



Paso del Norte Children's Development Center



Paso Del Norte Children's Development Center Newsletter

New Parent to Parent Mentoring Project

Inside this Issue

Community Resources & Events	2
Community Events	3
Support Groups, and meetings	3
TXP2P Advocacy Network Training and Incent Weather	4

Parents of children with special needs, who have come to accept and understand their child's disability, are one of the best sources of information and emotional support for other parents of children with special needs who may be experiencing difficulties. By virtue of having "been there", a unique bonding occurs between parents, establishing an almost immediate rapport and sharing of common feelings

and experiences. As a result of parent to parent interaction, parents are better able to approach their child's ability to grow, learn and develop to his or her potential with an optimistic attitude and within a supportive environment. Early success in relating to this life experience will positively affect family relationships and future decisions made on behalf of the child. Paso del Norte Children's Development Center is now proud to offer Parent to Parent

Mentoring through a grant from the Texas Council for Developmental Disabilities. We welcome back Tania Alvarez-Soltero, Parent Mentoring Coordinator. A group of trained parent mentors is being established to assist other parents in the areas of education, advocacy and finding resources. For more information please contact Tania Alvarez-Soltero at (915) 544-8484 ext. 201

Project Launch "The Incredible Years Parenting Program"

The Incredible Years Parenting Program focuses on Positive Parenting through praise, child-directed play, and encouragement. The parenting classes are open to All parents who have children between the ages of 0-8 years of age. Classes are for 14 weeks and the meetings are once a week for two hours. **Most importantly classes are FREE!!!** For your convenience classes are

held at different locations. Classes will be offered at three different locations in January: **1. La Fe Prep**-616 E. Father Rahm Mondays 9-11 am beginning January 23, 2012; **2. Lamar Elementary** 1440 E. Cliff Tuesdays 8:30-10:30 am, January 24 and **3. AOY Elementary** 901 S. Campbell-Parent Center Fridays 8:30-10:30 am starting January 27, 2012

For more information please contact Amparo Peña at (915) 544-8484 ext. 356



Support Group for Persons with Down Syndrome

We're inviting teen girls with and without disabilities to join our **Inclusive Dance Group**. We are putting together choreographies to present at events in our community. We are also on the planning stages of creating a group for girls younger than ten years old. For the teen girls group please contact Josefina Muñoz at 590-5315 and for the girls under 10 group contact Ana Fuentes at 760-8793



Autism Community Network of El Paso

**Family Meeting and Training
January 31, 2012**

5:30 p.m.-8:00 p.m.

**Vino Nuevo de El Paso Church
(East Campus)
988 Kessler Drive
El Paso, TX 79907**

Presenter:

Dr. Ruben Roncallo M.D.

Border Pediatrics

Topic: Gluten Free/Casein Free Diets and Autism

\$3.00 childcare donation is asked

Children's activities and snacks are provided

Translation available upon request.

For more information on this meeting, or dates for the next **Mock Flight** or

Films for Friends contact:

David Taylor at (915) 731-8866

Or via e-mail acnofelp@gmail.com

Visit their website :

www.autismcommunitynetworkofelpaso.org and learn more about the "Blue Star Project".

Parent Support Group for Dads

Join us for a support group meeting for fathers only on Thursday, **January 19, 2012 from 5:30 p.m.-7:00 p.m.** at Paso del Norte Children's Development Center 1101 E. Schuster Ave. El Paso, TX. Come and meet other dads of children with special needs. Fathers play an important role in the lives of their children and need to know that they are not alone. Dads are very important too! To RSVP or for more information please contact Norma Perez at (915) 544-8484 ext. 192



KETOGENIC DIET FOR SEIZURE CONTROL SUPPORT GROUP

The Keto diet is a high fat, adequate protein, and low carbohydrate diet that modifies the energy source of the body from glucose to fats and produces ketones in the blood which is theorized to penetrate the brain and stabilize seizure activity. The Ketogenic Diet must be implemented under a doctor's supervision. Two thirds of the children on the diet have seizure improvement. Come learn from other parents that have successfully implemented this diet.

Meeting date: Thursday, January 19, 2012 from 5:30 p.m.-7:00 p.m.

Call us to get more information at (915) 544-8484 and ask for Norma Perez or Gilda Lopez

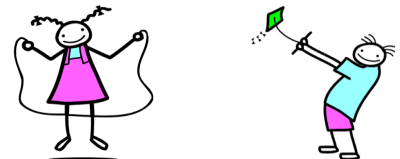


Parent's Night Out

Friday January 20, 2012

We will be providing free childcare for children with special needs on Friday, January 20, 2012 from 6:00 p.m.-9:00 p.m. at El Papalote Inclusive Child Development Center (1101 E. Schuster Ave.) Go out and have fun or run errands, while your children play and meet other children in a safe environment.

Cost for siblings: \$10.00 Please call us to RSVP Norma Perez or Gilda Lopez at 544-8484



**The Children's Disabilities Information Coalition
ADD/ADHD
Parent Support Group
Meeting**

January 20, 2012

Time: 6:00 p.m.-8:00 p.m.
at Paso del Norte Children's Development Center
1101 E. Schuster Ave.

Free childcare for child with special needs. For more information or to RSVP call 217-2747



SAVE THE DATE

23rd Annual Children's Disabilities Information Coalition Symposium
Saturday, March 3, 2012
Volunteers needed! Please contact Patricia Santibañez at (915) 217-2747

MORE COMMUNITY EVENTS

Leadership Academy for Families

Are you interested in doing the best you can for your child with special needs or disabilities? Would you like to know your rights and the rights of your child when you attend a special education meeting? Would you like to learn which social service agencies or programs might be able to help your child with special needs? We will answer these questions and more...

When: Tuesday and Thursday for 7 weeks

January 17-March 1st, 2012

Time: 9:00 a.m.-12:00 p.m.

Leadership Academy for Families Understanding ADD/ADHD

When: Fridays

January 20-March 2, 2012

Time: 9:00 a.m.-12:00 p.m.

Location: Paso del Norte Children's Development Center

1101 E. Schuster Ave.

El Paso, TX 79902

For more information call Isabel de Rubiera at (915) 544-8484 ext. 195

The El Paso chapter-Arc Del Paso-invites you to help build a better future for people with I/DD in El Paso. You can do this by becoming a member of the Arc and by participating in the next general meeting. The meeting will be on:

Saturday, January 21, 2012

Time: 10:00 a.m.-12:00 p.m.

Place: ESC Region 19

6611 Boeing Dr.



In order to provide enough snacks, please RSVP at arcelpaso@yahoo.com or call 544-8484 x 192.

Autism Society of El Paso

SAVE THE DATE!

13th Annual International Autism Conference

DATE: March 30, 2012

Location: El Paso Water Utilities /Tech2o Center

10751 Montana Ave.

El Paso, Texas 79935

FREE Computer Classes

Paso del Norte Children's Development Center and the City of El Paso are offering free Beginners and Advanced computer classes. Space is limited to six people.

When: Mondays and Wednesdays

Time: 9:00 a.m.-11:00 a.m.

Location: Paso del Norte CDC 1101 E. Schuster Ave.

El Paso, TX 79902

To reserve or for more information please contact

Fred Gromand at (915) 544-8484 ext. 209

Support Group Meetings

Mentes Brillantes (Spanish Support Group)

Next meeting January 30, 2012 from 9:00 a.m.-12:00 p.m.. Call 544-8484 for more information.

Autism Society of El Paso-Meetings the second Tuesday of every month at 6:30 p.m. Call Sonia at 772-9100.

Support Group for persons with Down

Syndrome—for meeting times and dates contact Josefina Muñoz at 590-5315 or Ana Fuentes at 760-8793

Miracle Kids Support Group-Meetings every Friday from 9:00 a.m.-11:00 a.m. at the Center Against Family Violence at 580 Giles. Contact Alejandra Melendez at 858-0298 for info.

Support Group for Biomedical Interventions-

Spanish support group for parents of children with ADHD, PDD, Asperger, Fragil X, Autism, or any other person interested in learning about Biomedical interventions (diets and vitamin supplements).

Meeting-January 10, 2012 from 11:30 a.m.-2:00 p.m. For info. contact Angelica Bonilla at 881-4950 or Yvonne Neria (915) 252-3884

Down Syndrome Association of El Paso -

Support group to provide educational information and support for families and friends of individuals with Down Syndrome. For information contact Diana Reyes at (915)490-3337 or Jose Reyes at (915) 490-1566

SPD Support- an International Host of Network of parents and professionals who provide support, information and resources in their own communities to anyone living with Sensory Processing Disorder, or anyone wanting to learn more about SPD. We meet every third Wednesday of the Month at 6:30 p.m. at ECI (Early Childhood Intervention) 1477 Lomaland E-7. For more info. call 256-7783 or e-mail renatetx@att.net Website: www.spdsupport.org

Autism Community Network of El Paso

Meetings last Tuesday of each month. Contact David Taylor at (915) 422-1358

www.autismcommunitynetworkofelpaso.org

Rolling with Friends-Advocacy group of young adults with disabilities who have the desire to make a difference in their community despite the challenges they face. Many have gone to college and others are working towards their degrees. For more info. contact Norma Perez 915-544-8484

St. Pius X Special Needs Group— support group for individuals with special needs with the mission to improve the quality of life for individuals with special needs. For information on programs and meetings visit: www.stpiusxspecialneedsgroup.com

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Fax: 915-496-0751
Email: norma.perez@pdnchildrens.org

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Texas Parent to Parent Advocacy Network Training

Free one-day seminar which equips parents and self-advocates (youth) to work with Legislators and the media to affect public policy. Topics include how to: *Utilize Texas' two-year legislative calendar to best advantage; *Communicate with Legislators; *Turn an idea into a bill; *Locate bill sponsors; *Link local parents with out of town parents for a united effort; *Link advocacy groups for a united effort; *Create media interest; *Testify in a bill hearing; *Create 'actions', such as a press conference, a rally, or a Town Hall Meeting; *Support self-

advocates within this process.
Date: Saturday, January 14th
Time: 9:00 a.m.-4 p.m.
Location: El Paso
For an application or more information, please contact:
Linda Litzinger (parent coordinator) Linda.litzinger@txp2p (512) 922-3810
Amy Litzinger (self-advocate coordinator) amy.litzinger@txp2p.org (512) 963-8688

This training is supported by a grant from the Texas Council for Developmental Disabilities

Inclement Weather

It is important that we inform you that in case of inclement weather Paso del Norte Children's Development Center conducts business according to the El Paso Independent School District schedule. If the District cancels classes or has a late start, our facility including El Papalote Inclusive Child Development Center will follow the same schedule. Meetings or trainings will be cancelled. Tune in to your local news for information on school closures or delays.

