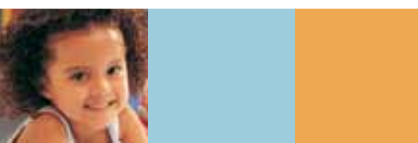
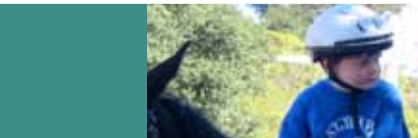




VOLUME 21 ISSUE 1 SPRING 2014

# THE Source

newsletter of the Family Resource Network



## Our Community Parent/Child Playgroups

**WHEN MY SON WAS LITTLE, I USED TO FIND THE COOLEST TOYS TO BRING WITH US TO THE LOCAL TOT LOT TO PLAY.**

It took a little effort, but soon he would be surrounded by kids playing with him. My son has cerebral palsy and couldn't do the things that the other kids could do at the playground, and this helped him connect with friends. As I got to know other parents and he played with their children, we became a real part of our own community.

Everyone needs friends.

But if you are raising a young child with a development delay, disability or special health care need – connecting with other families in the community can be challenging and the fear of rejection can be overwhelming. Last year when Family Resource Network (FRN) surveyed the families that we had served, what we heard is that families wanted more opportunities to get to know each other in their local neighborhoods and communities.



We listened! Family Resource Network is proud to offer more of these opportunities throughout Alameda County with **Our Community parent/child playgroups**. **Our Community playgroup** is an exciting new opportunity for parents and children to come together for casual play experiences and activities. Parents and children get a chance to socialize, play, have fun and get to know other families in their area. We welcome all Alameda County families with a child 0-5 who has a developmental delay, disability, special health care need and/or social-emotional concern.

Playgroups are organized by a local community parent working with FRN. **Our Community playgroups** are FREE and run in partnership with local libraries and city Parks and Recreation departments. Each playgroup meets once a month. The parent leader coordinates a fun activity, and everyone gets a chance to get together to be an active part of it. The only catch, you have to register to attend. When you

do, we'll be ready and waiting with smiles and new experiences designed just for you and your child. So, come join us as we plant the seeds for many new friendships and become a part of Our Community!

Eileen Crumm, Family Resource Network Executive Director

For a listing of all of the **Our Community playgroups**, see back cover.

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Family Resource Network  
of Alameda County

# Nuestra Comunidad, Grupos de juego para padres e hijos.

## CUANDO MI HIJO ERA PEQUEÑO, TRATABA DE ENCONTRAR LOS MEJORES JUGUETES PARA LLEVAR CON NOSOTROS AL PARQUE DE NIÑOS CERCA DE MI HOGAR.

Tomó un poco de esfuerzo, pero poco tiempo después mi hijo estaba rodeado de niños jugando con él. Mi hijo tiene Parálisis Cerebral y no podía hacer las cosas que los demás niños podían hacer en el patio de recreo, el traer juguetes ayudó a que los demás niños jugaran con él. Mientras yo conocía a otros padres, mi hijo jugaba con sus hijos y nos convertimos en una parte real de nuestra propia comunidad.

### Todo el mundo necesita amigos.

Pero si usted está criando a un niño pequeño con un retraso del desarrollo, discapacidad o necesidad especial de atención médica - conectarse con otras familias en la comunidad puede ser un reto y el miedo al rechazo puede ser abrumador. El año pasado, cuando nuestra agencia Family Resource Network (FRN) encuestó a las familias que habíamos servido, lo que escuchamos es que las familias querían más oportunidades de llegar a conocer a otros padres en sus comunidades locales.



Nosotros escuchamos! Family Resource Network se enorgullece de crear más de estas oportunidades a lo largo del Condado de Alameda con Nuestra Comunidad, Grupos de juego para padres y niños. Nuestro grupo de juego de la Comunidad es una nueva y emocionante oportunidad para que padres e hijos se reúnan para tener nuevas experiencias y tener actividades de juegos casuales. Los padres y los niños tienen la oportunidad de socializar, jugar, divertirse y conocer a otras familias en su área. Damos la bienvenida a todas las familias del Condado de Alameda con un niño de 0-5 que tenga un retraso en el desarrollo, una discapacidad, una necesidad de cuidado médico de salud o una preocupación sobre el área social y emocional.

Los grupos de juego son organizados por un padre/madre líder que vive en nuestra comunidad. Nuestros grupos de juego de la comunidad son GRATIS y se hacen con la colaboración de las bibliotecas locales, parques de la ciudad y los departamentos de Recreación. Cada grupo de juego se reúne una vez al mes. El padre líder coordina una actividad divertida y los participantes tienen la oportunidad de tener una parte activa en cada actividad. Lo único que tiene que hacer es inscribirse antes para asistir.

Cuando lo haga, estaremos listos y esperando con una gran sonrisa y nuevas experiencias diseñadas sólo para usted y su hijo. Así que, júnete a nosotros para sembrar las semillas para muchas nuevas amistades y nos convertimos en parte de nuestra comunidad!

Eileen Crumm, Directora, Family Resource Network

## Padres en la Comunidad: el ultimo Sabado de cada mes!

Más información y REGISTRARSE, llamar al 510.759.6037 Rocio

29 de Marzo – 10:30am - 12:00pm, San Lorenzo Park @ 395 Paseo Grande, San Lorenzo

26 de Abril - 10:30am - 12:00pm, Kennedy Park @ 19501 Hesperian Blvd, Hayward

31 de Mayo - 10:30am – 12:00pm, San Lorenzo Park @ 395 Paseo Grande, San Lorenzo

28 de Junio - 10:30am – 12:00pm, Kennedy Park @ 19501 Hesperian Blvd, Hayward

Habra espacio para 15 niños

# STAR Conferencia y Feria Informativa Sobre Autismo Para Padres

**Sábado 12 de Abril, 2014 8:30am-2:30pm**

**Centro Regional  
500 Davis Street  
San Leandro, CA**

\$25.00 por persona  
\$40.00 por familia  
(Dos adultos de la misma familia)

Becas y compensación de Cuidado de niños estarán disponibles,  
cantidad limitada

No habrá cuidado de niños disponible durante el evento

Desayuno y Almuerzo Serán Disponibles

Las familias en el Condado de Contra Costa y el Condado de Alameda que tienen niños entre las edades de nacimiento y los 8 años, están invitados a asistir a la Conferencia 2014 STAR y aprender sobre la salud, educación y recursos sociales disponibles para sus hijos.

**Más Información y Registrarse, Llamar a Corina 510-547-7332 x.118**



## 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

## TALLER SOBRE LO MÁS BÁSICO DE UN IEP

Lo invitamos a este taller donde usted aprendera sobre el proceso del Plan Individual de Educación (IEP). Este es el contrato que el distrito escolar tiene con su hijo/a donde especifica los servicios de educación especial que su hijo/a recibe durante un año escolar.

Cuando: Viernes 28 de Marzo 2014

Hora: 10am a 12pm

Lugar: 500 Davis St San Leandro Ca 94577

Por favor llamenos para registrarse o para más información usted puede llamar a Yaneth al 510 547 7322 xt 113.

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.

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

## MARCH

**3/21 TURNING 3, 10AM-12PM**, Regional Center of the East Bay, 500 Davis St, San Leandro, in English.

**3/27 ADDRESSING FINANCIAL PLANNING CHALLENGES FOR FAMILIES OF CHILDREN WITH DISABILITIES, 6:30-8PM**, 4C'S, 222351 City Center Drive, Ste. 200, Hayward, in English.

**3/28 IEP BASICS, 10AM-12PM**, Regional Center of the East Bay, 500 Davis St, San Leandro, in Spanish.

## APRIL

**4/9 IEP BASICS, 7-8:30PM**, Fremont Family Resource Center, 39155 Liberty Street, Fremont, in English.

**4/12 STAR PARENT CONFERENCE, 8:30AM-2:30PM**, Regional Center of the East Bay, 500 Davis St, San Leandro, in English.

## MAY

**5/21 TURNING 5, 6:30PM-8:30PM**, Child Care Links, 6601 Owens Drive #100, Pleasanton, 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 Enedina (510) 381-1049. **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**

**Father's Perspective Support Group**  
Support to dads. Last Thursday of the month. 7pm-9pm. AT FRN 5232 Claremont Ave, Oakland. Call FRN. **ENGLISH**

**For families whose children have special health care needs**  
Support for parents of young children. First Thursday of the month. 10-11:30AM. AT FRN 5232 Claremont Ave, Oakland. Call Carol at FRN. **ENGLISH**

**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**

# STAR 2014 Parent Conference on Autism and Resource Fair

**Saturday, April 12, 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



Families in Contra Costa County and Alameda County who have children ages birth-8 years old are invited to attend the 2014 STAR Conference and learn about medical, educational and social resources available for their children.

## Limited scholarships available

Limited child care stipends available, no child care available on-site

Continental breakfast and lunch provided

**FOR MORE INFORMATION CALL**

**CORINA 510-547-7332 x. 118**

## SUPPORT GROUP FOR PARENTS OF CHILDREN WITH SPECIAL HEALTH CARE NEEDS

Meet with other parents to share information, parenting tips and resources in a supportive environment.

**APRIL 3: "WE CAN LAUGH ABOUT THIS SOMEDAY"** Bring a story to share about something that you can now or wish you could laugh about.

**MAY 1: "WHAT ABOUT ME?"** Bring tips and ideas about taking care of your self.

**JUNE 5: "ALPHABET SOUP: IEP, CCS, IHSS, SSI, RCEB, IFSP..."** Learn about the different agencies and programs that help children who have special health care needs, what they do and if my child qualifies.



Babies and toddlers welcome.

Refreshments provided.

Call Carol Cohen to sign up: (510) 547-7322 x.117

## 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

# 우리 커뮤니티부모/자녀 놀이그룹 (Our Community Playgroups)

제 아들이 어렸을 때, 저는 영아 놀이터로 가져갈 멋진 장난감을 찾으려고 애를 썼습니다. 조금 힘들었지만 그래야만 아이가 다른 아이들에게 둘러싸여 놀 수 있었으니까요. 제 아들은 뇌성 마비를 앓고있고, 다른 아이처럼 놀이터에서 놀수가 없었기 때문에 이렇게 해서 친구들과 놀수 있도록 해야 했습니다. 놀이터에서 다른 부모를 알게 되었고 아들이 다른 아이들과 어울리게 되면서, 저희는 동네의 실제적인 일원이 되었습니다.

우리 모두는 친구가 필요합니다.

하지만 발육 지연, 장애 또는 특수 건강 문제가 있는 어린 자녀를 양육하고 있는 경우 - 지역 사회의 다른 가족과 연결 하는 것은 도전이며 거절을 받지않을까 하는 두려움에 시달릴 수 있습니다. 작년에 가족자원네트워크(FRN)를 이용했던 가족들에게 설문 조사를 한 결과에 의하면, 많은 가족이 현지 지역 사회에서 서로를 알아 갈 수있는 기회를 원하셨습니다.



저희는 여러분의 의견을 경청했습니다! 가족자원네트워크(FRN)는 알라미다 카운티 전역에 걸쳐 우리커뮤니티부모/자녀 놀이그룹 (Our Community Parent/Child Playgroups)을 만들어 이런 기회를 제공하게 된 것을 자랑스럽게 생각합니다. 우리커뮤니티놀이그룹은 부모와 자녀가 함께 모여 가벼운 놀이와 활동을 하는 새롭고 흥미로운 기회입니다. 부모와 자녀가 교제를 하고, 놀이와 재미를 통해 지역 사회의 다른 가족을 사귄 수 있는 기회를 얻을 수 있을 것입니다. 저희는 발달 지연, 장애, 특수 건강 문제/또는 사회-정서적 걱정이 있는 0-5 살의 어린 자녀를 가진 모든 알라미다 카운티의 가족을 환영합니다.

놀이그룹은 FRN과 협업을 하는 지역 사회의 부모에 의해 조직됩니다. 알라미다시에서 하는 그룹은 한인 부모님이 리더입니다. 우리커뮤니티놀이그룹은 무료이며, 지역 도서관과 도시 공원 및 레크리에이션 부서와 협력하여 실행합니다. 각 놀이그룹은 한 달에 한 번 만납니다. 그룹 지도자는 재미있는 활동을 준비하고, 모든 사람이 참가하여 함께 할 수 있는 기회를 마련할 것 입니다. 유일한 캐치는, 여러분은 참가 등록을 해야합니다 (FRN: 510-547-7322). 그러면, 우리는 여러분과 자녀를 위해 디자인된 새로운 경험을 준비하여 웃음으로 기다리고 있을 것입니다.

자, 많은 새로운 우정의 씨앗을 심기위해 기다리는 저희와 함께 오셔서 우리 커뮤니티의 일부가 되시기를 바랍니다!

알라미다 커뮤니티놀이그룹은 Longfellow Park에서 3월 21일, 4월 18일, 5월 23일, 6월 13일 오전 10:00-11:30분에 만납니다. 리더는 한인 어머니입니다.

매달 셋째 주 월요일 오전 10시에 오클랜드 Family Resource Network에서 특수 건강 문제 또는 장애아동을 가진 부모님을 위한 한인 장애가정 모임(Support Group)이 있습니다. 많은 관심 부탁드리며 질문이 있으시면 Young Ha (510) 547-7322 ext. 112로 연락 주십시오

# 社區親子遊戲班

記得我兒子年幼時,我經常帶著他和一些很酷的玩具到附近遊戲場所去玩,很快地在不費很多功夫之下他會被很多與他玩耍的小朋友圍繞著,我兒子有大腦麻痺而他無法在遊戲場所做到如其他孩子可做的,但他能因此而得到與朋友互動,我也因此而認識其他家長而他則與他們的孩子玩耍,我們大家就這樣形成一個真正的社區團體。

人人都需要朋友

養育一個具有發展緩慢、障礙、或需要特殊健康護理的孩子要與社區裡其他家庭的聯繫的挑戰及對遭到拒絕的恐懼是困窘的,從去年家庭資源網絡協助過的家庭所調查的結果反影到家庭們都想要對憐近或社區有更多認識的機會。

我們聽取家長的意見因此設立更多機會遍佈阿拉米達縣,我們的社區親子遊戲班提供家長與小孩子非正式的遊戲集合與經驗,家長與孩子有機會認識到其他家庭、可社交、共同玩耍及分享有趣的活動,凡居住於阿拉米達縣有五歲以下的兒童具有發育緩慢、障礙、或需要特殊健康護理的家庭均歡迎參加。

遊戲班是免費的,是由地方家長與家庭資源網絡操作,並聯合圖書館及城市公園娛樂局所合辦,每月聚集一次的遊戲班是由家長領導活動,每個人均有機會共聚一堂並成為其中活躍的一分子,唯一的要求是您必需登記參加,此後,您將等待一個會令您微笑的新經驗。

家長們!請與我們一起植下友誼的種子並成為我們社區的一分子。



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: LARENE PARÉ

### HELLO, MY NAME IS LARENE PARÉ.

I am the Program Manager for Help Me Grow at the Family Resource Network.

A native of Ohio, I came to Berkeley California as a child and now reside in Oakland. I'm married with three children, ages 17, 12, and 8 so I am

constantly on the go with them. I love spending time outdoors and relaxing at home with my family. On a clear day, you may find me at any one of our great local parks with our kids. Always in search of a great dining experience, I'm excited about the growing Oakland food scene with more restaurants for me to explore.

As a parent of a child with Cerebral

Palsy, I have always been involved in this work, advocating for



my own child which is why I decided to switch careers after

15 years of working in the media industry. My passion: to level the playing field of families of children with disabilities and special health care needs, and working at FRN is an integral part of making that a reality.



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**Family Resource Network**  
of Alameda County

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5232 Claremont Ave  
Oakland, CA 94618

p: (510) 547-7322  
f: (510) 296-5768  
info@frnoakland.org  
www.frnoakland.org



**like us on facebook:**  
**/FRNalamedacounty**

**Celebrating over 20 years of The Source Newsletter!**

# Our Community Playgroups

Alameda County parent/child playgroups for children age 0-5 with developmental delays, disabilities, special health care needs, or social-emotional concerns.

TO JOIN CALL YOUNG (510) 547-7322 EXT. 112

## Alameda Playgroup

Time: 10AM to 11:30AM  
Location: Longfellow Park,  
520 Lincoln Ave. Alameda

March 21: Sing-Along Day  
April 18: Art Day  
May 23: Martial Arts Day  
June 13: Musical Day

## Albany Playgroup

Time: 2PM to 3:30PM  
Location: Albany Library Edith Stone  
Room, 1247 Marin Ave, Albany

April 26: Sing-Along Day  
May 31: Art Day  
June 28: Musical Day

## Fremont Playgroup

Time: 10:15AM to 11:15AM  
Location: Fremont Main Library,  
2400 Stevenson Blvd, Fremont

March 29: Storytime  
April 26: Storytime  
May 31: Storytime  
June 28: Storytime

## Oakland Playgroup

Time: 10AM to 11:30 am  
Location: Montclair Community Park,  
6300 Moraga Ave, Oakland

March 8: Farsi/English Storytime  
April 12: Music and Movement  
May 10: Art/Playtime  
June 14: Storytime

## Grupo de Juego en Español

Hora: 10:30AM to 12PM  
Lugar: San Lorenzo Village Park,  
San Lorenzo & Kennedy Park, Hayward

Sabado, 29 de Marzo: Hora del Cuento  
Sabado, 26 de Abril: Pista de  
Obstaculos y Jugar en el Parque  
Sabado, 31 de Mayo: Hora del Cuento  
Sabado, 28 de Junio: Pista de  
Obstaculos y Jugar en el Parque

## Union City Playgroup

Time: 2PM to 3:30PM  
Location: Kennedy Community Center  
Assembly Hall, 1333 Decoto Rd,  
Union City

March 19: Circle and Story  
April 16: Rhythm and Movement  
May 21: Playtime