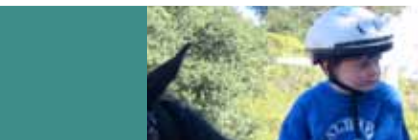




VOLUME 21 ISSUE 2 FALL 2014

THE Source

newsletter of the Family Resource Network



THANK YOU TO THE CALIFORNIA STATE LEGISLATURE AND GOVERNOR BROWN FOR RESTORING FUNDING TO CALIFORNIA EARLY START!

Early Start is the early intervention program for children with developmental delays and disabilities. Back in 2009, the State Legislature reduced the budget of the Department of Developmental Services (DDS). As a result, Early Start changed its eligibility criteria to reduce costs. The eligibility requirements became more restrictive, eliminating services for children considered to be "at risk" of having a developmental disability.

In the recently signed 2014 California state budget, Early Start returns to pre 2009 eligibility criteria for early intervention services to support children and their families from birth to three. This is great news for families.

FRN is the Early Start Family Resource Center in Alameda County and provides families of children enrolled in Early Start with peer-to-peer support, workshops and trainings, social opportunities and support groups. We also help guide families through the process of applying for Early Start. Our staff speaks English, Spanish, Korean, Mandarin, Cantonese, Arabic, and Farsi. We are here to help Alameda County families of young children. Call us if we can help you!!

IN HOME SUPPORT SERVICES (IHSS)- OVERTIME HAS BEEN APPROVED!

Families who receive In Home Support Services (IHSS) can now breathe a bit easier now that the Governor has approved overtime for IHSS workers. IHSS is a benefit of Medi-Cal that allows recipients with a disability to hire workers to support them in their homes. Many IHSS recipients use family members and people that they trust to provide them with in-home care. The proposal was to limit the amount of time that an IHSS provider can work to 40 hours a week, and this would have meant many recipients would have to hire additional workers. This would have also impacted the providers as well, as many rely on IHSS earnings as their only source of income. Thanks to the legislators and Governor Brown, these workers will now earn overtime for any hours they work above 40 hours a week, and recipients will not have to find additional providers to help them remain safely in their homes.



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GRACIAS A LA LEGISLATURA DEL ESTADO DE CALIFORNIA Y AL GOBERNADOR BROWN POR RESTAURAR LA FINANCIACIÓN AL PROGRAMA EARLY START.

Early Start es el programa de intervención temprana para niños con retrasos en el desarrollo y discapacidades. En el 2009 la legislatura estatal redujo el presupuesto del Departamento de servicios del Desarrollo (DDS). Como resultado los criterios de elegibilidad fueron cambiados para así reducir costos en el programa. Los requisitos de elegibilidad fueron más estrictos así eliminaron algunos servicios para niños considerados estar en "alto riesgo" en tener alguna discapacidad del desarrollo.

En el nuevo presupuesto 2014 recientemente firmado por el gobernador de California el programa de Early start regresa a los requisitos de elegibilidad que tenían antes del 2009. Para así apoyar a los niños de 0 a 3 años de edad y a sus familias. Esta es una muy buena noticia para todas las familias de California que se beneficiaran del programa de Early Start.

Family Resource Network es el centro de recursos que apoya a las familias que reciben servicios del programa de Early Start en el condado de Alameda. En FRN ofrecemos apoyo de padres a padres, grupos de apoyo, entrenamientos y talleres de información y oportunidades de socializar con otras familias en la comunidad. También ayudamos a orientar a las familias en el proceso de aplicar para el programa de Early Start. Nuestro personal habla Inglés, Español, Coreano, Mandarín, Cantones, Arabe y Farsi. Estamos aquí para ayudar a las familias y los niños en el Condado de Alameda. Llámenos si en algo le podemos ayudar!



HA SIDO APROBADO LA PROPUESTA PARA PAGAR POR HORAS EXTRAS A LOS PROVEDORES DE (IHSS) CUIDADO EN CASA.

Las familias que reciben servicios de cuidado en casa (IHSS) ahora pueden descansar un poco mas, ya que el gobernador ha aprobado horas extras para los trabajadores de IHSS. IHSS es un beneficio del programa de MediCal que permite a sus clientes con alguna discapacidad contratar trabajadores para apoyarlos en sus hogares. Muchos clientes de IHSS utilizan miembros de la familia o personas de confianza para proporcionarle cuidados en el hogar.

La propuesta consistía en limitar la cantidad de tiempo que un proveedor de IHSS podía trabajar a 40 horas a la semana y esto habría significado que muchos clientes tendrían que contratar a trabajadores adicionales. Esto también habría afectado a los proveedores porque muchos dependen de las ganancias de IHSS como su única fuente de ingresos. Gracias a los legisladores y el gobernador Brown, estos trabajadores ahora ganarán tiempo extra cuando trabajan por encima de 40 horas a la semana y los clientes no tendrán que buscar proveedores adicionales para ayudarles a permanecer sanos y salvos en sus hogares.

S★T★A★R 2014 Conferencia Y Feria Informativa Sobre Autismo Para Padres

Sábado 11 de Octubre del 2014 8:30 am-2:30 pm

Centro Regional

500 Davis Street

San Leandro, CA 94577

\$25.00 por persona/\$40.00 por familia **becas y cuidado de niños estara disponible**

Desayuno y Almuerzo Serán Disponibles

Por favor llámenos para más información usted puede llamar a Corina: (510) 547-7322



Personal Destacado: Rocio Peralta

Rocio Peralta es la nueva Consejera de Recursos Bilingues que se ha unido al personal de Family Resource Network. Ella es una orgullosa madre de 3 hijos: El mayor está en la universidad, el segundo va a primer grado y la menor; que tiene retraso en el habla; irá a Kindergarten Transicional. A través del apoyo del programa Ayudame a Crecer (Help Me Grow) y de Family Resource Network, la hija de Rocio fue evaluada y ahora está hablando mucho mejor. Rocio acaba de conseguir su título de Asociado en Desarrollo Infantil Temprano, ella actualmente está haciendo Grupos de juego para niños, en San Lorenzo y Hayward . Rocio disfruta ir al parque con sus dos hijos más pequeños y hacer manualidades con ellos.

“Lo que más amo de trabajar en Family Resource Network/Ayudame a Crecer (Help Me Grow) es que vengo a trabajar feliz todos los días, con ganas de ayudar a las familias de la misma manera que FRN/HMG me ayudaron con mi hija. Y por supuesto estar rodeada de unas grandes y serviciales personas como son mis compañeras de trabajo de FRN donde he aprendido a querer y valorar mucho. Me siento como si estuviera en casa.”

GRUPOS DE APOYO EN ESPAÑOL

Grupo de Autismo: Primer Viernes de cada mes de 10am a 12:30pm. En oficinas del Centro Regional, 500 Davis St., en San Leandro. Llame a Valesca al (510) 636-1781

Grupo Amor de Madre: Segundo y cuarto Lunes del mes de 9:30-11:30am. En De Colores Head Start, 1155 35th Ave, Oakland. Llame a Yaneth al (510) 547-7322

Grupo de Madres en Hayward: Segundo y cuarto Viernes del mes de 9:45-11:45am. Oficinas de La Familia Counseling en el 1525 B St., Hayward. Llame a Valesca al (510) 636-1781

Grupo de apoyo en San Leandro: Cada cuarto Jueves del mes 10am-12pm en el 500 Davis St., en San Leandro. Llame a Valesca al (510) 636-1781

Grupo de padres en Livermore: Segundo Jueves del mes. Livermore. Llame a Yaneth para mas informacion al (510) 547-7322

Padres Unidos: El ultimo Sábado de cada mes de 2-5pm en 26081 Mocine Ave, en Hayward. Llame (510) 886-0202 para mas informacion

Angeles Especiales Unidos: El ultimo Lunes de cada mes de 5-7pm en Fremont. Llame a Leonor o Francisco para obtener mas detalles (510) 886-0202

IR A LA UNIVERSIDAD CON UNA DISCAPACIDAD

Esta conferencia esta dirigida a estudiantes con discapacidades (desde los 14 anos & mas) y sus familias.

Cuando: Noviembre 15, 2014

Hora: 9am - 2:30pm

Lugar: Ed Roberts Campus (above Ashby BART)

Por favor llamenos para más información usted puede llamar a Gina al 925-216-5193

Acomodacion, interpretacion disponible en español y en Lenguaje de senas Americano si es solicitado con anticipacion.

WORKSHOPS MAY BE CANCELLED/RESCHEDULED IF THERE ARE NOT ENOUGH PEOPLE REGISTERED

IEP Basics: IEP Basics is a training for parents and professionals who want to know more about the Individual Education Program (IEP) process. Learn about what services are available, parental rights, and how to effectively advocate for special education services from the school district.

Turning 5: This workshop is about going to kindergarten and receiving special education services there. Families and professionals will learn how special education works in elementary schools, what services and supports may be available and how to advocate effectively for their child.

Turning 3: This training focuses on the transition from Early Start services after a child turns three. Parents and providers will learn what kinds of supports and services are available to preschoolers 3-5 for children with developmental delays, social-emotional needs and disabilities.

FRN WORKSHOPS ARE FREE & REQUIRE REGISTRATION TO GUARANTEE A SPOT. CALL FRN AT (510) 547-7332

SEPT

9/29 TURNING 3, 10:30AM-12PM, Regional Center of the East Bay, 500 Davis St, San Leandro, in SPANISH.

9/30 TURNING 5, 6:30-8PM, 4C'S, 222351 City Center Drive, Ste. 200, Hayward, in ENGLISH.

OCT

10/6 MAKE AND TAKE, 10AM-12PM, Regional Center of the East Bay, 500 Davis St, San Leandro, in ENGLISH & SPANISH

10/15 IEP BASICS, 7-9PM, Family Resource Network, 5232 Claremont Ave, Oakland, in ENGLISH.

NOV

11/4 TURNING 5, 6:30PM-8:30PM, location TBD, in ENGLISH.

DEC

12/2 TURNING 3, 6:30-8:30PM, 4C'S, 222351 City Center Drive, Ste. 200, Hayward, in ENGLISH.

Family Resource Network Support Groups

Autism Support For parents of children under 8 years old. 2nd Thursday of the month. 10-11:30AM. 5232 Claremont Ave, Oakland. Call FRN. **ENGLISH**.

Autism Support-San Leandro 1st Friday of the month. 500 Davis St., San Leandro. 10-12PM. Call Valesca (510) 636-1781. **SPANISH**

Fremont Autism Support Group for parents of children under 8 years old. 3rd Wednesday. 6:30-8PM. City of Fremont FRC, 39155 Liberty St., Fremont. Call FRN. **ENGLISH**

Livermore Support Group 2nd Thursday of the month, Call FRN for more information. **SPANISH**

Parents Support Group 4th Thursday of the month. 10AM-12:30PM. 500 Davis St, Suite 100, San Leandro. Call Valesca (510) 636-1781. **SPANISH**

Pleasanton Parents Support Group 1st Wednesday. 6:30-8:30PM. LOCATION TBA. **ENGLISH**

Grupo Amor de Madre 2nd and 4th Monday fo the month. 9:30-11:30AM. 1155 35th Ave., Oakland. Call Yaneth (510) 547-7322. **SPANISH**

Grupo de Madres en Hayward 2nd and 4th Friday of the month. 9:45-11:30. La Familia, 1521 B St., Hayward. Call Valesca (510) 636-1781. **SPANISH**

Korean Family Support Group with special needs or health issues. Third Monday of month. 10:00-12 PM. 5232 Claremont Ave., Oakland. Call Young at FRN. **KOREAN**

SAVE THE DATE : Going to College with a Disability

A conference for students with disabilities (ages 14 & up) and their families.

November 15, 2014
9 am - 2:30 pm
Ed Roberts Campus (above Ashby BART)
3075 Adeline St, Berkeley, CA

FOR MORE INFORMATION CALL

GINA: (925) 216-5193 OR

EMAIL CAROLINE:

CORTIZ@CAREPARENTNETWORK.ORG

Featuring: Workshops for adults and students

Learn about resources and support available at the college level

Family registration begins September 8, 2014



PROJECT LEADERSHIP

Our newest program at FRN! Project Leadership aims to increase the ability of families to advocate for the needs of children and youth with **special health care needs**, and to encourage more families to take on leadership roles.

7 sessions take place once a week. Choose from Thursday or Saturday sessions. Child care and lunch provided as well as a \$250.00 stipend upon completion.

Contact Lilian Ansari 510-547-7322 x 122

COMMUNITY GROUPS

FRN includes only community groups offering free services in this section (although some require membership for participation). If we missed your group, please call us.

ADD CHADD's Oakland & Tri-Valley: Parent Support Network. (925) 484-2173, www.chaddnorcal.org and click on calendar for dates and times.

Berkeley Families and Siblings Support Group: Mental Health. 1st and 3rd Tuesday, 6:30-8:30pm. Call Marcella Savbin (510) 981-7668. Translation in Spanish available.

Compassionate Friends offers support for parents who have lost a child. Call Deanna (510) 835-3579

Down Syndrome Connection Local support groups and activities (925) 362-8660 or www.dsconnection.org

Friends of Children with Special Needs (FCSN) Support groups and activities. (510) 739-6900 or www.FCSN1996.org. Some Asian, Spanish, and Sign Languages.

Kin Caregiver Support Groups: Call (510) 583-8026 for info.

NAMI East Bay (Berkeley/Albany) support groups for families of children and adolescents with mental illness. (510) 524-1250

NAMI Tri-Valley (Livermore/Fremont) call Marsha McInnis at (925) 980-5331

New Hope Mood Disorders: 2nd Monday, 7pm. Call Annette Seelig (510) 733-0577 or visit www.NAMIContra-costa.org

Pathways Hospice/Grief Support Groups: Call David Rupschman (510) 613-2092

South Alameda County Family Support for families, friends and caregivers of individuals dealing with mental health issues. 31600 Alvarado Blvd, Union City. Call Patty Espeseth (510) 535-5115 x281

Special Parents 4 Special Kids 1st Monday, 6:30-8:30PM. Starbucks, 7904 Dublin Blvd, Dublin. Contact Michelle: Michelle.RyansMom@gmail.com

OUR COMMUNITY PLAYGROUPS

Alameda County parent/child playgroups for children age 0-5 with developmental delays, disabilities,

FREMONT Playgroup

Time: 10:15 AM to 11:15 AM

Location: Fremont Main Library, 2400 Stevenson Blvd, Fremont

July 19
August 30
September 27
October 25
November 15



UNION CITY Playgroup

Time: Saturdays 10:30 AM to 11:30 AM

Location: Union City Library - Meeting Room
34007 Alvarado-Niles Rd, Union City

September 13
October 11
November 15
December 13

ALBANY Playgroup

Time: Thursdays 1 PM to 2:30PM

Location: Albany Library Edith Stone
Room, 1247 Marin Ave, Albany

September 11
October 9
November 13
December 11

OAKLAND Playgroups

Grupo de Juego en Español en Oakland

LOCATIONS AND TIMES TBD

For more information, please contact
Lilian at (510) 547-7322 x. 122
Por favor llamenos para más información usted
puede llamar a Rocio (510) 547-7322 x. 119

Grupo de Juego en Español

Time: Sabado 10:30 AM - 2PM

Location: Kennedy Park 19501 Hesperian Blvd, Hayward

September 27
October 25
November 29



讚謝加州立法委員及布朗州長恢復加州早期起步計劃的基金!

早期起步乃是針對具發育障礙兒童的早期預防計劃. 由於2009年加州立法削減DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS)之基金導致早期起步更換其合格條件以減低費用. 因此合格的要求變得有更多的限制, 並削除對具有發育障礙風險的孩童顧慮之服務.



如今2014之加州預算簽署方案支持兒童從出生至三歲及其家庭, 回復2009年早期預防計劃之原有合格條件.

家庭資源網絡乃是阿拉米達縣早期起步資源中心並提供早期起步計劃成員之兒童及家庭以同輩支援、講座與培訓、社交機會與支援組等服務. 我們的員工通英、西班牙、韓、粵、波斯語及普通話. 我們服務阿拉米達縣幼兒家庭. 歡迎來電查詢.

家居護理服務--加班認可

因為州長認可家居護理員工之加班服務, 如今獲得家居護理服務之家庭可鬆一口氣了. 家居護理是一項MEDI-CAL福利允許具殘障人士顧用工人在家輔助他們之服務. 許多顧主顧用可信賴者或家人作家居護理.

此方案是限制超過每週四十小時的工作量導致顧主要顧用另外員工. 因此無形中影響到某些以家居護理工作謀生者及其顧主. 感謝立法委員與布朗州長, 此後這些員工將賺取任何超過四十小時之加班薪金而顧主可不再必要顧用另外的工人以保持居家安全.

家庭資源網絡正在籌備地區及定期性國、粵語家庭互助組。

有意參加者請連絡 Cam-Mi

510-547-7322x111

STAFF HIGHLIGHT: LILIAN ANSARI

HELLO, MY NAME IS LILIAN ANSARI.

I am the Project Coordinator for Project Leadership, a partnership with The Lucille Packard Foundation and Family Voices of California.

I moved to the US from my native country of Iran at the age of 17. I worked as a social worker and school counselor until

my own children's needs demanded my time. My first experience at FRN was as a parent, reaching out to Carol Cohen for help in receiving services for my children. I then went through parent mentor training with Eileen Crumm.

I am a busy working mom of two children with special needs. In my rare spare time, I love to mosaic, dance and spend time outdoors with

friends and family. I am very passionate about helping other families advocate for



their children and excited to be the newest member of the FRN team. I am

thrilled to be a part of the amazing FRN team and to pursue my passion for supporting families of children with special needs.



Family Resource Network
of Alameda County

FRN is a fiscally sponsored project of BANANAS Inc
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/FRNalamedacounty

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RETURN SERVICE REQUESTED

S★T★A★R 2014 Parent Conference on Autism and Resource Fair

Saturday, October 11, 2014 8:30 am - 2:30 pm
Regional Center of the East Bay
500 Davis Street, San Leandro, CA

\$25.00 per person/\$40.00 per family
*** Scholarships and child care stipends available ***

No child care available on-site
Continental breakfast and lunch provided

Families in Contra Costa County and Alameda County who have children with autism, are invited to attend the 2014 STAR Conference and learn about medical, educational and social resources available for their children. Parents will have an opportunity to share their joys and challenges with other parents. Be sure to mark your calendar for this exciting and informative event.

Call Corina at 510-547-7322 for more information