

Saratoga County Council on Autism



Promise....

A Note from Anita M. Daly, Chair Saratoga County Council on Autism

The Saratoga County Council on Autism has selected this image and text to represent its belief that every individual in our community has inherent worth and dignity. This includes those children and families struggling to find options and opportunities for proper diagnosis and treatments for their particular Autism Spectrum Disorder. We firmly believe that no single type of program or service will fill the needs of every individual with autism and that each person should have access to individualized support services. The creation of our webpage...

(www.saratogacountyny.gov/initiatives.asp), community guide, and brochure are all designed to help provide a clearer pathway to support and treatment options. We're hopeful that these resources will reach those in need and provide the guidance to help them plan for a brighter future.



AUTISM SUPPORT ORGANIZATIONS

Autism Society of America

Local chapter of the largest nationwide grassroots autism organization.
Maple Ridge Center, 101 State St, Schenectady. Call 355-2191 or www.albanyautism.org

Campbell House Psychological Associates

Educational Consultation and Testing ASD Training Course
Social groups for kids and other groups for parents. Dr. Cosgrove, Psychologist
Dr. Salamone, Psychologist 346-0762

Steve Szalowski, LCSW-R 813-2258

Tim Wright, MS-LMHC 222-6403

462 Maple Ave, Saratoga Springs, NY
Provides counseling for parents and family members who are affected by autism.

Project Link

Provides free training and workshops for parents and also has occasional recreational programs for kids during school breaks. Call 461-1576 for more information or www.projectlinkforkids.org

Saratoga Bridges

Resource and support. Call Executive Director Valerie Muratori at 587-0723
Upstate NY Autism Awareness
13 Locust St, Glens Falls, NY
Mission is to provide assistance to families affected by autism and other developmental disabilities. Educational seminars, information, raise the level of awareness and provide social skill building opportunities.
Kristin Howarth 518-743-9727
Heather Walters 518-761-0489
Email: info@upstatenyautism.org
www.upstatenyautism.org

Community Human Services Parent Support Group

543 Saratoga Rd, Glenville, NY
Emotional support and information for parents of children with disabilities or special needs. No reservation needed to attend the support group. Child care is available on a limited basis. Reservations for child care are necessary and are taken on a first come basis. For more information, call Helen at 399-4624.

Wildwood Sibling Support Group

1190 Troy Schenectady Rd, Latham, NY
Sibling support group for children with siblings on the autism spectrum.
Ages 8-12
Call Eileen Marrone at 640-3373 or
Michelle Singh at 640-3350

ASPERGER'S SYNDROME SUPPORT ORGANIZATIONS



ASPIRe NY (Autism Spectrum Peer Integration & Recreation)

A social and recreational opportunity for teens and young adults with high functioning autism, Asperger's Syndrome and other disorders of social relatedness. Workshops offered by professionals to provide important life skills such as safety awareness, self defense, hygiene, job interview skills, cooking and manners.

Contact Julie Marks or Deb Garrelts at 932-4356. Email: info@aspireny.org

www.aspireny.org

Teens with AS

For teens over 14 years of age

Group combines community activities with teens learning to be more self-sufficient. Teens decide and plan activities including fundraising, budgeting, transportation, etc. The opportunity to learn these new skills is a vital part of this program, as well as to provide social activities for teens. For more information go to

www.aspireny.org

Community Human Services

Asperger's and Autism Spectrum Disorders Group

543 Saratoga Road, Glenville, NY

Support group for parents of children ages 2-14 with Asperger's or high-functioning autism. No registration is needed. Please call Helen at 399-4624 for more information.

Community Human Services

Asperger's Parent Support Group

543 Saratoga Road, Glenville, NY

Support group for parents or caregivers of children ages 15 and up with Asperger's or high-functioning autism. Please call Helen at 399-4624 for more information.



DAYCARE/PRESCHOOL INFORMATION AND ASSISTANCE



Daycare Assistance

Saratoga County- 884-4283

They offer special programs to help families pay for childcare costs. Call for more details.

Capital District Child Care Coordinating Council, Inc.

91 Broadway, Menands, NY

426-7181 x315 or 325 or 1-800-521-5437

Simply call the numbers listed and they will mail you a list of family daycares, childcare centers, and nursery or preschools in your area.

Spanish speaking staff available.

www.cdcccc.org

Southern Adirondack Education Center

Warren and Washington County BOCES

1051 Dix Avenue in Hudson Falls, 746-3400

www.wswheboces.org

-They offer a free nursery school/preschool program (Building C)

-This program would work best for families in the Northern part of Saratoga County

Southern Adirondack Child Care Network

(SACCN) Warren, Washington and Essex County.

88 Broad Street, Glens Falls, NY

Call 798-7972 or 1-800-807-3224 for childcare

listings. They are a not-for-profit childcare resource and referral organization. This program would work

best for families in the northern part of Saratoga County.

Head Start- Family Education Program

Administrative office, Saratoga County EOC

PO Box 3476, 64 Hamilton St, Saratoga

Call 587-3158 to obtain the number for the Head Start Program in your area.

-Early Headstart (birth to age 3) and Preschool (4 years of age)

-Home based and center based services for child development and family needs.



FINANCIAL INFORMATION AND ASSISTANCE



Schuyler Center for Analysis and Advocacy–Outreach Tools

150 State Street, Suite 404, Albany, 12207, **463–1896**, call for assistance or checkout the website www.scaany.org. They offer information on medical, financial, daycare assistance information.

Catholic Charities

142 Regent Street, Saratoga Springs, **587–5000**.
Call for details on how they can help.



Shelters of Saratoga

14 Walworth St, Saratoga Springs, **581–1097**
www.sheltersofsaratoga.org

They offer grants for homeowners with low to moderate income for home improvements.

Greater Galway Community Services Association

2167 Galway Rd, Galway, **882–1316**.

- Food pantry on Thursdays.
- They offer residents in the Galway school district and the town of Providence vouchers for gas to get to their food pantry as well as food from the food pantry and food baskets for families.

Community Human Services

543 Saratoga Road, Glenville, NY, **399–4624**

Serves Milton, Ballston Spa, Ballston area

Offers the following services: family support, youth services, counseling, wellness express van, and kindness projects.

Franklin Community Center

10 Franklin Street, Saratoga Springs, NY, **587–9826**

Programs and services provided but not limited to are: safe and affordable housing, food pantry, free clothing and furniture distribution, advocacy and referral information, holiday assistance, teenage pregnant and parenting educational classes (M.O.M.), and an after school youth prevention program called “Project Lift”.



MEDICAL

Saratoga Care Family Health Centers

61 Rowland Avenue, Suite 208, Ballston Spa, (888) 242-1418 or 885-6721

- ☉ A Saratoga Care Coordinator will help you obtain health insurance for you and your family.

Saratoga County Public Health

31 Woodlawn Avenue, Saratoga Springs, **584-7460**.

- ☉ They offer well child/immunization clinics for children who live in Saratoga County and are not covered by medical insurance. You must bring your immunization records.
- ☉ Please call to make an appointment and to find the clinic closest to you.
- ☉ The Physically Handicapped Children's Program provides information, referrals, and financial assistance to children with special health care needs. PHCP also offers other services such as the diagnosis & Evaluation Program, Orthodontic Program, and Out of State Care. Call for more information.

Natural Health Improvement Center

Glens Falls, 745-7473

Nutritionists that focus on nutrition for children on the spectrum and other disorders (ie, ADHD).



Dentists Accepting Medicaid

Amsterdam Dental Care,

1130 Riverfront Center, Amsterdam, **842-4420**

Dr. Mohmid Baghaei-Rad, 5010 State Highway 30,
Amsterdam, **842-9850** *(Oral Surgery Only)

Dr. Dean Bartlett, 500 Glenn Street, Glens Falls,
793-8511

Dr. Michael Braff (Pediatric Dentistry),
921 Nott Street, Schenectady, **370-5506**
*(2-5 years old only)

Health Care Dental (Disabled Only),
314 So Manning Blvd, Albany, **437-5731**

All Access Dental, 451 Hoosick St, Troy, **274-4311**

Dr. William Greene, 214 Center Street, Corinth,
654-2688

Hudson Headwaters Dental Department,
3761 Main Street, Warrensburg, **623-3918**

New Dimensions Dental, 40 Wall Street, Amsterdam,
843-2575

Dr. Pathare, 175 Maxwell Road, Latham,
786-6282

Pediatric Dentistry of Clifton Park, 532 Moe Road,
Clifton Park, **373-1181**

GHI Family Dental

1873 Western Ave, Albany, **869-1044**

First Advantage Dental, 1092 Route 9,
Queensbury, **798-9561**

Pediatric Dentistry of Glens Falls,
88 Broad St, Glens Falls, **798-9966**

Whitney Young, Troy Health Center,
6 102nd St, Troy, **833-6900** (& Sliding scale)

Small Smiles Dentistry of Albany, Small Center
Smiles Plaza, 1838 Central Ave, Albany,
464-0402

St. Clare's Hospital Dental Health Center,
600 McClellan St, Schenectady, **382-2270**

Stillwater Family Health and Dental Care,
351 No Hudson Ave, Stillwater, **664-3242**

Sliding Scale Dental Clinics:

Hometown Health, 1044 State Street,
Schenectady, **370-1441**

Hudson Headwaters Health Center,
Warrensburg, **623-4330**

Whitney Young, Lark & Arbor Dr, Albany,
465-4771

Medicaid Waiver Services or Home

And Community-Based Waiver (HCBS)

This program provides services and support to children and adolescents with significant developmental delays (such as Autism, Down Syndrome, CP, emotional disturbances) and their families to enable them to remain at home and in the community.

For children under age 18 years who have a diagnosed condition that results in developmental delays in at least 3 developmental areas. Parental income and resources are not considered when determining the child's eligibility for Medicaid. The Medicaid applies to the child, to help defray the costs of caring for the child at home.

The HCBS Waiver allows Medicaid to pay for some services not normally provided through Medicaid, including: care coordination, respite and family support services, intensive in-home services, crisis response and skill building.

Contact the Bureau of Children and Families in the NYS Office of Mental Health at (518) 474-8394 to find out if there is a local HCBS Waiver program in your community.



BOOKS



This is an excellent book about dealing with a young child with a difficult temperament.

Caring for Your Baby and Young Child: Birth to Age 5, by The American Academy of Pediatrics, Stephen P. Shelov (Editor), Robert E. Hannemann (Editor), Catherine D. De Angelis (Editor), Bantam Doubleday Dell Publishing, Paper, Revised edition, 1998

The Complete Idiots Guide to Parenting a Preschooler and Toddler, Too, by Keith Boyd, MD, Kevin Osborn, Macmillan General reference, 1997

Games to Play With Toddlers, by Jackie Silberg, Linda Greigg (Illustrator), Gryphon House, 1993

How Should I Feed My Child? : From Pregnancy Through Preschool, by Sandra K. Nissenberg (Editor), Margaret I. Bogle, Edna P langholz (Contributor), Audrey C. Wright (Contributor), Chronimed Publishing, 1993

Magic Tools for Raising Kids (Tools for Everyday Parenting) by Elizabeth Crary, Rebekah Strecker (Illustrator), Parenting Press, 1995

101 Ways to Make Your Child Feel Special, by Vicki Lansky, NTC/Contemporary Publishing, 1991

Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work, by Gale Pryor, Harvard Common Press, 1997

Twenty-Five Things Every New Mother Should Know, by William Spears (Contributor), Martha Spears, Linda Zeidrich (Editor), Harvard Common Press, 1995

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinko

Sleep Better by Mark Durand
This book offer good information and strategies of how to get your child to sleep and keep himself asleep. The book is geared for children who have

Raising Your Spirited Child Workbook, by Mary Sheedy Kurcinko, Harpercollins, 1998

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W. Greene

What to Expect the First Year, 2nd Edition, by Heidi Murkoff, Sandee Hathaway, Arlene Eisenberg Also check out the other books in the "What To Expect Series".

The Children's Literature Connection
Contact Karen Beil, 3048 New Williamsburg Drive, Schenectady, NY 12303-5324

This organization connects families with writers, teachers, librarians, etc.

Mail a letter to Karen to obtain information on The Children's Literature Connection

Smart but Scattered, by Peg Dawson & Richard Guare

The Explosive Child, by Ross Green

Activity Schedules for Children With Autism, by Lynn McIannahan

How To Talk So Your Kids Will Listen and How to Listen So Your Kids Will Talk, by Adele Fober and Elaine Mazlish

***Other helpful and respected authors are Spock and Brazelton. You can search the web or call your local library to borrow books by these authors. disabilities, but strategies are appropriate for all children.*

BOOKS

Please Stop Laughing at Us, One Survivor's Extraordinary Quest to Prevent School Bullying by Jodee Blanco, 2008

Bullyproofing Your Child, by Keith Vitali, 2007.
An expert's advise on teaching children to defend themselves.

Protect Your Child From Bullying:Expert Advice to Help You Recognize, Prevent, and Stop Bullying Before Your Child Gets Hurt,
by Allan L. Beane, 2008

The Oasis Guide to Asperger Syndrome: Advice, Support, Insights, and Inspiration, by Patricia Romanowski Bashe, 2005

Childhood Cancer: A Handbook from St. Jude Children's Research Hospital with Contributions from St. Jude Clinicians and Scientists by R. Grant Steen, 2000

Children with Autism: A Parent's Guide,
by Michael D. Powers, 2000

Children with Spina Bifida: A Parent's Guide,
Lutkenhoff, 1999

The Children's Hospital Guide to Your Child's Health and Development, Brazelton, 2011

The Ride Together: A Brother and Sister's Memoir Of Autism in the Family, by Paul Karasik, 2003

Does My Child Have a Speech Problem?, by Katherine L. Martin, 1997

Living With Spina Bifida: A Guide for Families and Professionals, by Adrian Sandler, 2003

Unraveling the Mystery of Autism and PDD: A Mother's Story of Research and Recovery, by Karen Seroussi, 2000

Targeting Autism: Rapid Fire Culture and the Transformation of Human Consciousness by Richard J. DeGrandpre, 1999

Raising a Child with a Neuromuscular Disorder: A Guide for Parents, Grandparents, Friends, and Professionals, by Charlotte Thompson, 1999

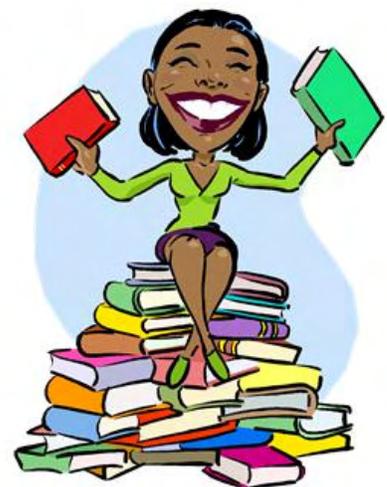
Autism Spectrum Disorders: Understanding the Diagnosis and Getting Help, by Mitzi Walt, 2002

The Autistic Spectrum: A Parent's Guide to Understanding and Helping Your Child, Lorna Wing, 2001

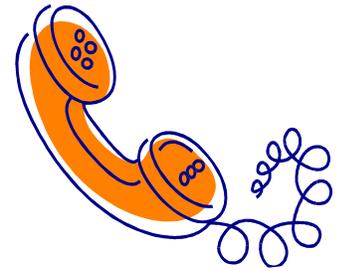
Autism: Explaining the Enigma, by Uta Frith, 2003

Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence, by Luke Jackson, 2002

Running on Ritalin: A Physician Reflects on Children, Society, and Performance in a Pill,
by Lawrence Diller, 1999



Helpful Phone Numbers



AIDS Council of NENY	434-4686/753-0703
Alcohol Services, Saratoga County	587-8800
Ballston Area Community Center	885-3261
Big Brothers/Big Sisters	581-1487
Birthright ~ Crisis Pregnancy	885-4117
Capital District Beginnings	233-0544
Catholic Charities	587-5000
Child Abuse Hotline	(800) 342-3720
Child Care Coordinating Council	426-7181
Child Health Plus/Family Health Plus	580-2021/(800) 698-4543
Child Support	(888) 208-4485
CAPTAIN	371-1185
Center for Autism & Related Disabilities	442-2574
Clover Patch Programs	384-3009
Consumer Credit Counseling	482-2227
Cornell Cooperative Extension-Saratoga County	885-8995
Daycare Assistance	884-4283
Department of Labor	884-4170
Dept. Of Social Services	884-4140
Domestic Violence/Rape Crisis	584-8188/587-2336
Down Syndrome Resource Center, Inc.	391-2581
Employment and Training	884-4170
EOC/Community Services	587-3158
Extra Helpings/Food Pantry	587-3158
Food Stamps	884-4155
Four Winds	584-3600
Franklin Community Center	587-9826
Friendship House Day Treatment Center	587-7190
Growing Up Healthy Hotline	(800) 522-5006
Headstart	587-2584
HEAP (Home Energy Assistance Program)	884-4146
Helping Hands School	664-5066
Housing Assistance:	
<input type="checkbox"/> Mastrianni's Office (Sec. 8 Rental Assistance)	372-8846
<input type="checkbox"/> Mechanicville Housing Authority	664-9897
<input type="checkbox"/> Saratoga County Rural Preservation	885-0091
<input type="checkbox"/> Saratoga Springs Housing Authority	584-6600
IRS (Internal Revenue Service)	(800) 829-1040
Labor Standards (NYS General Services Office)	457-2730
Legal Aid	587-5188
Literacy Volunteers (18 years and up)	583-1232
Medicaid/Family and Child Health Plus	884-4148
NYS Disability Benefits	(800) 353-3092
Planned Parenthood ~ Clifton Park	383-1783
Planned Parenthood ~ Saratoga Springs	584-0041
Poison Control	(800) 222-1222
Prevention Council	581-1230
Public Health Services	584-7460
Red Cross	584-2510
Salvation Army	584-1640
Saratoga Center For the Family	587-8008
Saratoga County Mental Health	584-9030
Saratoga Hospital	587-3222
Saratoga Mentoring (works with youth)	581-1487
Social Security Administration	(800) 772-1213
Traveler's Aid	463-2124
Unemployment Insurance	(888) 209-8124
Veterans' Office	884-4115
"We Care" Information and Referral Service	371-2273/(800) 924-4636
WIC	587-8848
Worker's Compensation	(877) 632-4996
YMCA ~ Clifton Park	371-2139
YMCA ~ Saratoga Springs	583-9622
Youth Bureau	884-4180

PERSONAL/FAMILY EMERGENCY HELP

New York State Electric and Gas

6 Werner Rd, Clifton Park, (800) 572-1111
Monday – Friday, 7 am-7 pm
In case of high bills or shut-off

National Grid

1125 Broadway, 3rd Floor, Albany, 449-8000
In case of high bills or shut-off

Saratoga County Economic Opportunity Council

40 New St, PO Box 5120, Saratoga Springs, 587-3158
Food pantry, weatherization program, extra helpings program, emergency services and other community programs.

CAPTAIN - Saratoga County Information and Referrals

17 Town Hall Plaza, Clifton Park, 371-1185 OR (800) 924-4636

Catholic Charities of Saratoga

142 Regent Street, Saratoga Springs, 587-5000

The Salvation Army

27 Woodlawn Avenue, PO Box 652, Saratoga Springs, 584-1640



Online Resources-Websites

WEBSITES FOR AUTISM-RELATED CONCERNS

www.albanyautism.org

Albany chapter provides events calendar, library, videos, new educational information and legislative information.

“Find a Provider” feature, type in New York or Saratoga County, and offers a list of doctors and therapists.

www.parenttoparentnys.org

Advocacy, training and contacts with other parents with children on the autism spectrum.

www.autismspeaks.org

Autism response team for questions, tools for families, local resources and more.

WEBSITES FOR MOTOR DEVELOPMENT

www.therapro.com

Wonderful website, great products on all areas of development.

WEBSITES FOR LANGUAGE DEVELOPMENT, SPEECH DEVELOPMENT AND SIGN LANGUAGE:

www.nidcd.nih.gov/health/voice/speechandlanguage.asp

www.babycenter.com/general/toddler/toddlerdevelopment/12293.html

www.asha.org/public/speech/disorders

www.babysigns.com/

Sign language program for hearing babies.

www.topbabypages.com/babysign.html

www.blankees.com/baby/speech/

www.kidsource.com/ASHA/language/tips.html

www.members.tripod.com/Caroline_Bowen/level1.htm

PARENTING TEENS

www.parentteen.com

EATING DISORDERS

www.kidshealth.org/teen/foodfitness/problems/eatdisorder.html

BULLYING

www.bullybeware.com

SENSORY INTEGRATION CONCERNS

www.out-of-sync-child.com

www.sifocus.com



FINANCIAL WEBSITES

www.scaany.org

Great website to connect you with resources

www.freecycle.org

Great website to find free stuff from bikes, books, furniture, etc.

SEPARATION ANXIETY

www.kidshealth.org/parent/separationanxiety.html

GENERAL PARENT RESOURCE WEBSITES

www.babycenter.com

For new and expectant parents. Website has both information as well as products.

www.acs.ucalgary.ca/~bkbrown/index.html

Children's literature web guide. Great resource for children's/young adults books.

www.drtoy.com

Great kids website. Use the kids page and click on the kids links.

www.sesameworkshop.org

Great Sesame Street website for pre-school children and parents to do together.

www.kidshealth.org

Wonderful health resource-sections for parents, teens, and kids. Info on infections, behavior, and emotions, food and fitness, and growing up healthy. Also has some cool games and animations.

www.kidsource.com

Has recalls on toys and clothing. It is also a great parent resource for education and healthcare info.

www.tnpc.com

National Parenting Center. Great resource with information on homework, learning disabilities, and tutoring.

www.ivillage.com/pregnancy-parenting

Information covered ranges from before pregnancy to parenting teenagers.

www.pbsparents.org

www.ccesaratoga.org



Housing/Shelters

Shelters of Saratoga, emergency shelter for adults only and listing of available apartments
14 Walworth Street, 581-1097, call for details

CAPTAIN, Youth Shelter, PO Box 2453, Malta, 584-6042, call for details

Rural Preservation Co. Veteran's Shelter, 36 Church Ave, Ballston Spa, 885-0091, call for details

Saratoga Domestic Violence Services, 480 Broadway, Saratoga, 583-0280, call for details

Clothing Resources



Ballston Spa

A Great Comeback, 418 Geysler Road, Ballston Spa

New 2 You Consignment Boutique, 134 Milton Ave, Ballston Spa
885-4040

Corinth

First United Methodist Church, 243 Main St, Corinth, NY 654-2521

Glens Falls Area

Bargain Box, 84 Main Street, So. Glens Falls, 761-6848

Yesterday's, 258 Main Street, Hudson Falls, 747-2928

Hadley/Luzerne

The Serendipity Thrift Shop & Maxfield Community Food Pantry, 69 Bay Road, Lake Luzerne NY 696-5474

Malta

Cire' Fine Consignments, 2737 Route 9, Malta, 583-8052

Mechanicville

Kimberly's Bargain Shop, 44 North Main Road, Mechanicville, 664-2445

Saratoga Springs/Wilton

Treasure's Thrift Shop, 60 West Ave, Saratoga Springs, 580-4200

Reruns Consignment, 1 Phila Street, Saratoga Springs, 583-9153

Saratoga Day Habilitation/ARC, 64 Congress Street, Saratoga Springs, 583-3305

Franklin Community Center, 10 Franklin St, Saratoga Springs, 587-9826

Salvation Army, 27 Woodlawn Avenue, Saratoga Springs, 584-1640

*Breakfast 8-10 am and Emergency Food Pantry 9:30 am – 12 noon on Mon, Wed, Fri

Saratoga Springs United Methodist Church, Corner of Henning and First St, 584-3720

Saratoga Clothing Distribution Site, 101 Washington St, corner of Washington and Franklin St, behind the Massey Building (Franklin Community Center Distribution Site)

Parenting



BEFORE BABY BASICS

A four hour class series for moms and dads to learn techniques to calm and soothe babies, help babies sleep longer, plus other topics based on “The Happiest Baby on the Block”.

Call Bellevue Women’s Hospital @ **346-9410** for details.

FAMILIES TOGETHER IN NEW YORK STATE, INC.

“Families Together” is a helpful publication that addresses the needs of families with emotional, behavioral and/or social challenges. Call for details. **(888) 326-8644**, toll free Information and Referral Line

737 Madison Avenue, Albany, NY 12208, **432-0333**

<http://www.FTNYS.org>

PARENT TO PARENT OF NYS

Connecting and supporting families of individuals with special needs.

www.parenttoparent.nys.org

COMMUNITY CRADLE

Goal is to promote health for women, infants, children and families.

2 Ecomm Square (324 Broadway), Third Floor Albany, NY 12207, call **426-1153** for details

<http://www.crisny.org/not-for-profit/mincr>

ECDC ~ EARLY CHILDHOOD DIRECTION CENTER

Resource center that assists parents with children in the EI & CPSE programs (birth to 5 years). They provide training and parents rights information. Contact Ellen Burns, Program Coordinator @ **464-6356**

900 Watervliet Shaker Rd, Albany, NY 12205

SUPPORT GROUP FOR TWINS

Provides formal meetings on third Tuesday of every month with changes in location.

Two play groups: one for children under the age of 2 and one for children over the age of 2. They do different activities throughout the year. Contact Patty Valero, **348-2190**

cdmotc@hotmail.com

SARATOGA HOSPITAL NEW MOMS

Discussion group for new moms of typically developing babies. For moms and their babies under age 1. Friday morning group led by volunteer or staff member. Healthsource, **580-2450**

www.saratogahospital.org

SARATOGA CENTER FOR THE FAMILY

359 Ballston Ave, Saratoga Springs, NY, **587-8008** for more information or to register. Website has class schedules that are being offered.

www.saratogacff.org

ALPHA PREGNANCY CARE CENTER

Offers free parenting classes.

516 Moe Rd, Clifton Park, NY, **462-2188**

Recreation and Summer Camps



Wildwood Recreation Programs

Activities for individuals of all ages with learning and other neurologically-based developmental disabilities. Programs include Saturday Recreation Program for children ages 5-17, Teen Center, Adult Recreation Program, and Vacation Program. A Thursday evening teen group is available, for more information call Dennis Lake at **783-9260**.

The Double H Hole in the Woods Ranch

97 Hidden Valley Road, Lake Luzerne, NY
Winter adaptive sports for children ages 6-18 serving children with special needs and/or critical illnesses. Call **696-5676** or e-mail www.doubleranch.org

CARD (Center for Autism and Related Disabilities, University at Albany)

1535 Western Avenue, Albany, NY
Positive Family Intervention Project. Join a research study and learn an approach to parent education which has been proven to be effective in improving children's behavior. Includes seminars, holiday parties and picnics. Call Dr. Kristin Christodulu, **442-2574** for more information.

Sports Are For Everyone (SAFE)

A variety of sports in different locations throughout the year for children with disabilities and some teams for children on the spectrum. Contact Jim Fitzgerald at **383-8076** or nycap.rr.com/safesports

Saratoga Therapeutic Equestrian Program (STEP)

Glenville, NY, **374-5116**
A not-for-profit organization celebrating its 20th year of service providing therapeutic riding, and STEP-UP, a program for children and adults with special needs using the horse as a therapy too.

Project Link

461-1576 or www.projectlinkforkids.org
Provides occasional recreational programs for kids during school breaks.

Center for Disability Services Camp Spectacular at Clover Patch Camp

A week long social day camp experience for children children ages 9-16 years old who have autism spectrum disorders, including those with high functioning autism, Asperger's Syndrome and PDD-NOD. Children should have average language skills, demonstrated some self-management skills in school and community settings and be interested in experiencing a wide variety of camp experiences including swimming, athletic activities, team building, arts and crafts, music, drama, and outdoor activities. For an application contact Laura Taylor, **384-3081** or cloverpatchcamp@cfdnsny.com

Easter Seals Camp Colonie

Colonie Town Park, Schermerhorn Rd, **222-3932**
Fully integrated day camp and school for those with and without disabilities, ages 5-21. Daily activities include use of pool, sports, arts and crafts, dance and special events. Activities are adapted for all Campers to participate. From July 7 – August 15. Contact Chuck Paravella or go to website. www.easterseals.com/campcolonie

Center for Disability Services Clover Patch Camp

55 Helping Hand Lane, Glenville, NY, **384-3081**
Outdoor day and overnight camping opportunities for disabled individuals aged 6 months and over. Contact Chris Schelin or Laura Taylor for available dates and rates. Email: www.cfdnsny.org or www.cloverpatchcamp@fdnsny.org

This booklet is sponsored by:



Saratoga County Children with Special Health Care Needs

31 Woodlawn Ave, Suite 1,
Saratoga Springs, NY 12866



Saratoga County Early Intervention Program

31 Woodlawn Ave, Suite 1,
Saratoga Springs, NY 12866

Saratoga County Local Early Intervention Coordinating Council



Saratoga County Council on Autism