for a small fee; Visit their web site at www.Dragnet.org.

High Tech and Small Folks: Learning and Growing with Technology is a video and accompanying book available to parents and professionals working with young children with special needs. For ordering information call 865-458-8900.

Ablenet is a catalog filled with affordable automated learning devices for people with special needs. Toys and electrical devices which can be adapted for switch activation are included. Ablenet is located in Minneapolis and they welcome visitors to their showroom at 1081 10th Ave. S.E., Minneapolis. Ablenet also has a referral and information service. Ablenet's number is 612-379-0956 or 1-800-322-0956. www.ablenetinc.com

Augmentative Communication Devices - UCPM will load augmentative communication devices onto your computer for one month free of charge. This gives children an opportunity to try a device before purchasing. Devices will be loaned based on assessment/recommendation from local school districts Speech/Language/Communication Specialist. For more information call 651-646-7588.

Metro Deaf School (St. Paul) offers a Bilingual-Bicultural approach to educating deaf and hard of hearing children. (Grades Pre-K-8) American Sign Language is the language of instruction and English is taught as a second language through reading and writing. Call 651-224-3995 for more information.

Miracle Ear Foundation - Children 16 years old or younger, and who meet requirements of eligibility may receive services and hearing aids. Call 800-234-5422 for information.

CHILD CARE

Minnesota Child Care Resources and Referral Network provides consultation and important information about child care options in your area.

Anoka	612-783-4884
Dakota	612-985-4040
Hennepin	612-341-2066
Ramsey	651-641-0332
Scott/Carver	612-496-2321
Washington	651-430-6488

The Greater Minneapolis Day Care Association assists parents in finding child care. The GMDCA maintains a list of child care providers. Call the Child Care Information Network at 612-341-2066.

Resources for Child Caring advances quality care and education of children in their crucial early years. Visit them @ www.resourcesforchildcare.org

College Nannies, recruited from top local Colleges and Universities. Offering more than your neighborhood babysitters. Offering a 5-step quality assurance process. Call 651-230-3889 or www.collegenannies.com

Child CARE WORKS is a membership organization which gives legislative alerts, events, status updates & summaries and knowledge for parents on subjects relating to issues and policy matters regarding child care. They offer a biennial convention, and can be reached at 1628 Elliot Avenue South, Mpls. MN 55404; phone 612-349-0543, their web site is www.childcareworks.org

SPECIAL INFORMATION / COMMUNITY RESOURCES

Infants and youth through age 18 can receive free medical care on Tuesday and Wednesday afternoons at the **Central Clinic**, located in room 228 of Central Community Center. 6300 Walker Street , St. Louis Park. Volunteer doctors from HealthSystem Minnesota provide treatment for illness and injuries, well baby checkups, shots and preventive care. The clinic is sponsored by HealthSystem Minnesota and the St. Louis Park Public Schools. 952/993-1100

Even Start is a program that helps low-income parents and children improve their education. Adults must have a least one child age 7 or younger to qualify for services. The goal of Even Start is to break the cycle of poverty and illiteracy. http://education.state.mn.us/html/intro_even_start.htm

Disability Linkage Line can be reached (toll free) by calling 1-866-333-2466. A resource specialist will be available during business hours to provide one-to-one assistance. for those who prefer , look for the Disability Linkage Line ink at www.MinnesotaHelp.info., a comprehensive online directory of services designed to help service providers and people in Minnesota identify resources to meet their needs.

Westonka.org, family resources online. **Western Communities Action Network (WeCAN)**, WeCAN's mission is to help provide basic human services in a respectful manner to individuals and families in our service area, and to work with them to enhance family stability and self sufficiency. WeCAN is the emergency assistance provider for the suburban and rural communities of Greenfield, Loretto, Independence, Maple Plain, Minnetonka Beach, Minnetrista, Mound, Rockford, Spring Park, St. Bonifacius, Tonka Bay and Western Orono. Call 952-472-0742 or visit www.wecanhelp.org.

Front Door Access offers residents of Hennepin County information and assistance on a broad range of social services. These services may be community agencies, county operated programs, financial resources and access to case management services. 8 a.m. to 4 p.m. Monday through Friday. A call to 612-348-4111, will connect the caller with a professional social worker who discuss the needs or concerns of the caller and assist in problem solving. Fax 612-317-6129.

quickMEDx , located in Cub Foods Stores offers quality, basic family healthcare that is quick, personal, affordable and convenient. Call 952-929-1233 or www.quickmedx.com

INTERCONGREGATION COMMUNITIES ASSOCIATION (ICA) In an emergency food shelf and emergency assistance organization serving the west metro community. Call 952-938-0729 or log on to ICA@ emergencyfoodshelf.org

INTERSEED, Training-Mentoring-Support, “Planting connections between parents and professionals,” the staff at INTERSEED, provide training, mentoring and support to parents and the professional who work with their children, so that strength-based services enhance children and families lives. Contact Darla Oehring, 612-702-5816

Disability Awareness Ministries, Inc. , educates churches and other faith-based organizations on the inclusion of people with disabilities into their programming and community life by promoting education, awareness, accessibility and camping ministry. Contact: Rev. Ron Cottone, 952-890-2515.

Community Action for Suburban Hennepin (CASH), 33 10th Ave. S. # 150, Hopkins, MN 55343, collaborates with community organizations to fight poverty. Call for assistance with: emergency and peer advocacy services, homeless family support, transitional housing support, energy assistance and weatherization, budget counseling, homeowner counseling, reverse mortgage counseling, home rehab counseling, foreclosure prevention. Call 952-933-9639 or log on to www.cashenn.org for further information.

There is a new **Federal Government website** that will allow citizens to enter basic information to determine their possible eligibility for Federal program benefits and services: www.govbenefits.gov/GovBenefits/isp/GovBenefits.isp

The Community Clinic, Wayzata Medical Building, 250 N Central Ave., Wayzata, MN., is a partnership between the Park Nicollet Foundation and the Wayzata schools. The clinic, open Wednesday's 1 -5 p.m., is staffed by physicians from the Wayzata Family Medicine Clinic, to serve the medical needs of children ages 0 to 18 who live in the western suburbs. There is no fee for the services provided.

Hopkins Area Family Resource Center, 915 Mainstreet, Hopkins, provides, information and referral, family support , on-site agencies and organizations. Call 952-988-5350 www.hopkinsfamilyresourcecenter.com

Interfaith Outreach and Community Partners, 110 Grand Avenue South , Wayzata, MN , serving Corcoran, Plymouth, Medicine Lake, Minnetonka Beach, Wayzata, Hamel, Long Lake, Medina, and Orono offers emergency services, homebuyer assistance, medical assistance, advocacy and support for families , food and clothing assistance and much more. Call 952-473-2436 for more information.

Moms all over the country are tuned into Nanci Olesen's hip **Twin Cities Radio Talk Show called "MOMbo"** broadcast on KFAI-FM 90.3 in Minneapolis, and 106.7 FM in St. Paul. Visit www.mombo.org for more information.

Families, children, health care professionals, educators and interested community members can access training in the areas of living with chronic conditions, negotiating the health care system, and finding community resources and advocacy through the **MINNESOTA FAMILY SUPPORT COUNCIL**. Contact the **KDWB Variety Family Center** at 612-626-3087 or 800-276-8642 for more information about it and many other programs facilitated by the Family Center.

American Deafness-Related Resources is a new publication that lists contact information of deaf associations/clubs, service organizations, education, interpreting, health, legal help, mental health services, companies selling technical devices/books/videotapes, captioning groups and much more. Cost is \$25 plus \$5 shipping and handling. Click on "Deaf International" at www.signersnetwork.com.

A new community-based parent support program serving Spanish-speaking families who have children with disabilities is available by calling **discapacitado abriendose caminos (d.a.c.)** 651-293-1748.

If you are interested in pen pals for your child who has Downs Syndrome, an on-line newsletter entitled *Pen-A-Friend* has a site, www.penafriend.com.

PROJECT EXCEPTIONAL, MINNESOTA has a new name: CENTER FOR INCLUSIVE CHILD CARE (CICC). based at Concordia University, School of Human Services, is a state training project using community-based training teams working to increase disability awareness and more successful inclusion in early childhood and school age programming for families of children with disabilities. Contact State Coordinator, Cindy Croft, 651-603-6265, fax: 651-603-6327, www.inclusivechildcare.org

Simon Technology Center is the technology center at PACER.

www.pacer.org/stc Pacer offers state-of-the-art computer equipment, adaptive devices, and software to make computers accessible to persons with disabilities, for communication and learning.

Simon Technology Center also offers personalized services with:
Assistive Technology Information and Referral - availability & funding sources;
Individual consultations - make an appointment;
Software Lending Library - over 1700 pieces of software & adaptive devices;

*Free, public workshops;
In-depth in-services - for teachers, other professionals, in-service
programs;
SUPER Service (Still Useful product & Equipment Referral) - w/e-mail
notices;
a free newsletter, "Computer Monitor" - call CRC to be added to mailing
list;
Alliance for Technology access - 47 tech. centers nationwide for families;
and
FCTD (Family Center on Technology & Disability) - national collaborative
of 5 organizations that provides support on using
technology to organizations serving families of children with
disabilities. Coordinating office is United Cerebral Palsy Association & the web
site is: www.ucpa.org/fctd/.*

Orcca Technologies is offering a substantial discount to anyone interested in purchasing "The Gate" and "Forrest Center Stage," two CD tutorials on Assistive Technology. All you have to do is mention that you learned about them from the PACER Technology Newsletter. To take advantage of this generous offer call or write Orcca at orcca@orcca.com or 859-226-9625

Legislative Alert Network is a regular update of pending legislation affecting special education and children's mental health issues. To be added to this mailing list, call PACER CENTER. In conjunction, currently there is a program to invite legislative representatives into your home to meet in a home visit about issues and needs. The associate director at pacer, Sue Aberholden is the contact; call her at 612-827-2966 or by 1-800-53 PACER, toll-free in Greater MN.

Families Integrating Together (FIT) is a collaboration between PACER Center and Wilderness Inquiry to offer free outdoor education and canoe trips for families who have a member with a disability. Ten families are selected each year. FIT is accepting applications for the next program slots. Call Wilderness Inquiry (Jessie Nikko) at 612-379-3858 or PACER (Jane Johnson) at 952-827-2966

The Family Resource Center at Children's Hospitals and Clinics helps children attain the highest level of well-being by linking families with health and parenting information, injury prevention education and community resources. The centers offer a quiet place where families can browse reference materials. Minneapolis 612-813-6816, St Paul 615-220-6368.

The National Institute on Media and the Family has resource kits available to assist parents, educators and communities answer the question, "What can we do about the powerful influence media has on our children's lives?" The kit, "**Media Wise,**" can be ordered by calling 888-672-5437 or www.mediafamily.org.

Health Education Resources: The Guidelines of Care for Children with Special Needs are a series of diagnosis-specific booklets developed by MN Children with Special Health Needs. To receive an order form, contact **MN Dept. of Health Library, 612-676-5274.**

Healthfinder is a mega-site of links to information on a variety of medical conditions and diseases. Their location on the web is www.healthfinder.gov.

Gillette Children's Specialty Care * West Clinic in Minnetonka serves children with cerebral palsy, spina bifida, epilepsy, brain injuries and other conditions that require special pediatric care. The West Clinic is located at the intersection of I-494 and Highway 62. Call 952-936-0977 or 651-229-3851 for information about referrals and services.

U of M's Cleft Palate/ Craniofacial Clinic's address is 6-296 Moos Tower, 515 Delaware Street SE, Minneapolis MN 55455-0348. They provide a team approach for Reconstructive Surgery, Oral & Maxillofacial Surgery, Otolaryngology (ear, nose & throat), Audiology, Speech-Language Pathology, Pediatric & Family Dentistry & Dental Hygiene, Orthodontics, Prosthodontics, and Genetics/Genetic Counseling. Phone 612-625-5945.

Data about **rare genetic diseases in children** @
<http://mcrcrz.med.nyu.edu/murphy01/homenew.htm>

“Access to Theater” for Visually Impaired Individuals: through **VSA arts of MN:** recent funding has allowed increased publicity, theater and dance Interpreters /Audio Describers for performances, and ticket subsidies. in the Twin Cities area. Check these web sites at <http://mn.vsarts.org>; MN Assn. of Community Theater: www.mact.net and Vision Loss Resources at www.visionlossresources.com Phone 612-332-3888.

Car Seats and Booster Seats are available for short term rental up to four weeks. Contact the **Family Resource Center** at Childrens Hospitals and Clinics: 612-813-6816. They also offer helmets that retail for \$49.95 for \$15. The staff will adjust each helmet to assure it fits properly.

MACMH (Minnesota Association for Children's Mental Health) has moved, and is now located at 165 Western Ave., #2, St. Paul MN 55102; phone 651-644-7333, or 800-528-4511; fax 651-644-7391, www.macmh.org.

*

United Way's First Call for Help metro wide phone emergency # is 651-291-0211. Their agency assists individuals in locating community resources/agencies. First Call for Help directories are available by calling: Minneapolis - 612-340-7400; St. Paul at 651-291-8300.

Head Start is a state/federally funded program for 3 - 5 year olds from income-eligible families. Head start assists the developmental process with basic preschool skills and health/nutrition. Transportation is provided for eligible families. Call 612-377-7422.

Children's Hospitals and Clinics has an **Infant Loan-A-Seat Program**. For car seat rental and information call the Family Resource Center at 612-813-6816.

The Consumer Product Safety Commission (CPSC) has prepared a brochure regarding Toy Safety. To receive a copy send a postcard with your name, address, and the publication title (Toy Safety) to: CPSC, Office of Information and Public Affairs, Publication Request, Washington, D.C. 20207.

Life Planning for Persons with Disabilities offers free educational seminars to assist families in planning for their children's financial future. Call 952-249-9193 for more information.*

Orthopedic screening clinic - Minnesota parents with questions about possible physical disabilities of children can get a free evaluation from an orthopedic resident at **Gillette Children's Specialty Care** in St. Paul. The clinic is held the 3rd Friday of each month. To arrange an appointment call 651-229-3851.

Gillette Children's Specialty Care has opened the first **Chronic Pain Program** exclusively for children in the metropolitan area. The team members include physicians, psychologists, social workers and therapists. Treatment interventions include exercise, nerve stimulation, hydrotherapy, massage, systemic muscle relaxation training, stress management, biofeedback, self-hypnosis and therapeutic play. Call Gillette Hospital at 651-291-2848.

Children's Health Care - West delivers outpatient services to infants and children in the western suburbs. Services include outpatient same-day surgery, diagnostic laboratory and radiology services. Developmental and rehabilitation services, including occupational, physical and speech therapy, and audiology services, are also offered. Children's Health Care - West is located at 6050 Clearwater Drive in Minnetonka. Please call 952-930-8600 for more information.

Children's On-Call is a service that assists parents with concerns about their child's health or who need medical help. Available daily 7 AM to 10 PM. 651-220-6868 or 1-800-869-1320.

Handicapped Parking Privileges - Parents and guardians of children who are disabled can apply for handicapped parking privileges on behalf of their child. A parking certificate is issued in the child's name which, when properly displayed, enables you to park in spaces designated for persons who are

Lutheran Social Services	612-871-0221
Preschool Mental Health	612-879-5320
Chrysalis	612-871-2603
Jewish Family & Children Service	952-546-0616
Perspectives, Inc.	952-926-2600
Pyramid Counseling Center	952-546-1866
St. David's Child Development	952-939-0396

St. David's Child Development and Family Services , focusing on client families that cannot access community services, **now offers In-home Mental Health Services for young children and adolescents.** In-home counseling provides therapists the opportunity to view the family as a unit and observe the child within the family system. Contact them @ 952-939-0296 for more information.

The Institute For Children's Health and Disability is housed at the University of Minnesota. It is a research and training center dedicated to the study and promotion of psychological and social well-being of children with chronic conditions and their families. For more information contact them at Box 721 - UMHC, Harvard Street at East River Rd, Mpls, MN 55455, or call 612-626-3087 or 612-626-2401.

“Respitivity” - Sneak out for an evening, go away for a weekend, take the kids or leave them at home, the choice is yours. If you are a Minnesota parent of a child with cerebral palsy, and income and/or obligations limit your chance to get away from it all, contact **United Cerebral Palsy of Minnesota's** “Give Me A Break” Respitivity Program. If you are selected, UCPM can arrange a night or two in a participating Radisson Hotel. You may also be eligible for a child care provider grant. For an application call Carol Ely at 651-646-7588.

The Down Syndrome Clinic provides comprehensive diagnostic, treatment and consultation services for families with children who have Down Syndrome. The clinic serves patients from birth to age 18, tailoring its services to meet the needs of each child and family. Developmental and Rehabilitation Services Department, Children's Health Care - Minneapolis, 2525 Chicago Avenue South, Minneapolis, 55404 612-813-6957

Alexander Center for Child Development and Behavior - Park Nicollet Center has moved to 11455 Viking Drive, Suite 300, Eden Prairie, MN 55344. For more information about the center call 952-993-2498.

St. David's Child Development and Family Services FEEDING CLINIC helps families address the stressful problem of feeding and nutrition. Trained in the Sequential, Oral, Sensory (SOS) Approach to feeding, St David's staff help families by assessing and treating children who are more than just picky eaters. Call 952-939-0396 for more information or log on to WWW.stdavids.net

Feeding and Swallowing Disorders Clinic provides comprehensive diagnostic, treatment and consultation services for families with children who have feeding problems. The clinic primarily serves children younger than five years old. Services are tailored to meet each child's needs. Developmental and Rehabilitation Services Department, **Children's Health Care** Minneapolis, 2525 Chicago Avenue South, MPLS, 55404. Call 612-813-6356

Diagnostic, treatment and consultation services for families with children who are experiencing difficulties in feeding is available at the **Feeding Clinic @ Hennepin County Medical Center**, 701 Park Ave. Mpls, MN 55415, 612-347-2121

Growth and Development Clinic - The Growth and Development Clinic uses a multidisciplinary team to evaluate and treat children with unique growth disorders (including dwarfism, congenital and skeletal abnormalities). **Gillette Children's Specialty Care**, 200 East University Avenue, St. Paul, 55101. Call 651-229-3845.

Wheelchair Mobility Skills Program. **Courage Center's Pediatric Physical Therapy Department** offers a program in wheelchair mobility skills. The program is designed to improve individuals' independence in their communities, and help them overcome environmental barriers to manual or electric wheelchairs. Call 612-520-0413.

Used Equipment Referral Service - **Metropolitan Center for Independent Living** has a used equipment referral service providing an opportunity for persons in need of used adaptive equipment for purchase. It also serves as a place to list your items for sale. For more information call 651-646-8342.

Ramp Project - Metropolitan Center for Independent Living (MCIL), working with the Division of Rehabilitation Services, is operating a RAMP project to help persons who need access to their homes. Help in the design and building of the ramp would be provided. For more information, call Bob Zimmerman at 651-649-5712 or Jim Williams at 651-603-2039, or visit their web site, www.wheelchairramp.org

St. David's Child Development and Family Services is a child prevention/intervention program servicing families at risk or who have experienced child abuse or neglect. The goals of the program are to promote the development and self-esteem of young children and reduce the risk of abuse and neglect within families. A variety of services are offered including a therapeutic preschool, parent groups, counseling, and parent education. For more information please call 612-939-0396.

ARC Minnesota Lending Library and Video Resource Center is extensive. You may request up to four category listings sent free of charge. Contact Mike Gude for more information at 651-523-0823.

Minnesota Special Education Mediation Service (MNSEMS) - Mediation provides a method of settling disagreements about a child's educational needs among parents, schools and agency personnel. Mediation is conducted by a specially trained neutral third party who has no decision making authority but acts as a facilitator to help the parties reach a settlement. Mediator fees are paid by the Minnesota Department of Education. Contact MNSEMS, Office of Dispute Resolution, 340 Centennial Bldg., 658 Cedar Street, St. Paul, MN 55155 or call 651-297-4635 or 651-297-7200 (Fax).

Your child with special needs may be eligible for TEFRA/Medical Assistance. Medical Assistance provides very comprehensive coverage of medically necessary services.

Hennepin County call: 612-879-3351

Carver County call: 952-361-1600

Supplemental Security Income for Children - **The Social Security Administration (SSA)** is improving the processing of Supplemental Security Income applications and claims for disabled children. One claim in fifteen is filed on behalf of a child. All SSI claims for disabled children will be reviewed twice before being denied. If you are interested in filing a SSI application for a child or appealing a denial, write to: Social Security Administration, 316 North Robert Street, St. Paul, MN 55101, call Toll Free: 1-800-772-1213, or online at: www.ssa.gov

WIC - Women, Infants and Children program is a federally-funded nutrition education and food program. WIC provides eligible participants with free nutritious foods such as milk, cheese, eggs, juice, dried beans and iron-fortified cereals and infant formulas. Although income guidelines must be met, they are higher than most other programs. Many participants work and still qualify. WIC serves pregnant women, breast feeding mothers and infants. Children 1 - 5 years old may also be eligible if there is a medical condition that may affect their nutrition status. For more information call 612-348-6100

Mothers and Children (MAC) & Nutrition Assistance Program is for children up to age 6, pregnant woman, nursing mothers and women who have a baby under one year but aren't nursing. MAC provides the following foods: fruits, vegetables, juice, milk, cheese, meat, egg mix, dry beans, peanut butter, cereal, rice, instant potatoes, macaroni, cornmeal, honey, and infant cereal and formula. MAC has a number of locations. Call Second Harvest Food Bank - St. Paul for information, 651-484-8241. The west metro location is Prism, 2323 Zenith Ave., Golden Valley, MN, 763-529-1350.

Home-based Family Support Services - These services are funded and authorized through **Hennepin County** and include:

In-Home Respite Care

Ages: 0-6

Hours: 8 hours/week average (average)

Eligible: Children with developmental delays, serious behavior problems, or families with serious levels of stress. Children need to be eligible for early childhood special education services.

Contact: A-J Lisa Ledin at 612-348-6456

K-Z Lad Sledz 612-348-6334

Respite Foster Care

Funding from County

Ages: 0-18

Authorization: Through Hennepin County Social Worker

Hours: Overnight care out of home

Eligible: Developmental disability or mental health diagnosis

Contact: Hennepin County - Birth to 3 612-348-3500

Henn. Cty. 3+ Developmental Disabilities 612-348-4111

Henn. Cty. 3+ Children's Mental Health Case Management 612-348-4111

Personal Care Attendant Services

Funding: M.A. or TEFRA

Ages: 0-18 (TEFRA or on MA)

Authorization: MA eligible, doctor's RX

Hours: Varies according to medical, developmental or behavioral needs

Eligible: Children with diagnosed conditions resulting in developmental delays/disabilities, complex medical needs, or

complex behaviors Contact: Mary Thompson, Personal Care Attendant Program 612-348-4500

Waivered Services

Funding: Hennepin County/Medical Assistance/TEFRA

Ages: 0 - adult

Authorization: Hennepin County Developmental Disabilities (waivered slot)

Includes: Home family support, behavior plans, respite care, home modifications, assistive technology

Contact: Henn. Cty. B - 3 612-348-4111

Henn. Cty. 3 + Developmental Disabilities 612-348-4111

Fannie Mae, the nation's largest source of mortgage funds has committed 50 million dollars to finance the Home Choice Initiative. These loans are specifically designed for low and moderate income people with disabilities, or those who have a family member with a disability living with them. For more information contact Fannie Mae's Consumer Resource Center at 1-800-7FANNIE.

HousingLink is a nonprofit organization that provides information and access to affordable housing. For more information on finding housing or listing your rental property in the referral service or directory call 612-522-2500 or visit www.housinglink.org

Toy and Adaptive Equipment Lending Library - Arc of Anoka County invites families from Hennepin County to use its toy lending library. The library offers a variety of educational toys and adaptive equipment. Membership fee is determined by sliding scale. The library is located at Arc of Anoka County, 120-89th Avenue Northeast Suite 305 in Blaine (Human Services Bldg). Call for hours or for more information at 763-783-4958.

PACER Simon Technology Center has developed a new handout called the "**Toy Handout**," with helpful tips and resource on using toys with young children who have a disability. Call 952-838-9000 to order one. The \$3 handout is free to parents or children with disabilities in Minnesota.

BOOKS / MUSIC

The New Face of Grandparenting, Why Parents Need Their Own Parents, by Don Schmitz. Helpful hints for getting grandparents and grandkids together. Check out the website www.grankidsandme.com for information on grandparents' camp, outings for grandparents and the grandkids and information on how to order the book.

"THE BOY WHO LOVED WINDOWS: Opening the Heart and Mind of a Child Threatened With Autism," by Patricia Stacey, DaCapo Press, USA , 2003, featured on CBS Sunday Morning, August, 2004, this book documents the intense, arduous, but successful process one family used, a therapy system called "floor time," to reach and teach their son with Autism. Go to [Book Browse.com](http://BookBrowse.com) , to read an excerpt from this powerful book.

Down Syndrome: The First 18 Months" is a videotape written, produced and directed by Will Schermerhorn. Thirteen leading medical and developmental experts on Down Syndrome, and experienced parents, and infants and toddlers with Down Syndrome are brought together in this heartwarming production to

inform, inspire, guide and support families. Contact: Down Syndrome Assn. of MN. 651-603-0720 to learn how to access this product.

“Incredible, Edible, Gluten-Free Food for Kids,” by Sheri L. Sanderson. is the first cookbook to provide glutenfree recipes especially for children. The book contains 150 recipes for every meal of the day, as well as snacks. Contact: Down Syndrome Assn. of MN. 651-603-0720 for more information.

“My Friend Isabelle,” by Eliza Woloson, is a story of acceptance and inclusion as Isabelle and her friend Charlie discover all the things that they have in common. The only difference appears to be that Isabelle has Down Syndrome; Charlie does not. Contact: Down Syndrome Assn. of MN. 651-603-0720 for more information.

“Opening Doors Again - Toys for Special Children” tells how to adapt 47 toys for use by children with limited movement. For a free copy, write: Gene Schell, LTV Aricraft Products Group, Mail Stop 49L-11, P.O. Box 655907, Dallas, TX 75265-5907

“Smart Toys for Babies from Birth to Two,” by Kent Burt and Karen Kalkstein, shows how to build toys at home and explains how to use the toys to help build thinking skills. 1981, Harper and Rowe.

“Tilt: Every Family Spins on Its Own Axis,” by local author, Elizabeth Burns. A poignant story drawing upon her personal experience of raising a child with severe autism....with all the challenges and adventures. In their review, Amazon.com writes, “Elizabeth Burns weaves the beauty and imagery of her poetic voice into a story of pain, humor, struggle and ultimate redemption. Bravely intimate, astonishing in its honesty, ‘Tilt’ walks a path that most “normal” novels fear to tread as it follows the journey of a woman desperate enough to fall - and strong enough to survive.”

“Play & Learn: A Motor-based Preschool Curriculum for Children of All Abilities,” comes with two sets of instructions on facing pages: one for children without disabilities and another, “Try Another Way,” for children who require assistive technology. Contact **AbleNet** at 800-322-0956 or www.ablenetic.com for more information.

As a public service, **Shriners Hospitals for Children** publishes a useful booklet called **“Burn Prevention Tips”** available free by request from the International Shrine Headquarters, P.O. Box 31356, Tampa, Florida, or by calling 813-281-0300.

“PARENTING WITH STORIES: Creating a foundation of attachment for parenting your child.” Melissa Nichols, M.A.; Denise Lacher, M.A.; Joanne

May, Ph.D. **Family Attachment Counseling Center**, Deephaven, MN 55391. this new step by step workbook teaches parents a technique to help children with all types of issues.

“Fingersteps,” a jazz CD composed largely by children with cerebral palsy is now available at the Courage Center gift shop, Byerly’s stores and Lunds on Lake Street. Log on to <http://waterviewpublishing.com> to learn more about it. Proceeds from the sale will fund more musical projects at Courage Center.

“You Will Dream New Dreams,” Stanley D. Klein, Ph.D. and Kim Schieve, Kensington Books, 850 Third Ave., New York, NY 10022. www.kensington.com Inspiring personal stories by parents of children with disabilities. **PACER** has copies for sale. Call 952-838-9000

The **Red Balloon Bookshop** (St. Paul) is a popular children’s bookstore offering over 20,000 book titles, toys, videos and tapes. They invite parents and children to meet authors and illustrators every Saturday at 10:30 a.m. Call 651-224-8320

“Extraordinary Kids: Nurturing and Championing your Child with Special Needs,” by Cheri Fuller and Louise Tucker Jones (Focus on Family Publishing, Colorado Springs, 1997). This book provides parents with the hope, inspiration and insight they need to capture the unique joy of parenting their children with special needs and helping them reach their full potential.

“Changed by a Child: Companion Notes for Parents of a Child with a Disability,” by Barbara Gill (Doubleday Publisher, NY, 1997). In this book, Barbara Gill shares her journey with all parents of a child with a disability. By recounting examples and stories that are based on real life situations, she describes what parents feel with honesty, integrity and grace. The book consists of reflections and short entries that can be easily read when time permits.

“I’m the Big Sister Now,” by Michelle Emmert (Whitman & Company, Niles, IL). This book was written about the author’s older sister, Amy, who has cerebral palsy. In this book, nine year old Michelle tells her sister Amy’s story, including joys, loving times, difficulties, and other special situations. This book describes what it may be like living with a sibling with special needs.

A **Braille Institute of America** offering is a children’ book entirely in braille. **“Expectations”** features a variety of stories for visually impaired children’s gifts; it is available free to anyone interested - write to: Douglas Melville, Editor, Braille Institute of America, 741 Vermont Avenue, Los Angeles, CA 90029.

“The Explosive Child,” by Ross Greene (Harper Collins Publishers, NY). This book introduces a new approach for understanding and working with children

who may be “Chronically Inflexible.” The standard approaches may not work with children who are diagnosed with oppositional-defiant disorder, attention-deficit/hyperactivity disorder, Tourette’s disorder, depression, and bipolar disorder.

Families are Important: An Early Childhood Guidebook for Families of Young Children” can help families of children with disabilities or delayed development understand Minnesota’s early intervention system and how to access services for their child. A copy is free if you are a parent of a young child with a disability. Call **PACER** at 952-838-9000.

“**Crossing That Bridge**” by Minneapolis author Morgan Grace Willow, illustrates how American Sign Language (ASL) interpretation opens new channels of understanding, discovers unforeseen layers of artistic meaning and facilitates communication among diverse communities. Building confidence as it teaches, this book inspires organizations to embrace the spirit of accessibility in their programming. Available from The Writing Place for \$10. plus \$2.00 s/h Call 612-822-2500.

FAMILY SUPPORTIVE RESOURCES

NEW!! A Directory of Services Available to Children With Disabilities in Minnesota

The Early Childhood Services: A Directory of Services Available to Children With Disabilities in Minnesota is a comprehensive listing of resources that may help families, providers, and others working with children with special health needs or disabilities. It is a product of Minnesota's Early Intervention Program (Part C), a joint initiative between the Minnesota Departments of Education, Health, Human Services, and local IEICs. The online version can be found on the Minnesota Department of Health's website at <http://www.health.state.mn.us/divs/fh/mcshn/cdtc.htm>. Printed copies are available at no cost on a limited basis (2 per agency). You can find the order form on the web at <http://www.health.state.mn.us/divs/fh/mcshn/cdtc.htm> Please fax (651-281-9988) or email (geegee.selden@health.state.mn.us) the form. If you have questions regarding the directory, please call Barb Dalbec or Gee Gee Selden at 651-215-8956 or 1-800-728-5420. Please allow 4 to 6 weeks for delivery.

NEW!!!...Down Syndrome of Minnesota Support Group . For the Western Suburbs of the Twin Cities Metro Area. For more information, call Tim or Ann Bremer @ 952-939-0350.

Parent Connection, a parent mentoring program, offers a pool of trained volunteer parents of children with special needs who can provide emotional support and information to other parents. Sponsored by the West Suburban Family Group (WSFG), a subcommittee of the West Suburban Interagency Early Intervention Committee (WSIEIC), **Parent Connection** is available to all families of children with special needs, from birth to age seven, who live in these school districts: Hopkins, Minnetonka, Orono, St. Louis Park, Wayzata, Westonka. If you would like to receive more information, request a mentor or become a parent mentor, please call: Wendy Berghorst or Carol Just @ 952-933-4769.

For those who have difficulty wading through the Medicaid maze, this resource from the **Kaiser Foundation** might be helpful. They offer a new online database providing access to information on Medicaid benefits in the 50 states, DC, and the U.S. territories is now available, "**Medical Benefits: Services Covered, Limits, Co-Payments and Reimbursement Methodologies for 50 States, the District of Columbia and the Territories**". Information is available about benefits covered by each state, for what populations the benefits are available, and the limitations, co-payments and payment rules that apply to the benefits. The database is searchable by Medicaid benefit as well as by state. For the Online Database on Medicaid Benefits, go to: www.kff.org/medicaidbenefits/

Early Childhood Research Institute on Inclusion (ECRII) is a national research project funded by the Office of Special Education Programs to study the inclusion of preschool children with disabilities in typical preschool, daycare, and community settings. There are links to other resources as well as topical briefs for parents and professionals. www.fpg.unc.edu/~ecrii/

The **Minnesota Kinship Caregivers Association's** mission is to provide advocacy, support, information and referral to caregivers who are raising their children or other related children. To learn more, call 651-917-4640 or log on to www.mkca.org.

Military Families with Special Needs have a new website to access designed to give families with special needs access to information on a variety of military, federal and local programs available to them. The site also provides a mechanism for families to exchange information. www.EFMconnections.org

Mothers Sharing Groups - Sponsored by **St. David's Child Development and Family Services** in Minnetonka, 3395 Plymouth Road, Minnetonka. Call 952-939-0396.

Mothers Sharing I - For moms of infants and preschoolers with special needs. Meets the first and third Thursday of every month, 9:30-11:30 a.m.

Mothers Sharing II - For moms of school-age children (6-13). Meets the second and fourth Thursday of every month, 9:30-11:30 a.m.

MOPS (Mothers of Preschoolers) - a ministry to women and their families with children from birth - 5. For a schedule of events call Shari at 763-473-2856. Maple Plain group contact 763-479-2373. Mtka group contact 952-474-0858.

The Mother's Connection is a nonprofit, early education parent-teacher association offering support to parents of preschool age children. Regular meetings, speakers, field trips, play groups, mom's night out, community service and more. Call 952-944-2573 for information.

Mothers and More is a nonprofit organization for Twin Cities area mothers who have altered or temporarily halted their career to raise their children at home. Weekly outings with the kids, business meetings, mom's night out, directory and newsletter. Call 763-416-5991 for information.

MOMS Clubs welcome stay-at-home or part-time mothers and their kids. All events are during the day and include children. In **St. Louis Park, Hopkins, Edina** Call 952-545-6798 or 952-545-0967, **Excelsior/Chanhassen** call 952-474-5893, **Plymouth West/Wayzata** call 952-249-1524.

Monday Morning Moms, mothers who meet with their children from 10 a.m. to noon at Mayflower Park in Minnetonka. In case of inclement weather, the group meets at the Eden Prairie Mall play area outside Kohls. Call 952-925-4961.

Father's Resource Center offers parenting classes to empower men to be the kind of fathers their families need. Call 763-783-4938 for information.

Minnesota Dads at Home offers a monthly calendar, newsletters, local play groups, dad's night out and sports events. Call John Andrews at 651-642-9329 or visit www.slowlane.com/groups/mdah/.

ESCE PARENT GROUPS are held for parents of ECSE-Eligible (with IFSP or IEP) children:

***Hopkins** ECSE holds a mother's support group every other Tuesday a.m. from 9:30-11:00; for the dates, call 952-988-5020.

* **St. Louis Park** ECSE sponsors every other Tuesday night groups at Central Community Center, 6300 Walker St., SLP from 6:30-8:00 p.m. for dates call 952-928-6741.

***Westonka** ECSE parent support meetings are held every other Tuesday at 10:30 a.m. at the Early Childhood Center. Call Heidi 952-491-8229

Child Sense Seminars for Parents and Educators, New Brighton, MN. Call 651-636-2259 or visit www.childsense.net for information on presentations and videos, rates and availability.

A **Grandparent support group** for grandparents of special needs children is offered through PACER. Please call PACER at 952-838-9000 for more information.

Lech Lecha, a discussion and support group for Jewish parents who have children with special needs, meets monthly on Sunday evenings at Beth El synagogue, 5224 West 26th St, St. Louis Park. Call 952-593-1778 or email dlevenstein@jfcsmpls.org for dates and further information. Registration required. There is no fee, but donations are welcome.

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Best Web Site for Twin City Families: www.twincitieskidsguide.com

FACT: Families with Autistic Children Together meets the second Monday evening or last Tuesday of every month @ Eisenhower Community Center, 1001 Hwy 7, Hopkins, MN. Childcare available Monday evenings for a fee (952-988-4073.)

Twin Cities Autism Society offers a short-term support group for parents whose children have been recently diagnosed with autism or an autism-spectrum disorder, as well as an information support group that covers different topics related to autism. Call TCAS at 651-647-1083 or visit them at www.tcas.org

Learn about **Autism Spectrum Disorders @**
<http://cfl.state.mn.us/speced/Autism/autismindex.html>

The Asperger's Syndrome Support Group for parents of children in elementary school or younger meets at 970 Raymond, St. Paul, the 1st Tuesday of every month. There is no childcare provided.

An English-Hmong Dictionary of Special Education has been completed by the **Minnesota Department of Education**. Contact Elizabeth Watkins at 651-582-8678 to request a copy.

Three new booklets from the **MN Assn. of Children's Mental Health (MACMH)** are available explaining Minnesota's health-care system in simple, clear language. Call 651-644-7333 or 1-800-528-4511 for your free copies.

Sibling Support Information: www.thearc.org/faqs/qa-siblings.html & www.chmc.org/departmt/sibsupp/ This Sibshop program is for youngsters who have brothers and sisters with mental retardation and related developmental disabilities. Sibshops give children and teens a chance to have fun, meet other siblings and talk about what it's like to have a person with developmental disabilities in their family.

The Jewish ParentLink, a one-to-one program connects Jewish parents of newly-diagnosed children (and others who would like individual support) with other Jewish parents of disabled children. Volunteers are trained, experienced parents who can provide emotional support and information about resources. Referrals and volunteer contacts will be treated confidentially. Call the Jewish Family and Children's Service of Minneapolis at 952-546-0616 for more information.

Family Support Network - Their address is c/o State Resource Center, 1821 University Ave., Suite 324 South, St. Paul MN 55104; ph 651-523-0099; 1-800-CHILDREN or www.familysupport.org

Center for Early Education and Development (CEED) at the University of Minnesota provides information regarding young children (birth to age eight), including children with special needs, in the areas of education, childcare, child development, and family education. Check out their website at: <http://education.umn.edu/ceed/>

Kids Count, Too! A community group to support children who have a parent or other family member diagnosed with cancer or other chronic illness. This group is sponsored by the American Cancer Society. Call Patty Vedeem at 447-3039 (after 5 pm) for more information

New EGROUP for parents of children with special needs created by the **Parent Leadership Network** provides a means to connect to each other, ask for and receive support, solve problems cooperatively and share information useful to parents and professionals. To subscribe send a blank message to: plnetwork-subscribe@yahoogroups.com. Click on Delivery Options to choose how your message will be delivered. Or you can access the site via: <http://groups.yahoo.com/group/plntwork>

Children's Health Care (CHC) provides or is affiliated with more than 100 support groups for patients and their families. For complete listing, call their **Family Resource Center** at 612-813-6816 or 651-220-6368. Partial list available at www.childrenshc.org

Perspectives, Inc. offers parent support groups and classes for children of all ages whose parents are involved in Perspectives' programs. All classes and

support groups are free of charge. Special support groups for single parents and teen parents. Registration is required. Call 952-926-2600 for more information.

Meld - parenting that works, now offers the **Meld Special E-Group**, an on-line facilitated parent meeting every Wednesday from 8 - 10 p.m. , for parents of children with special needs. A message board is available 24- hours-a-day for group members to post questions, responses, or “get together” outside the group. Call Sandra Iaski or Gina Rysdon at 612-332-7563 to apply or visit them at www.meld.org.

Parents-for-Heart is a monthly support group for parents of children with cardiovascular disease. This group meets at **Children’s Health Care (CHC)** - Minneapolis. Child care is available. Call 612-813-6180 for more information.

Asthma Support Group is a monthly support group for parents of children with asthma and related conditions. This group meets at **Fairview Southdale Hospital**. Call 612-672-7272 or 612-924-5785 for information.

Hematology-Oncology Support Group. This group meets weekly at **Children’s Health Care (CHC)** -Mpls. for parents of children with cancer. The Oncology Family Group meets quarterly and registration is required. Call Laura at 651-220-6741 or Teresa at 612-813-6729.

CHADD (Children with Attention Deficit Hyperactivity Disorder) of the Twin Cities offers information about ADD/ADHD and has a listing of local support groups available for parents. Call 952-922-5761. www.chadd.org

CHADD has established the National Resource Center on AD/HD to be the national clearinghouse of information on AD/HD. Call 800-233-4050 or visit www.help4adhd.org

ADD/ADHD information is available at www.medicconsult.com/add/

EBD Parent Support is available at local support groups for parents of children experiencing emotional and/or behavioral disorders. Call **Minnesota Association for Children’s Mental Health (MACNH)** at 651-644-7333.

Minnesota Head Injury Association conducts a quarterly support group for parents of school-age children with head injuries. Call 612-378-2742.

MDA-Caring Families Support Group. This group is for families with children who have neuromuscular diseases. Child care is available. Meets each month. Call Linda at 651-856-5243 or Karen at 651-645-6657.

The Institute for Minority Development offers support groups to families of color who have a child with a developmental disability. Child care and transportation is provided. Call 651-646-8675. 32

The Epilepsy Foundation sponsors monthly support groups for parents of children with epilepsy or seizure disorders. Call 651-646-8675 for more information.

MS - Children with MS Network. The children with MS Network was established several years ago by the **National Multiple Sclerosis Society** to encourage peer contact for children with MS and their families. This network will match you with like individuals in similar circumstances. If you wish to receive information about this program contact the MS Society at 612-335-7900.

PACER'S Project KITE (Kids Included through Technology are Enriched)
Developed at PACER, this replicable model trains parents and teachers to more effectively include young children with disabilities in their homes and classrooms in culturally sensitive ways through the use of assistive technology. The Web page describes the model and includes a products list. www.acer.org/kite/

PACER's Early Childhood Project provides information and assistance to parents with children ages birth to age 5.
www.pacer.org/parent/childhood/index.htm

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NATIONAL SUPPORT GROUPS

NECTAC (National Early Childhood Technical Assistance Center) supports the implementation of the early childhood provisions of the Individuals with Disabilities Education Act (IDEA). Its mission is to strengthen service systems to ensure that children with disabilities (birth - five) and their families receive and benefit from high quality, culturally appropriate, and family centered supports and services. www.nectac.org/topics/readiness/Readiness/asp

National Information Center for Handicapped Children and Youth (NICHCY)
- A national information and referral clearinghouse available to anyone. Services include personal responses to questions, referrals to their organizations and prepared information packets and technical assistance to family and professional groups. Call 1-800-695-0285 or log on to www.nichcy.org. For the most recent publications select **What's New** then **New Publications**. **The newest publications are:**

1) Parent Training and Information Centers - PTIs and CPRCs are more than just acronyms. They're great resources for parents of children with disabilities. Find out why and how they help.

2) Who are the Children in Special Education?-Read about the national SEELS

study and the characteristics and experiences of children with disabilities receiving special education.

3) Desarrollando el IEP de Su Hijo -We're pleased to offer a Spanish edition of our parent guide called Developing Your Child's IEP.

4)Apoyo Padre a Padre-Share this with your Spanish speaking families and acquaint them with the Parent to Parent program. (It's the Spanish edition of our Basics for Parents: Parent to Parent Support.)

NICHCY has also updated all contact info and resources in both the English and Spanish versions of the parent guide called **Accessing Programs for Infants, Toddlers, and Preschoolers with Disabilities.**

All are available free of charge on our Web site: www.nichcy.org. Call 1.800.695.0285, or email nichcy@aed.org, with disability-related questions. The **Center on Positive Behavioral Interventions and Supports**, www.pbis.org is an example of the research available in preventing challenging behaviors. Go to their site to preview what NICHCY has available.

At the NICHCY website you can also find News Digests including **Parenting a Child with Special Needs: A guide to Reading and Resources**, www.nichcy.org/pubs/newsdig/nd20txt.htm.

The Epilepsy Foundation provides some excellent resources on their website www.era.org. Among the popular sites are the [eCommunities Interest Groups](#).

National Brachial Plexus/Erb's Palsy Association, provides support to families dealing with children with diagnosis of Brachial Plexus Injury and Erb's Palsy, as well as related symptoms of condition, such as Horner's Syndrome and developmental delays. Sign on to www.nbpepa.org for more information.

SNAP (Special Needs Advocate for Parents) is a national non-profit, public benefit corporation dedicated to providing information, education, advocacy and referrals to families with special needs children of all ages and disabilities. All services are free of charge. To learn more about SNAP, CALL toll-free 877-348-6497, or write 30A Vreeland Road, Suite 130, Florham Park NJ 07932, or visit www.snapinfo.org.

The National Parent-to-Parent Support and Information System (NPPSIS) is a non-profit service that maintains a listing of children with diagnosed and undiagnosed disabilities. Parents are invited to contact this service in hopes of locating a family with an older child with a similar condition or syndrome. Contact

NPPSIS, P.O. Box 907, Blue Ridge, GA 30513; 1-800-651-1151 or fax them at 706-632-8830.

The Research & Training Center on Family Support & Mental Health

(formerly at Portland State University, Portland, OR), serves families of children with serious emotional disorders, and other interested persons. Services include a computerized data bank, fact sheets on issues pertaining to children who have emotional disabilities and a state-by-state resource file. Call 503-725-4040 for information, or their web site at www.rtc.pdx.edu.

National Organization for Rare Disorders (NORD) is an organization where you can receive information about rare diseases and be a part of a networking program where you can get in touch with people with the same or similar disease. For more information, write NORD, Inc., P.O. Box 8923, New Fairfield, CT 06812 or call 203-746-6518. NORD's "Ask the Experts" asks people who are knowledgeable about specific topics to answer your questions about living with a disorder or disability.

Mothers United For Moral Support (MUMS) is a nationwide support group for parents or foster parents of a child with any disability, delay or disorder. MUMS main purpose is to provide support to parents in the form of a networking system that matches parents with others whose children have the same or similar condition. To receive a newsletter write MUMS c/o Julie Gordon, 150 Custer Court, Green Bay, WI 54301 or call 414-336-5333.

If you are a 'stay-at-home' parent, 2 new organizations offer extra support to parents who chose this option of care giving. For more information, contact: **Work At Home Moms**

2525 Stenson Drive
Cedar Park, TX 78613

At-Home Dad
61 Brightwood Avenue

North Andover, MA 01845-1702
athomedad@aol.com

NEWSLETTERS / VIDEOS / PUBLICATIONS

DO - IT NEWS: is a disability, opportunities, internetworking and technology newsletter. Free by contacting DO-IT University of Washington, Box 355670, Seattle, WA 98195-5670

CONNECTING With Parents and Educators, the newsletter for parents and educators of children with special educational needs, is available from **Northern**

Trails Area Education Agency, Box M. Clear Lake, IA 50428-0613

A free bimonthly newsletter focusing on issues related to **Down Syndrome** titled, "**Disability Solutions**" is available by contacting: Joan Medlen, Editor, 9220 S.W. Barber Blvd., #119-179, Portland, OR 97219-5428 or click on to www.disabilitysolutions.org

Down Syndrome Association of Minnesota publishes a newsletter, "**Special Times**", which is available by calling 651-603-0720, or 800-511-3696. The publication contains news of gatherings, fundraisers, volunteer opportunities, news about health issues, additional resources and web site listings as well as success and experiences stories of families and parent group calendar. Another way to subscribe is to mail to Down Syndrome Association of Minnesota, 668 Transfer Road, St. Paul MN 55411.

A national fathers organization publishes a newsletter for fathers of children who have special needs. If you are interested in receiving this newsletter write to:

National Fathers' Network

Kindering Center
16120 N.E. Eighth Street
Bellevue, WA 98008-3937

"**Special News**" is a newsletter developed by parents, dedicated to providing information and resources to people and families whose children are: medically fragile, developmentally disabled, or at risk of developing a disability. Call 1-800-340-7711.

Disabled Dealer Magazine (Buy - Sell - Trade) - Minnesota's #1 Adaptive Resource Guide is local booklet published monthly, which lists new and used adaptive vehicles & and other adaptive equipment (wheelchairs, scooters, etc.) Call 800-955-6635 for information.

The Directory of National Organizations of and for Deaf and Hard of Hearing People lists a variety of resources serving individuals who are deaf or hard of hearing.

To order this free guide contact the:

National Information Center on Deafness
Gallaudet University
800 Florida Ave. N.E.
Washington, D.C. 20002-3695
202-651-5051

“Technology and Inclusion News” is published quarterly. This newsletter publishes information regarding assistive technology for parents and staff. Write them at Technology and Inclusion News, Box 92109, Austin, TX 78709 or call 512-280-7235.

“Getting Help for a Disabled Child - Advice from Parents” is a pamphlet available from: Public Affairs Pamphlets, 381 Park Avenue South, New York, NY 10016; phone 212-683-4331.

Minnesota Parent Magazine - “eclectic journal of family living”
www.parenthoodweb.com. Features, articles, calendars, services, birthday party directory, classified ads, travel & educational information, contests & coupons, editorials, medical care center listings, news/facts, entertainment and event listings, local offerings at parks, health notes, parent-teacher conferences, kids clubs, information from birth to teens, women’s issues, media, arts, memorials & tributes, parenting and kids/youth classes, books & story times. Call 651-454-5145.

“Early Childhood Connection” is a free newsletter for families of young children with disabilities published by PACER Center. Call or write:

PACER Center, Inc.
8161 Normandale Boulevard
Minneapolis MN 55437
952-838-9000; 952-838-0190 (TTY)

PACER Center’s publications are also listed in their newsletter, *PACESETTER*, which is a comprehensive local news magazine by and for parents of children and young adults with disabilities.

BOYS TOWN PRESS - Resources for Parents, Educators, and Youth-Serving Professionals. www.boystown.org/btpress or 1-800-282-6657

“FatherTimes” is a newsletter from the **Fathers’ Resource Center** in Minneapolis. The Fathers’ Resource Center is a nonprofit family service agency that takes a moderate stance that is pro-father but not at the expense of women. Their philosophy is that by helping fathers become more capable and involved parents that fathers, mothers, children and the entire community will benefit. Call 763-560-8656 for more information.

“Health Issues Newsletter” now published by the **KDWB Variety Family Center**, addresses health issues for children, youth and families. Published periodically. They also have other publications regarding children and youth. Write to:
KDWB Variety Family Center
McNamara Alumni Center
University of Minnesota

Gateway Suite 160
200 Oak Street S.E.
Minneapolis, MN 55455
612-626-3087 or 800-276-8642

“Pacesetter”, the PACER Center news magazine, is published 3 times a year by and for families of children with disabilities. For more information, call 952-838-9000.

“United Cerebral Palsy of Minnesota News” is distributed state wide on a quarterly basis at no charge. It focuses on programs, services, activities, and products offered by UCPM and other organizations. Call 651-646-7588.

“St. David’s Special” is published by St. David’s School. This newsletter is for parents of children with special needs. Call 952-939-0396 to be placed on the mailing list.

“News Digest” is a free publication from **National Information Center for Handicapped Children and Youth** with Disabilities (NICHCY). This newsletter researches current topics regarding disabilities. Each issue focuses on a single topic. Contact NICHCY at P.O. Box 1492, Washington, D.C. 20013-1492

“Exceptional Parent” magazine is an excellent resource to parents of children with special needs. For more information write to: Exceptional Parent, P.O. Box 3000, Dept. EP, Denville, NY 07834-9919

Services for the Blind and Visually Handicapped produces a biennial newsletter for children and parents. For more information call Curt Johnson at 651-642-0790 or call 1-800-652-9000.

REACH for RESOURCES, formerly West Hennepin Community Services, publishes a quarterly newsletter featuring social and recreational activities for children and adults with developmental disabilities and their families. REACH also provides training, individual parent support and counseling and inclusion support. Call 952-988-4177 for information.

“ARC Times” is published by **ARC Hennepin Carver**. Individual membership is \$30 and includes other benefits such as advocacy and free or reduced cost on future ARC activities. Call 952-920-0855 for information or visit www.arcminnesota.com/

VSA Arts of Minnesota is an organization ensuring the arts (music, theater, dance, creative writing, visual and media arts) are accessible to Minnesotans with a disability. Their publication, **“Arts Access”**, can be ordered by calling

612-332-3888 or writing to VSA arts of Minnesota, 528 Hennepin Avenue, Suite 305, Minneapolis MN 55403.

“**Episota**”, the Epilepsy Foundation Newsletter, is a benefit of membership. However, if a caller requests the newsletter, they receive several free issues. Call 651-646-8675.

ACHIEVE, the COURAGE CENTER newsletter is published three times a year. Courage Center provides rehabilitation, enrichment, vocational, independent living and educational services. ACHIEVE is available in alternative formats. Call 763-520-0520 or send an email to debo@courage.org to get on the mailing list. You can visit them at www.courage.org

SPECIAL NEEDS N*E*T*W*O*R*K is a parent-based network, dedicated to providing information & resources to people & families whose children are; medically fragile, developmentally disabled, or at risk of developing a disability. Their address is PO Box 23, Sauk Rapids MN 56379, phone 320-203-0336, or 800-471-0026. They publish a newsletter, “**Special News**” which offers various workshop, meeting, & support information and contacts.

SPECIAL SERVICES / ITEMS / CATALOGS

Fisher-Price has developed a partnership with experts from the **Let's Play! Project**, a federally funded program that supports family play experiences for children with special needs. These recommendations emphasize play stages-not ages- because all children develop at different rates. www.fisher-price.com/us/special_needs.

The **Pacer Publication Catalog** listing many early childhood resources is available by calling 952-838-9000 or 800-537-2237. Or visit them at www.pacer.org

Attainment Company inc. offers educational software, books, videos and DVD's for children and adults with special needs. Call 800-327-4269 for a catalog or visit them at www.AttainmentCompany.com

A toy guide is available from the **American Foundation for the Blind** which assists in selecting toys for children who are blind or visually impaired. Contact Communications Department, American Toy Institute, c/o TMA, 200 Fifth Avenue, Suite 740, New York, NY 10010. Phone number is: 212-675-1141.

Get broken holiday toys fixed or replaced by calling the manufacturers. They want you to be happy with their products and will do what they can do to help.

Fisher Price

(800) 432-5437

Little Tykes
Today's Kids

(800) 321-0183
(800) 258-8697

Orthopedic Sneakers for Children - M.J. Markell Shoe Co., Inc. sells sneakers that are manufactured deeper than conventional shoes in order to allow space for orthotics, AFOs and other foot modifications. Contact M.J. Markell Shoe Co., Inc., Box 246 Main Station, Yonkers, NY 10702 or call 914-963-2258.

A new kind of diapers - larger than regular diapers, smaller than junior Attends, by **Duraline Medical Products** 1-800-654-3376. They provide youth briefs 35 - 75 lbs. Home delivery is available and MA will pay.

Save up to 40% on **youth irregular disposable diapers** - delivered right to your door. These diapers are sold with a money back guarantee. They feature elastic leg gathers, extra absorbency, contoured shape, extra soft lining. Receive the complete catalog by calling 1-800-879-3427.

Autism Resource Network Catalog - contains over 200 books and educational items. Call 952-988-0088 or fax 952-988-0099.

Kapable Kids is a catalog filled with toys and equipment that have already been adapted for children with special needs. For a free catalog call 1-800-356-1564.

ADD Warehouse is a catalog in which to purchase books, videos, and other materials which deal with Attention Deficit Disorders. To obtain a FREE catalog call 1-800-233-9273.

Medic Alert, a world-wide organization, provides emergency and often life-saving medical identification for children and adults with 'hidden' medical conditions. For a one-time fee, Medic Alert provides lifetime membership and three-way protection. For more information, write to Medic Alert Foundation, P.O. Box 1009, Turlock, CA 95381.

Child CARE WORKS is a membership organization which gives legislative alerts, events, status updates & summaries and knowledge for parents on subjects relating to issues and policy matters regarding child care. They offer a biennial convention, and can be reached at 1628 Elliot Avenue South, Mpls. MN 55404; phone 612-349-0543, their web site is www.childcareworks.org

Disability Video, CD-Rom and Book Resources is a catalog available from the **Program Development Associates**, P.O. Box 2038 Syracuse, NY 13220-2038. www.pdasoc.com

Minnesota Parent offers an phone directory listing a variety of services and resources in the metro area. contact them at: www.parenthoodweb.com

Information about immunization is available at the following internet sites:

www.immunize.org

www.immunizationinfo.org

www.aap.org

www.cdc.gov/nip/

www.edc.gov/travel

www.vaccinesafety.edu

www.vaccine.chop.edu

www.pkids.org

DATES AND TIMES OF EVENTS MAY BE SUBJECT TO CHANGE WITHOUT NOTICE.

No endorsement of events, products or services is intended.

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