

Families CAN Newsletter

Student Services Center 1, Room 301
4365 Cougar Village Drive
Houston, Texas 77204-3055

Transition Workshop

Another Service for you!

The Transition Workshop is an informational program created to help parents deal with all the areas related to the transition of their teens to adulthood and adult services. The group meets on the 3rd Thursday of every odd month at 6:30 p.m. at Shriners Hospital. Our next meeting will be held on **January 19th**.

The presenters: STAR+PLus Enrollment Broker & MCO's – Amerigroup, Molina, Texas Children's Hospital and United Health Care will discuss transition within the managed care systems.

Shriners Hospital is located at 6977 Main St., 6th Floor Cafeteria area (Just past intersection of Main & Holcombe). Park in their **FREE covered parking garage**. **Pizza and drinks are provided by Texas Children's Health Plan**. Please **RSVP** if possible so that we will have enough pizza for everyone.

For more information or to be added to the Transition Workshop email list, contact: Ava Fletcher, Transition Workshop Coordinator at 713-743-0608, acfletc2@central.uh.edu or call or email Olga Guerra, olguerra@central.uh.edu, 713-743-5592. See you there!

Happy Holidays from our Family to Yours!



WINTER 2016-2017
(FY17)
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Quote for the Quarter

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

-Edith Sitwell

Children's Museum Free Passes!

To the families who receive services from – UH/ PEP - Families CAN program, please email or call your Family Partner (Olga, Ava, Sherena or Shelley) to request free passes. You can use these passes to visit the Children's Museum of Houston anytime. Each pass admits up to four people for **FREE!**



FLU SEASON IS HERE:

HERE IS WHAT YOU CAN DO

1. STAY INFORMED

TexasFlu.org is the DSHS site for flu information in Texas. Bookmark it. Dial 2-1-1 for flu information and vaccination locations or use the Vaccine Locator to find out about vaccine availability in your area.

2. GET VACCINATED

Get a flu vaccination now. It's the best way to protect yourself and others.

3. STOP THE SPREAD

Wash your hands frequently with soap and water or use hand sanitizer. Cover your coughs and sneezes. Stay home if you're sick. Have a plan to care for sick family members at home.

RECREATIONAL ACTIVITIES



Family Fun Run presented by Texas Children's Hospital and the Houston Marathon Foundation. Families with children of all abilities are invited to participate at Texas Children's Hospital West Campus and Texas Children's Hospital – The Woodlands

Texas Children's Hospital West Campus

When: Saturday, April 8, 2017. Located at I-10 and Barker Cypress- 18200 Katy Freeway. For more information, email funrunwest@texaschildrens.org.

Texas Children's Hospital Family Fun Run-The Woodlands

When: Saturday, April 29, 2017. Located at I-45 and College Park Dr., 17600 I-45 South. For more information email funrunwoodlands@texaschildrens.org

Registrations will open January 2017.



Families CAN Offices will be closed from Friday, December 23rd through Friday, December 30th.



Mardi Gras Ball for Special People is on **Sunday, February 12, 2017** at Moody Gardens in Galveston, Texas from 12:00 noon – 4:00 p.m. The day is filled with fun, food, and dance for the entire family. **FREE** admission for people with special needs, their immediate family and/or caregivers.

For more information and to RSVP, call 409-683-4108 or email volunteers@moodygardens.org.

Dionysus Theatre is a unique organization, incorporated in 1997 by Deborah Nowinski, bringing the theater experience to teens and young adults who are physically and developmentally disabled as well as able-bodied.

Dionysus Theatre offers classes each year in theater arts for teens and young adults with disabilities that build self-confidence, encourage self-expression, socialization and improve life skills.

Classes will begin in **January 2017**. Location: Salem Evangelical Lutheran Church

4930 W. Bellfort Street, Houston 77035. For more information view the website at www.dionysustheatre.net or call 713-728-0041.

The River, a program of TUTS Education provides accessible, affordable, fine arts education for individuals who have disabilities ages 4-19. Siblings are welcome. Financial Aid is available. **Classes start on January 21st** and are every Saturday for 10 weeks, at the City of Houston Multi-Service Center at 1475 West Gray. The classes are offered between 9:30 am and 12:30 pm, they last 45 minutes each. For registration and more information, please call The River at 713-520-1220 or visit their website at www.tuts.com or email education@tuts.com.

River students partner with students from TUTS Humphreys School of Musical Theater using songs, choreography, and lines from TUTS. The Spring 2017 Workshop is held at The River @ The Metropolitan Multiservice Center @ 1475 West Gray. Call 713-520-1220. Visit their website at www.tuts.com/river.

Ages: 7-19 - Cost: \$40

Date: **Saturday, March 18**, Times: 10am-2pm, Showcase: 1:30pm

*Students must bring a sack lunch and beverage. Dress for comfort - casual clothes and sneakers.

Sailing Angels – Year Round



Go sailing for the Holidays with Sailing Angels. Sailing Angels teaches sailing to special needs children as a form of education and recreational therapy. They provide sailing adventures at no cost to the participants. For more information, please contact, Captain Dave McCabe at (281) 507-1867, or email Dave at davemccabe@SailingAngels.org. Visit website at www.SailingAngels.org.

Kennedy Dance Theatre

Kennedy Dance Theatre has opened up its studio for a Special Needs Program as a way to reach out to the community. The classes offered are for students with Down syndrome, autism and other developmental disabilities. Teachers and student assistants involved, volunteer their time each week so the classes can be offered free of charge. – See more at www.kennedydance.com/special-needs-classes.html for more information about the program please call the studio at 281-480-8441.

Friends of Down Syndrome – Cinderella Ball – **March 18, 2017** – Norris Conference Center, Houston/City Centre – Red Oak Ballroom (2nd floor) 816 Town and country Blvd, Houston, Tx. 77024 (I-10 & Beltway 8), www.cinderellaball.org , 281-989-0345.



TIP: Please don't forget to call your child's medical home **NOW** to schedule those needed physicals, required when you register your child for Summer camp and for the Special Olympics Games for the spring.

Parent Trainings

Special Education 101-The Arc of Greater Houston

When - December 14, 2016 - Time: 11:00 a.m. - 1:00 p.m.

Location: Harris Center for Mental Health & IDD - 9401 Southwest Freeway, Room 104

This course is typically offered once monthly from September through May. It provides a thorough overview of the special education process including referral, rights, services, procedural safeguards, least restrictive environment and the meaning of educational progress. The cost for the training is \$25.00* To reserve: e-mails (2 days in advance—must provide name and emergency phone contact number. 713-957-1600 #114, www.aogh.org.

The ARC of Texas 24th Annual Inclusion Works Conference

February 12-14, 2017

Royal Sonesta Houston Galleria

2222 West Loop South

Houston, TX 77027

Registration Fees:

Professionals-Regular: \$255 if registered by Dec 31st

Professionals-Late: \$280 if registered after January 1st

Parents/ Students \$105, available starting October 17, 2016

Call 1-800-252-9729 or visit the website at www.thearcoftexas.org

"Navigating Systems for Post School Success"

The **Texas Transition Conference (TTC)** is a two – day event focused on providing evidence –based practices that result in a smooth transition from school to adult life for youth with disabilities.

When: February 22-24, 2017

Where: Westin Galleria Houston. 5060 West Alabama Houston, TX, 77056

To register visit <http://ttc.tamu.edu>

For more information contact Cheryl Grenwelge, TTC Coordinator. Phone: 979-458-1593. Fax 979-862-1256.

Email: cgrenwelge@tamu.edu

"Success for Children with Disabilities"

12th Annual Special Education and Transition Conference & Resource Fair

Sponsored by - Family to Family Network

Date: Saturday, January 28, 2017

Time: 9 a.m. to 2 p.m.

Note: Resource Fair opens at 9 am and goes until 12:30 pm.

Location: Houston Community College Northwest – Spring Branch Campus

1010 W. Sam Houston Parkway, Houston, Tx 77043

For more information and to register, 713-466-6304 or email f2fconference@sbcglobal.net

Registration begins January 1, 2017

The University of Houston-Clear Lake (UHCL)
Center for
Autism and Developmental Disabilities Speakers Series

Presentations will be held at University of Houston – Clear Lake 2700 Bay Area Blvd., Houston, Texas 77058, (Garden Room) Bayou Building, Room 1510 from 10:30 am to 12:30 pm. There is **no cost** to attend. Includes lunch. CEU's provided. Call 281-283-3452.

Registration Link: <https://apps.uhcl.edu/ORS/CADD>

Autism Speakers Series 2016-2017

December 10th "Method Behind the Mystery: Understanding and Managing Pica and Stereotypic Behavior."

January 21st "Pediatric Food Refusal: From Assessment to Treatment."

February 11th "Don't Sweat the Hard Stuff: Managing Problem Behavior during Work Time." By Channing Langlinalis

March 25th "How to Make 'You're Hired!' A Reality: Preparing Teens for their First Job."

April 15th "Look Who's Talking: Teaching Early Communication Skills."

Thursday, January 5th from 7 – 8pm – The World Needs All Kinds of Minds: An Evening with Temple Grandin – UHCL Bayou Theatre

REEL ABILITIES Houston Disabilities Film Festival

February 19 - 23, 2017

ReelAbilities: Houston Film Festival, hosted by the JFS Alexander Institute for Inclusion in collaboration with Houston's Mayor's Office for People with Disabilities, is a city-wide film and arts festival which uses the arts to promote inclusion and celebrate the lives, stories, and artwork of people with disabilities — making an impact that lasts far beyond the week of the festival. A robust and exciting array of films, special events, and extraordinary speakers from around the country are being featured this year. It will be held at Edwards Greenway. To sponsor, partner or volunteer, contact us at JFS: 713-667-9336 www.jfshouston.org

BREAKING BARRIERS CONFERENCE

Lighthouse Learning Resources Resource Fair & Conference: **January 14, 2017**, 9:00 AM - 1:30 PM

Located at Cypress United Methodist Church – 13403 Cypress North Houston Road

Keynote Speakers: Attorney & Founder of Father's Joy, Kristin Tassin & her daughter Abby.

For more information contact: robin@LHlearningresource.com or call 713-560-7923

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coe.uh.edu/pep**Epilepsy Foundation of Houston**

If you have been diagnosed with epilepsy or a seizure disorder and do not have health insurance, we can help! We do accept Medicare and Medicaid plans.

The Epilepsy Foundation offers specialized medical care and diagnostic testing for adults with epilepsy. We can also help you in obtaining your seizure medication at low or no cost, if you qualify.

Clinic sites are located in Amarillo, Beaumont, Fort Worth, Grapevine, Houston, Lubbock and Lufkin. All of our clinics are funded in part by a grant from the Texas Department of Health Services.

For more information about our clinic program, call us toll-free at 1-888-548-9716 or e-mail us at clinic@eftx.org.

**Epilepsy Foundation Texas–Houston/Dallas/Fort Worth
Presents Wacky Winter Weekend Houston**

Friday, January 20 – Sunday, January 22, 2017 Camp For All, Burton, Texas. Epilepsy Foundation Texas–Houston/Dallas/Fort Worth 2401 Fountain View, Suite 900, Houston, Texas 77057, (713) 789-6295 or (888) 548-9716 Fax: 713-789-5628 www.eftx.org , email: camp@eftx.org.

Children and teens with epilepsy and/or seizure disorder between the ages of 6 and 17 are eligible to apply to attend Wacky Winter Weekend. A sibling or a family member within the same age range is invited to join us as well. Campers are encouraged to register early. Space is limited by many factors. Please contact the Epilepsy Foundation on how to apply.

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