



FRN's 16th Annual Mothers Retreat
is Saturday, February 1st.

My Voice, My Story



The Mothers Retreat is an opportunity for mothers to come together to recognize and celebrate the challenges and joys of raising a child with special needs. This year's special guest is Melissa Carson. Melissa is the author of Surviving Life: Through Faith, Hope and Love.

Melissa is a local mom who has attended numerous Mothers Retreats. At last year's event she shared her dream of writing a book about her journey as the mother of a daughter with special needs. Melissa's dream has become a reality and she will share her experiences as she made her dream come true. She will also share excerpts from her book.

Additionally the Retreat will have fun activities, food and lots of opportunities for mothers to share their stories.

The Retreat costs \$10 for those who live in FRN's service area of San Joaquin, Stanislaus, Amador, Calaveras and Tuolumne Counties. It is \$20 for mothers who live outside of that region. Funding restrictions limit attendees to the **primary** female caregiver, be that mother, grandmother, aunt, etc.

The Retreat will take place from 9:30 to 3:00 on Saturday, February 1st at San Joaquin County Office of Education, 2707 Transworld Drive, Stockton, 95206. Mothers who have attended prior retreats have requested that this be a child-free event, so please, no children.

The registration form is posted on FRN's website, www.frcn.org, and click on calendar, or call FRN staff at 209-472-3674 for more information.

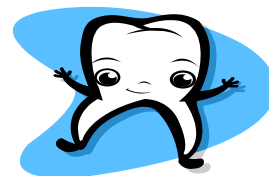
New Workshop!



How Changes in the Health Care Laws Can Help You and Your Special Needs Child
Presented by Sujatha Jagadeesh Branch,
Associate Managing Attorney,
Disability Rights California

Topics will include Medi-Cal Managed Care, the Affordable Care Act, the expansion of Medi-Cal to cover more people and resources. There will be time for questions and answers.

The workshop will take place Tuesday, January 28th from 6:30 to 8:30 p.m. at San Joaquin County Office of Education, Wentworth Education Center, 2707 Transworld Drive, Stockton, CA. There is no fee to attend and it is open to parents, professionals and any other interested parties. Registration is required and must be received by FRN by January 21st. For the registration flyer go to www.frcn.org and click on calendar or contact FRN staff via the contact information at the bottom of this page.



Give Kids a Smile

Saturday, February 8th from 8:30 am to 3:00 pm, University of the Pacific's Arthur A. Dugoni School of Dentistry and San Joaquin Dental Society team up to "Give Kids a Smile". Free check-ups and dental treatments will be given to children 17 and under. Children must be accompanied by an adult. The event will be held at University of the Pacific's Health Sciences Learning Center, 757 Brookside Rd., Stockton, CA 95211.

Family Resource Network Newsletter
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EDITOR: Ann Cirimele

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Family Resource Network Phone: 209-472-3674
 5250 Claremont Ave., Suite 148 Fax: 209-472-3673
 Stockton, CA 95207
 Email: FRNfamilies@aol.com website: www.frcn.org



The recreational support group for
non-disabled siblings, ages 7 through 13.
Friday, February 28th,
6 p.m. to 8 p.m.
Stockton Covenant Church,
1720 Oxford Way, Stockton, 95204

Meet other siblings who have the same kinds of issues. There are games, crafts, discussion activities, food and lots of fun! There is no cost to attend.

Registration is required and must be submitted one week prior to event. Call 472-3674 or 800-847-3030 to request a registration packet.

FRN Parent Scholarships Available

Family Resource Network has received an unrestricted grant of \$2,500 from the Stuart Foundation. Being guided by the Foundation's goal of promoting education, FRN has decided to use the funds to provide scholarships to assist parents of special needs children with registration fees to attend non-FRN conferences or workshops on topics related to children with special needs and their families.

This is a reimbursement scholarship which means that FRN reimburses the parent after the parent has attended the event. Here are the rules:

1. Scholarships are available to parents (or primary caregivers) raising a child from age birth to 22 years who has a special need.
2. The family must reside in Amador, Calaveras, San Joaquin, Stanislaus or Tuolumne counties.
3. The amount of the scholarship may not exceed \$100.
4. The scholarship is solely for the cost of registration (i.e. not travel or lodging costs).
5. The event must take place in California.
6. Parent must agree to become a Parent Partner and be available to talk or email with other parents about information learned at the event.
7. Parent must agree to provide FRN with any handouts/materials from the event so that FRN can make copies for its files. FRN will return the originals to the parent.

Parents wishing to access these scholarship funds should contact FRN **prior** to attending the event. FRN reserves the right to limit the number of scholarships for any specific event. For more information contact FRN staff.

The Sound of Music!!

FRN offers two musical play groups for young children with special needs and their parents. **Tikes and Tunes** is for children ages birth to 36 months who are served through Early Start or Prevention Resource and Referrals Services (PRRS). **Preschool Posse** is for preschool age children who are receiving special education services through an IEP. Parents will learn how they can use music to enhance their child's development. Both groups are led by Karen Sanchez, MBA MT-BC, Music Therapist. We'd love to have you join us, but space is limited so be sure to register! Registration forms are on FRN's website or you can email or call FRN to register. Both groups meet at FRN's office, Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton.



Tikes and Tunes

A Musical Play Group for Infants and Toddlers in Early Start or PRRS

When: The first Thursday of the month from 9:30 to 10:30 a.m.

Preschool Posse

A Musical Play Group for preschoolers receiving special education services



WHEN: Preschool Posse meets the third Thursday of the month from 1:00 to 2:00 p.m.



No Musical Talent Required.



Don't forget to register!

Check FRN's website, www.frcn.org and click on "calendar" for updated information on trainings and events. Registration forms for FRN events are on the website.



Want to try out an iPad?

Some families have expressed interest in purchasing an iPad if it would benefit their child, but they aren't familiar with the device. Family Resource Network has two iPads that are available for parents to try out. Parents may try the iPad in FRN's office during scheduled office hours (Tuesday through Friday, 8:30 a.m. to 2:30 p.m.) to see if they think the device might be something of interest to them or their child. The iPads may not be taken out of the office. If you'd like to schedule a time to try out the iPad, just give FRN staff a call (472-3674 or 800 847-3030) or send us an email at FRNfamilies@aol.com. You are welcome to walk in to try out an iPad, but preference will be given to those who scheduled a time.

FRN also has info on tablet/smart phone apps that might be of interest to families of children with special needs. Feel free to call or email for more information.

Congrats to the WINNER of FRN's latest drawing:

Brianne Nelson



We'd love your help.

Family Resource Network is seeking donations of items for gift baskets that will we put together to be used as door prizes for the annual Mothers Retreat. In the past Moms has loved to receive items such as candles, fragrances, gift cards to such places as Target or Walmart, etc. If you would like to make a donation, please contact FRN. Thanks so much!



Attention Families of Valley Mountain Regional Center Consumers

Family Resource Network, San Joaquin SELPA, the State Council on Developmental Disabilities Area 6 Board and Valley Mountain Regional Center (VMRC) invite you to attend a discussion on VMRC's Strategic Plan. Paul Billodeau, VMRC's Executive Director will discuss:

- The need for and purpose of the Strategic Plan
- The process of creating the Plan
- VMRC's Mission, Vision and Values
- VMRC's Focus Areas and Goals
- The Strategic Plan Timeline.

Additionally, there will be time for you to ask questions about the plan. The event will take place Tuesday, March 11, 2014 from 6:30 – 8:30 p.m. at San Joaquin County Office, 2707 Transworld Drive, Stockton. The flyer and registration form are posted at www.frcn.org and click on calendar.

Text4baby

Helpful Advice During Pregnancy & Through Baby's First Year

Get FREE messages each week on your cell phone to help you through your pregnancy and your baby's first year.



Text4baby is a free mobile information service designed to help promote maternal and child health. A program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), Text4baby provides pregnant women and new moms with information they need to take care of their health and give their babies the best possible start in life. For more info go to www.text4baby.org

text4babySM
A free service of the
National Healthy Mothers, Healthy Babies Coalition

Text BABY to 511411
or
Evia BEBE al 511411 para Español

FRN Toy Lending Library

FRN has 3 sites for its Toy Lending Library. We are grateful to Valley Mountain Regional Center and Tuolumne County Office of Education for partnering with us on this project. The toys are available to families whose children, ages birth to 36 months, are served either through the Early Start program or Prevention Resource and Referral Service (PRRS). There is no cost to use the library.

Stockton: Hours of Operation: Tuesdays through Fridays, 9 a.m. to 2 p.m.

Location:

Family Resource Network, Sherwood Executive Center, 5250 Claremont Ave., Suite 148, Stockton, CA 95207

Contact info:

800-847-3030; 209-472-3674 or
FRNfamilies@aol.com

Modesto: Hours of Operation: Monday, 9 a.m. to 3:30 p.m., Wednesday, 9 a.m. to noon

Location:

Valley Mountain Regional Center, 1820 Blue Gum Ave., Modesto, CA 95358

Contact info:

Estela Barba at 209-557-2144

Sonora: Hours of Operation: Monday through Friday, 9:00 a.m.-3:00 p.m.

Location:

Tuolumne County Superintendent of Schools
175 S. Fairview Lane, Sonora, CA 95370
Room 210

Contact info:

209-536-2040



To view FRN's entire library list or to check out a library resource, visit www.frcn.org and click on Library. For more information call FRN at 800-847-3030 or email FRN at FRNfamilies@aol.com.



FRN has received donations from:

- Sue Allyn
- Van Chu
- Lisa Drake
- Kathy Hardin
- Patrick O'Connor
- PEDS
- Michelle Perez
- Rosanna Quinones
- Maria Solano
- Special Children's Sports Club
- Roger Valdez
- And Anonymous Donors

Thank You Super Volunteers!

Ginelle Balingit
Renay Cano
Jenevi Delgado
Lily Delgado
Lauren Heinrich
Ed Hendrickson
Trevin Inoue
Nathalie Jimenez
Patrick Klunk
Jaclyn Machado
Nicki Moss
Anthony Quinones
Rudy Quinones
Jester Ramos
Gabriella Romero
Ralph Valenzuela
Katherine Vasquez

**“I slept and dreamt that life was joy. I
awoke and saw that life was service. I
acted and behold, service was joy.”**

Rabindranath Tagore (1861-1941);
Poet, Playwright, Essayist

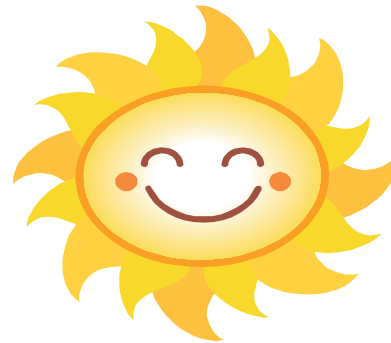
More Workshops!

The Birds, The Bees and Your Special Needs Child

This workshop is back by popular demand!! David Demetral, Ph.D., LCSW will share info you can use to help your child understand issues related to sexuality. Topics will include what to tell your child and when, and how to redirect behaviors. Registration is required. **Tuesday, January 14th, 6:30 to 8:30 p.m. at San Joaquin County Office of Education. Contact FRN to reserve your spot.**

Financial and Estate Planning

Frank Quacinella, Senior Vice President and National Spokesperson for Families with Special Needs Planning Network for Merrill Lynch, and Mark Drobny, Attorney at Law, will present info on understanding the importance of financial planning, protecting government benefits through proper estate planning, information on special needs trusts and conservatorships, and more. Registration is required. **Tuesday, February 25th, 6:30 p.m. to 8:30 p.m., San Joaquin County Office of Education in Stockton. Contact FRN to reserve your spot.**



*The following information was provided to FRN by
TBODS – The Brighter Side of Down Syndrome.*

The Brighter Side of Down Syndrome (TBODS) is a nonprofit organization. TBODS meets on a monthly basis. Child care and a meal are typically provided for the monthly meetings. Families share new information and ideas to support each other to become better advocates. We often have speakers on specific subject matter and enjoy planned social events throughout the year. In addition to monthly meetings, TBODS has four groups developed specific to the interests of our members. The four groups are the Birth - 5 group, 6-12 group, Teen and Adult group and a Dad's group. Each group has funds allocated to them to use to meet the unique interests of each group. Check out our webpage at <http://www.tbods.com> for more information then come participate with us. Want to learn more about TBODS? Want to receive information on monthly meeting topics and planned activities? Want to develop friendships with some amazing people? Then contact us at tbodsofsjc@yahoo.com or (209) 598-3441 and let us know.

FRN Events!

Please note that these events take place at a variety of sites. Be sure to check the location of the workshop you are interested in. Flyers for these workshops are available at www.frcn.org and click on calendar. For more information call FRN at 209-472-3674 or 800-847-3030.

SATURDAY WORKSHOP!!

January 18, 2014 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area 6 Board and Family Resource Network • **Area 6 Board Office, Stockton**, 2529 March Lane, Suite 105, Stockton, 9:30 a.m. to noon, FREE, reservations are required.

January 22 - Building Bridges – Transitioning Your Child from the Early Start Program • Presenter: FRN, Sherwood Executive Center, 5250 Claremont Ave., **Stockton**, 9:15 to 11:30 a.m., FREE, registration required.

March 6 – Writing An Effective IEP for Your Child with Special Needs • Presenters: Area 6 Board and Family Resource Network • **Lodi Public Library, Lodi**, 6 – 8:30 p.m. FREE, reservations are required, for reservations call 800-847-3030.

April 10– Writing An Effective IEP for Your Child with Special Needs • Presenters: Area 6 Board and Family Resource Network • **Mark Twain Hospital, San Andreas**, 768 Mountain Ranch Road, San Andreas, 6 – 8:30 p.m. FREE, reservations are required.

May 1– Writing An Effective IEP for Your Child with Special Needs • Presenters: Area 6 Board and Family Resource Network • **Family Resource Network**, 5250 Claremont Ave., Suite 148, **Stockton**, 95207, 6 – 8:30 p.m., FREE, reservations are required.

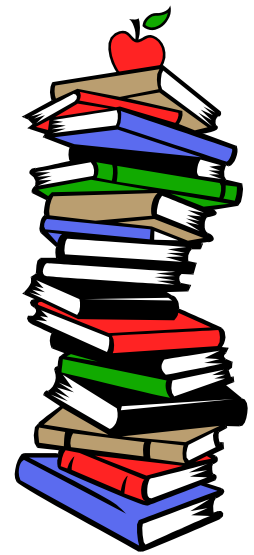
More IEP Workshops

We are in the process of scheduling additional IEP workshops in Stanislaus and Tuolumne Counties. As soon as dates and locations have been confirmed we will post the registration information on FRN's website, www.frcn.org and click on calendar. Be sure to check in periodically for the latest info on all FRN workshops.

FRN Library Resources

FRN has almost two thousand library resources for parents and professionals to borrow. There are books, videos, dvds, cds, and audio tapes. Below is a listing of just some of the latest additions to the library.

- Teach Me with Pictures by Simon Griffin
- From Like to Love – For Young People with Asperger's Syndrome by Tony Attwood
- Enough is Enough! Anti-Bully Strategies for Students with Developmental Disabilities by SCDD, Area Board 1
- Preparing Students with Disabilities for College Success by Stan F. Shaw
- Think College! Postsecondary Education Options for Students with Intellectual Disabilities by Meg Grigal



There are new Spanish language resources available as well.

Visit www.frcn.org and click on Library to see a complete listing of all of FRN's library resources and to find out how to borrow resources from the library. If you don't have access to the internet you can contact FRN at 209-472-3674 or 800-847-3030.

You don't need to come in to FRN's office in order to use the library. We are happy to mail resources to you. We just ask that you be responsible for returning the items to FRN. You can mail them to FRN, swing by the office, or drop them off with the building receptionist. You may check out up to two resources for a period of 3 weeks.

Creativity can solve almost any problem. The creative act, the defeat of habit by originality, overcomes everything. *George Lois*



The following fact sheet is a publication of the
California Department of Developmental Services

Consumer Fact Sheet - Using the Internet How to STAY SAFE

KEEP SAFE ON THE INTERNET

- Some people have fun using the Internet.
- Some people use it to do bad things.

INFORMATION ABOUT YOU

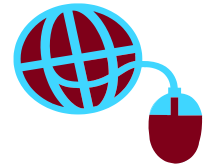
Some people might use things they learn about you to steal your money or hurt you. Things you should keep to yourself are:

- Your name, address and phone number, or names of your family
- Social Security or credit card numbers, or passwords

You may want to join a social network or buy something using the computer. You will be asked for some personal information. Talk to someone you trust to make sure that what you are doing is safe.

NEVER SEND MONEY

- Never send money to someone who asks for it.
- That person wants to steal your money.



IGNORE MESSAGES THAT ARE MEAN

- Some people may send mean messages to you.
- Stop talking with that person. Block the sender if you can.

DO NOT MEET SOMEONE FACE-TO-FACE

- The best advice is NOT to meet someone you don't know.

The person might hurt you. If you are unsure talk to someone you trust about what to do.

FIND A PERSON YOU TRUST TO TALK TO ABOUT INTERNET SAFETY

- He or she may be able to help you know what to do to stay safe.
- You can also talk to him or her about safe e-mail addresses, passwords, and keeping safe on Facebook and other social networks.