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# Parents make the difference!

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## Challenged Family Resource Center

Roll your windows down and turn up the music.....

Hi my name is Jodi Frade and I'd like to welcome you to Challenged Family Resource Center. Our agency is like no other you will be involved with. All our early intervention staff are parents who have a child or children with special needs and can easily identify with the range of emotions and difficulties we can sometimes face in our special world. We work closely with Merced County Office of Education and other agencies that can be of benefit to the families we serve, while still maintaining our parent friendly approach, as we have all needed support and guidance at some point in our extraordinary walk in life.

In the beginning, Challenged started off as a support group facilitated by a very special mom named Lyalla Dias. Lyalla started the group after the birth of her daughter, born with cerebral palsy and sought out other support groups for parents who had children with special needs, but found nothing so, she decided to start her own and man, am I glad she did. I remember going to my first support group twenty four years ago with so much anxiety and uncertainty about the way I was feeling since no one else I had talked to prior, could seem to understand. Their natural response was to either change the subject or try to fix it. Once I got to the meeting with my parent peers I was able to really be heard and more importantly validated. I cried and was able to voice exactly how I felt.

The mask of being on top of EVERYTHING was taken off, where I could show how vulnerable and scared I was. They didn't change the subject nor did they try to fix it because they understood what I was going through as a brand new mom who was now in their circle of love and support. I'm so grateful to those parents who encouraged me along the way and who helped me adapt to my new life. I left group that summer night in my 1982 Monte Carlo with the windows down, music on full blast and a new sense of empowerment.

Today I am the Director of Challenged and have the hope that each and every parent will be able to receive the gift I was given through parent to parent support. Although, Challenged has changed somewhat over the years, we have a free of cost Parent Education Center that has been completely supported through Merced County Office of Education/SELPA funding and where anyone who has a child with special needs is welcomed to use our computers, check out books or special toys, and talk to a parent face to face and heart to heart. We are here and understand that sometimes we, as parents, just need to be giving support, plain and simple. We are not here to change the subject or try and fix what you're going through, but we'd love to see you leave with YOUR windows down, music blasting and a new sense of empowerment.

With loving memories of the parents who supported me and future dreams of those who will come through our doors,

Jodi



## **BIG IDEA #2: DON'T ACCIDENTALLY REWARD UNWANTED BEHAVIOR**

It is important to remember that every time we give in to unwanted or bad behavior it makes it more likely that children will do that behavior again in the future. So, if a child is crying for candy and we give it to him, he will probably cry again when he wants candy.

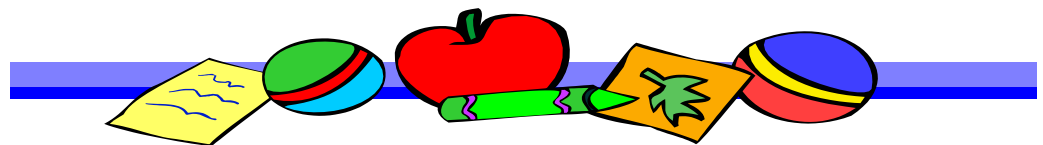


Thanks to funding from First 5 Merced County and the Merced County Mental Health Dept., the **Caring Kids** program provides resources and services to children ages 0 to 5 and their families to help support healthy and optimal child development. The program helps children learn self-regulation and social skills. It teaches parents and caregivers the best ways to help children develop socially and emotionally. These services help build protective factors and reduce challenging behaviors which will increase the chances of children being successful in school.

**For more information about Caring Kids' services please call (209) 381-6790 ext. 6146.**

*Please download our social skills calendars. We encourage parents to intentionally interact with their children each day in order to promote their healthy social and emotional development.*

<http://www.mcoe.org/ee/special/caringkids/calendar.htm>



**Greetings from Merced County Head Start!**

The Merced County Office of Education Head Start Program serves children and their families and provides comprehensive services in the areas of health, nutrition, mental health services, family support services and disability services. The program is mandated to enroll at least 10% of children with disabilities and we welcome all families to apply.

The Special Services department strives to include all children in all activities and program options from home visiting to center based classroom settings with an infant/toddler and preschool curriculum in place to meet all children's individualized needs.

Head Start services through home visiting or centers can be found in practically every area of Merced County. We welcome you to apply at a location near you and one of our Family Support Service Providers can assist you! If you have questions about the Head Start program, please feel free to contact, Joyce Darbo, Special Services Manager, at 381-5170 ext. 6918.



## PEI iMatter

PEI iMatter is a school-based social skills program for school aged children that teaches social emotional skills aimed at reducing impulsive and aggressive behaviors, while increasing social competence aimed at skill development. We will teach children to identify and understand their own emotions as well as others' around them. They will also learn to reduce impulsiveness, choose positive goals, manage their emotional reactions and decision making process when emotionally stimulated.

### 2 Key Elements to Healthy Parenting:

#### Communication:

- *The exchange of thoughts, message, and information by speech, visuals, signals, writing, and behaviors*
- *Good communication helps children and parents to develop confidence, feelings of self-worth, and good relationships with others.*

#### Respect:

- *The best way to get respect from your child is to treat him or her respectfully*
- *Give your child the same courtesies you would give others or you would want others to give you*
  - \**Speak politely*
  - \**Listen to the child's opinion*
  - \**Pay attention when child speaks to you*
  - \**Be kind*
- *By doing this you are modeling behaviors that your child will follow*

### Rewards of Healthy Parenting:

Encourages and promotes:

- Empathy
- Honesty
- Self reliance
- Self control
- Kindness
- Cooperation



**Your relationship with your child is the foundation for child's relationship with others!**

**For more information please contact:**

***Linda Negrete, LCSW***

*Program Coordinator*

*Sierra Vista Child & Family Services*

*642 W. Main St. | Merced, Ca 95340*

*P (209) 205-1058 Ext. 314 | C (559) 871-5208 | F (209) 205-1062*

*[www.sierravistacares.org](http://www.sierravistacares.org)*



### Free and low-cost training for UDW providers

Merced, CA  
Where: Merced County Library  
When: 04/09/2014 (Wed)  
Time: 1pm—5:30pm  
Language: English

#### ***Adult & Child First Aid/CPR/AED***

- \* *Learn life-saving skills to know what to do in a cardiac, breathing or first aid emergency.*
- \* *2-year ARC certification issued upon successful completion.*

# Family Resource Council

Part of Merced County Office of Education - Early Education, Merced, CA

1573 West Main Street

Merced, CA 95340

Office(209) 381-5980

## WHO WE ARE:

The Family Resource Council offers an integrated system of community-based services and resources that responds to the needs of vulnerable families in Merced County. It is a program designed to respect cultural and community differences by incorporating creativity within a model of community-driven collaboration.

**Parent's Helping Other Parents** classes are made possible through the generous grants and support from First 5 Merced County and Merced County Human Services Agency.

These parenting education classes are based on Positive Discipline parenting curriculum. Each class meets once a week for seven (7) weeks. When parents attend the classes they will receive offer practical tools, support system from other parents, and resources to assist them in parenting.

Coordinator: Olga Rivas, (209) 777-0642, email: [orivas@hsa.co.merced](mailto:orivas@hsa.co.merced)



## Homemade Bubbles



### About

Remember how much fun you had with bubbles? Well, your child will love them just as much as you did! From blowing to popping and chasing, bubbles offer a great way to get some physical activity - and bragging rights to whoever blows the biggest one!

### How To

What You'll Need:

- 12 cups water
- 1 cup dish soap
- 1 cup cornstarch
- 2 tbsp baking powder
- Bubble wands, wire coat hangers, paper towel tube, plastic rings

Mix ingredients together in order in a clean pail. Stir occasionally in a gentle pattern so there isn't too much foam. Take away any foam as it forms. Add another cup of water when the pail is half empty.

If you don't have any bubble wands, use a paper towel tube and plastic rings, or bend a coat hanger into a loop. Store extra solution in a tightly sealed container. Solution that has been sitting for a few days makes the biggest bubbles!

### Benefits

This Activity Helps Your Child's Brain Develop:

- Fine Motor Skills
- Gross Motor Skills
- Visual Tracking Skills



**Main Office**  
676 Loughborough Drive  
Merced, CA 95348  
(209)385-7337 fax: (209)725-3778  
[www.First5MercedCounty.org](http://www.First5MercedCounty.org)

- See more at: <http://www.first5california.com/parents/activity-center.aspx?id=18&sub=79#sthash.JceLQCG7.dpuf>

# Free Professional Counseling!

\*Sponsored by the University of Southern California

*The Challenged Family Resource Center has partnered with USC Telehealth to offer FREE (no obligation) professional counseling worth \$2,000 to individuals, couples, or family members, or caregivers, that care for children or adults with special needs.*

Participants receive 12 weeks of free 50-minute professional counseling sessions that are highly professional, secure, and HIPAA compliant.

We can support you in issues related to:

- Caring for kids/adults with special needs
- Kids/teens behavioral issues
- Stress, depression, anxiety
- Improving quality of life
- Family counseling
- Couples therapy
- Coping with a serious injury/illness
- Financial pressures
- Work/life balance
- Grief and loss
- More...



- **For California residents**
- **Private and confidential**
- **Hablamos Español**

**Call Today! (866) 740-6502**

Free counseling is limited to availability, so call and reserve your space today in just 5 minutes.

Telehealth

If you don't have computer/Internet at home please contact  
the Parent Ed Center: (209) 384-0119  
827 W. 20th Street, Merced

**Receive services at home with:**

- **Computer** (less than 4 yrs old)
- **Webcam**
- **High-speed Internet**



Merced County Office of Education Head Start program serves children 0-5 and their families and pregnant mothers through the county through center based and home based services. Head Start is a comprehensive early education program that offers educational, health, nutrition, mental health and family support services to all participants. Head Start welcomes children of all abilities to apply for the 14-15 program year. To learn more about the program, its various locations and program options, and to have one of our staff contact you to complete an application, please contact our Head Start Administrative office at (209) 381-5170.



Merced County Office of Education

**Head Start Program**

Dr. Steven E. Gomes, Ed.D. County Superintendent of Schools





**Attention....** All Regional Center Parents/ Caretakers:  
Did you know that your child qualifies for Dental  
services through Regional Center?

Here is a list of local dentists that accept Denti-cal:

**CURRENT LIST OF MERCED PROVIDERS**

**Apple Dental**

**Ahmed R. Magally, DDS**

645 W. Olive Ave. Suite 115  
Merced, CA 95348  
(209) 722-9411



**Central California**

**Dental Surgical Center**

3605 Hospital Road Suite H  
Atwater, CA 95301  
(209) 381-2047

**Thida Mahasucon, DDS**

2534 M Street  
Merced, CA 95340  
(209) 723-3071

**Western Dental Services Inc.**

1124 W. Olive Ave. Suite 101  
Merced, CA 95348  
(209) 383-7500

**Merced Family Dental Care**

**Abdulghani Amro, DDS**

548 W. 25<sup>th</sup> Street  
Merced, CA 95340  
(209) 383-6200

Visit our Thrift store at:

**1260 Broadway Blvd in Atwater**



We get merchandise  
every week!

*This is a Thrift store operated by  
individuals with disabilities.*

If you would like to donate to the CFRC  
Thrift Store please contact:

Christina @  
(209)261-7579



**MERCED COUNTY WEEK of the YOUNG CHILD**  
**FREE...Fun...Family Event!**

You and your family are invited to help Merced County celebrate the National Week  
of the Young Child.

**WHERE:** APPLEGATE PARK APPLEGATE PARK \* MERCED

**WHEN:** APRIL 12, 2014 SATURDAY

**TIME:** 11:00AM 3:00PM

**CHILD-FRIENDLY ACTIVITIES • SNACKS • INFORMATIONAL  
BOOTHs • PRIZES**



For More Information: Ka Xiong——Phone: (209) 381-5983



#### **Mission**

NAMI California is a grass roots organization of families and individuals whose lives have been affected by serious mental illness. We advocate for lives of quality and respect, without discrimination and stigma, for all our constituents. We provide leadership in advocacy, legislation, policy development, education and support throughout California.

#### **Merced Event: Family Support Groups**

**Location:** 1137 B street  
**Start Date:** Fall/Spring  
**12 Weeks:** 1st and 3rd  
**Schedule:** Monday, 10:30 AM  
**Contact:** Mary Hoffman  
mhofwriter@aol.com  
Lisa(209) 201-1043

Spanish Family to Family  
Irma (209) 357-1927/ Judy (209) 233-1615

Support groups are held regularly throughout the year. If you'd like us to contact us about taking a class, attending a support group, or having speakers come to any of your churches or other organizations, please contact us at (209) 381-6844 or e-mail us at [namimerced@aol.com](mailto:namimerced@aol.com).



#### **OUR MISSION**

To support people with any level of visual impairment to enhance their quality of life by developing independence through multi-dimensional services and resources

#### **THERE IS HOPE AND THERE IS HELP....**

- Attend group meetings
- Find out about multi-dimensional sources of help
- Referrals to visual impairment professionals who will find the right magnification or audio help for you

#### **TRAINING AND EDUCATION**

- Receive training for independent living skills, job accommodations, and adaptive technology

# Challenged Family Resource Center

827 W. 20th Street Merced, CA 95340 Phone: 209-385-5314 Fax: 209-385-5317



Challenged Family Resource Center  
is hosting a

## PLAY GROUP



Challenged Family Resource Center

invites you to share quality time with  
other families within a playgroup  
setting. The Play Group is geared

towards children 0-5 years of age. Come  
and join us for crafts, story time, snacks,  
and support for parents and children  
alike.

For more information please contact Norma at  
**(209) 384-0119**



### Support

Parent-to Parent support is the heart of  
our mission.

Families lend a unique and special  
strength to the FRC; our staff is comprised  
of parents and those who have family  
members with disabilities.

*"Families Helping Families"  
is our commitment*

### MISSION STATEMENT:

**Strengthen families of children affected by significant  
medical or developmental challenges by providing support,  
developing awareness, increasing knowledge, and promot-  
ing partnerships between families and the communities in  
which they live**

Here are some services CHALLENGED offers:

- Parent Mentors
- Home Visitation / Phone Support
- Resource Library
- Autism Support Services
- Referrals to other Agencies
- Parents as Teachers Program
- Toy Lending Library
- Support Groups
- IEP Trainings
- Parenting Program for CVRC Parents who are clients
- Early Intervention Support for Parents
- Playgroup 0-5 Years Old
- Disability Awareness Programs
- Adult Day Program - DREAM
- Community Presentations
- Sibling Support

**Stressed, frustrated, and feeling all alone?**  
**Come and meet others who have children with special  
needs and feel the same way**

**Share your frustrations and victories in a safe,  
nurturing environment**  
**Parent Connection**

**Last Wednesday of the month**

**827 W. 20<sup>th</sup> Street - Merced**

**Time: 6:00-7:30pm**

**For more information call...**

**Challenged Family Resource Center @ 384-0119**

We're on the web! [www.challengedfrc.org](http://www.challengedfrc.org) and check out MCOE Special Ed dept. at [www.mcoe.org](http://www.mcoe.org)