

# **Saratoga Area**

Greenfield, Saratoga Springs, Schuylerville

Schuylerville

Committee on Special Education  
14 Spring Street, Schuylerville NY  
Lynn Mastrianni 695-3255 x 3247

Saratoga Springs

3 Blue Streak Boulevard, Saratoga Springs NY  
Robert Kelly 583-4727

Saratoga Head Start

40 New Street, Saratoga Springs, NY  
587-3158



# Socialization

## Saratoga Springs Public Library

49 Henry Street, Saratoga Springs, 584-7860.

Call for children programs offered.

Offers parenting programs, toddler &

preschooler story times and activities, etc.

[www.sspl.org](http://www.sspl.org)



## Geyser Road Elementary School

Geyser Road, Saratoga, 584-7699. 10-10:30 am every other Thursday during the school year. Call for more details. Read a story, do a project and have a snack. Preschoolers only.

## Saratoga Children's Museum

69 Caroline Street, Saratoga, 584-5540, call for programs offered.

The museum offers free time for you and your child to play and imagine together. They may also offer times for preschoolers and tots to interact and socialize. It is a very family friendly atmosphere.

[www.childrensmuseumatsaratoga.org](http://www.childrensmuseumatsaratoga.org)

## For the Love of Music

8 Mountain Ledge Drive, Wilton, 583-7144. Call Karey Hall Trimmings for details. For the Love of Children of Saratoga, LLC is an early childhood play center designed to provide children and their parents/caregivers with a play environment that is safe, inviting, educational and FUN! In our large gross-motor playroom, children can enjoy physical play on all kinds of fun, age-appropriate equipment. In our classroom, children can engage in theme-related activities that encourage fine-motor skills, imaginative play and creativity. Adults can enjoy our complimentary coffee/tea area and socialization for themselves and their children.

[www.theloveofmusic.net](http://www.theloveofmusic.net) or [www.theloveofchildren.net](http://www.theloveofchildren.net)

## Schuylerville Public Library

52 Ferry Street, Schuylerville, 695-6641. Call for children programs offered.

Preschool story hour Thursdays at 10 am.

<http://schuylervillelibrary.sals.edu>

## Motor/Language

### Stepping Star Gymnastics and Dance, Inc.

86A Congress Plaza, Saratoga, **584-5153**. Call for details.

They offer both structured and unstructured gymnastics times for preschoolers, toddlers and school age children.

They also offer dance. [www.steppingstar.com](http://www.steppingstar.com)



### YMCA Playgroups

290 West Ave. P.O. Box 4610, Saratoga, **583-9622**, call for details.

20 Old Gick Rd, Saratoga, **587-3000**, call for details. (Wilton Branch)

Several activities such as swimming, sports, dance, gymnastics, etc. are available. More information about preschool programs is available at...

[www.ymcasaratoga.org](http://www.ymcasaratoga.org)

### Aqua Tots

Wesley Healthcare Center,

131 Lawrence Street, Saratoga Springs, **691-1451**.

Call for dates and times.

Offered by Wesley's Outpatient Therapy Department in Saratoga Springs. Class size is limited by the supervising physical therapist to 4 children with their parent/guardian per each 30-minute session. A prescription from a physician is required.

[www.parenttoparentnys.org](http://www.parenttoparentnys.org)



### Kids' Creekside Village (To open June 2008)

Located in Kelley Park, Ralph Street, Ballston Spa.

**Contact Shannon Hansen, 885-1525 for more info.**

This playground, which was imagined by children and built by the community, is fully inclusive. It was designed to encourage active side-by-side and interactive play for children of all abilities. Special features include: sensory and cognitive panels, musical instruments, a sensory walkway, therapeutic swings, and wheelchair ramping to access various heights and slides. The tot lot, geared for children aged 2-5 includes 2 fire trucks, a trolley, a playhouse, bridges, slides, tunnels, tot swings, a therapeutic tot swing, a longhouse, a sandbox with fossils, benches and covered seating areas. There is also a large school-aged area for children 5-12. For more about this unique play space visit...

[www.fansofballstonspa.org](http://www.fansofballstonspa.org)

# Stillwater/Mechanicville Area



Mechanicville Elementary School  
25 Kniskern Street  
Mechanicville, NY 12118  
Steven Marra 664-7336  
RoseAnn Bradley, Director of  
Special Education

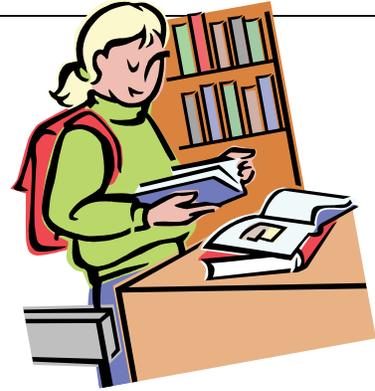


Stillwater Central Schools  
334 North Hudson Avenue  
Stillwater NY  
373-6100



Mechanicville and Stillwater Headstart  
38 Saratoga Avenue  
Mechanicville NY 12128  
664-6416

# Socialization



## Mechanicville District Public Library

190 N. Main Street, Mechanicville, 664-4646.

Call for children programs offered.

<http://mechanicville.sals.edu>

## Stillwater Free Library

P.O. Box 485, 72 Hudson Avenue, Stillwater, 664-6255.

Call for children programs offered.

<http://stillwater.sals.edu>

## Mechanicville Area Community Services Center, Inc

6 South Main Street, Mechanicville, 664-8322.

They have programs and services to help meet the needs of the community's families and youths. Call for details. <http://mechanicvilleacsc.org/>

## Stillwater Area Community Center

On Palmer in Stillwater, 664-2515 ext. 22, Roseanne Counterman, Youth. They have programs and services to help meet the needs of the community's families and youths. Call for more details.

# General Resources

See the following pages for helpful information including...

- ② Daycare/Preschool information and assistance
- ② Financial/Medical information and assistance
- ② Helpful phone numbers
- ② Parenting: helpful websites and books for separation anxiety, child development, help with behavior concerns, etc.

# Daycare/Preschool Information and Assistance



## Daycare Assistance

Saratoga County- 884-4283

Please call about the childcare assistance program.

-Offer special programs to help families pay for childcare costs.

## Capital District Child Care Coordinating Council, Inc.

91 Broadway, Menands, NY 12204 - 426-7181 x 315 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](http://www.cdcccc.org)

## Warren and Washington County BOCES

1051 Dix Avenue in Hudson Falls, 746-3400, call for details. [www.wswheboces.org](http://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, Washing and Essex County. 88 Broad Street, Glens Falls, NY 12801

They are a not-for-profit childcare resource and referral organization.

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

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

## Head Start- Family Education Program

Administrative office, Saratoga County EOC, P.O. Box 3476, 64 Hamilton Street, Saratoga Springs. Call 587-3158 to obtain the number for the Head Start program in your area.

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

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

## “Preschool Connections”

Call 664-5066 to get placed on the mailing list to receive this free newsletter.

-Preschool Connections is published every three months by Helping Hands School that provides up to date information about issues related to raising young children of all abilities. Each newsletter contains a calendar of events; recommended books for children; parent resources; health and development news; Q&A about child development; recommendations for web sites, videos, and other media; and articles about parenting and education.



# Financial Information and Assistance



## Schuyler Center for Analysis and Advocacy- Outreach Tools

150 State Street, Albany, 12207, **463-1896**, call for assistance or check out the website [www.scaany.org](http://www.scaany.org) They will give you 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

Call Peter, **581-5955**, for details  
They offer grants for homeowners with low to moderate income for home improvements.



## Greater Galway Community Services Association

Call Judy, **882-1316**, for details.  
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.

## SCRIP

Call **584-8151** and ask if you qualify for assistance with security deposits and/or back rent.

## 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.

# Medical

## Saratoga Care Family Health Centers

61 Rowland Avenue, Ballston Spa, (888) 242-1418 or 580-2021, call for assistance

- Ⓢ A Saratoga Care Facilitated Enroller will help you obtain health insurance for you and your family.

## Natural Health Improvement Center

Glens Falls, NY 745-7473

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



## Saratoga County Public Health

31 Woodlawn Avenue, Saratoga Springs

- Ⓢ 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, **584-7460**, 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. For more information, please call 584-7460, ext. 358.



## 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)

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

Oral Access Dental, 451 Hoosick Street, 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 or 842-5080**

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

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

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

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

Seton Dental Care (a.k.a. Whitney Young), 147 Hoosick Street, Troy, **268-5750**

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

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

Sliding Scale Dental Clinics, Hometown Health, 370-1441

Hudson 623-4330

Whitney Young 268-5750

# 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.

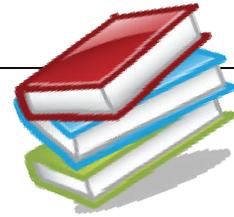
For children under age 18 years who have a diagnosed condition that results in developmental delays in at least 3 developmental areas. Parental income and resources are not considered when determining the child's eligibility for Medicaid. The Medicaid applies to the child, to help defray the costs of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



**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

**Sleep Better** by Mark Durand

This book offers good information and strategies of how to get your child to sleep and keep himself asleep. The book is geared for children who have disabilities, but strategies are appropriate for all children.

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

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

**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 Years, 2<sup>nd</sup> 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**

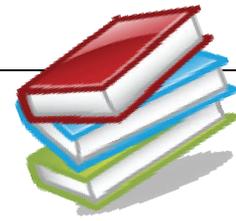
Contact Karen Beil, 3048 New Williamsburg Drive, Schenectady, NY 12303-5324

This organization connects families with writers, teachers, librarians, etc. Mail a letter to Karen to obtain information on The Children's Literature Connection

\*\*Other helpful and respect authors are Spock and Brazelton. You can search the web or call your local library to borrow books by these authors.



# Books



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

Bullying Your Child, by Keith Vitali, 2007

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, 2000

Children with Spina Bifida: A Parent's Guide, 2008

The Children's Hospital Guide to Your Child's Health and Development, 2001

Targeting Autism: rapid fire culture and the transformation of human consciousness by Richard J. DeGrandpre, 1999

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

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

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, 1997

Unraveling the Mystery of Autism and PDD: A mother's story of research and recovery by Karen Seroussi, 2000

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 Walt Mitzi, 2002

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

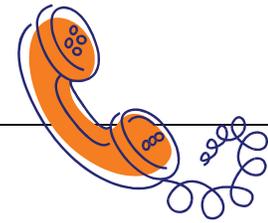
Autism: Explaining the Enigma, by Uta Frith, 2003

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	Mechanicville Housing Authority 664-9897
Alcohol Services, Saratoga County 587-8800	Saratoga County Rural Preservation 885-0091
Ballston Area Community Center 885-3261	Saratoga Springs Housing Authority 584-6600
Big Brothers/Big Sisters 581-1487	IRS (Internal Revenue Service) (800) 829-1040
Birthright ~ Crisis Pregnancy 885-4117	Labor Standards 457-2730
Capital District Beginnings 233-0544	Legal Aid 587-518
Catholic Charities 587-5000	Literacy Volunteers 583-1232
Child Abuse Hotline (800) 342-3720	Medicaid/Family and Child Health Plus 884-4148
Child Care Coordinating Council 426-7181	NYS Disability Benefits (800) 353-3092
Child Health Plus/Family Health Plus 580-2021/(800) 698-4543	Planned Parenthood ~ Clifton Park 383-1783
Child Support (888) 208-4485	Planned Parenthood ~ Saratoga Springs 584-0041
CAPTAIN 371-1185	Poison Control (800) 222-1222
Center for Autism & Related Disabilities 442-2574	Prevention Council 581-1230
Clover Patch Programs 384-3059	Public Health Services 584-7460
Consumer Credit Counseling 482-0203	Red Cross 584-2510
Cornell Cooperative Extension-Saratoga County 885-8995	Salvation Army 584-1640
Daycare Assistance 884-4144	Saratoga Center For the Family 587-8008
Department of Labor 884-4170	Saratoga County Mental Health 584-9030
Dept. Of Social Services 884-4144	Saratoga Hospital 587-3222
Domestic Violence/Rape Crisis 584-8188/587-2336	Saratoga Mentoring (works with youth) 581-1487
Down Syndrome Resource Center, Inc. 391-2581/438-1113	Social Security Administration (800) 772-1213
Employment and Training 884-4170	Traveler's Aid (Homeless Sheltering) 463-2124
EOC/Community Services 587-3158	Unemployment Insurance (888) 209-8124
Extra Helpings/Food Pantry 587-3158	Urgent Care Wilton 580-2273 Malta 580-2626
Food Stamps 884-4155	Veterans' Office 884-4115
Four Winds 584-3600	"We Care" Information and Referral Service 371-2273/(800) 924-4636
Franklin Community Center 587-9826	WIC 587-8848
Friendship House Day Treatment Center 587-7190	Worker's Compensation (877) 632-4996
Growing Up Healthy Hotline (800) 522-5006	YMCA ~ Clifton Park 371-2139
Headstart 226-0450	YMCA ~ Saratoga Springs 583-9622
HEAP (Home Energy Assistance Program) 884-4146	Youth Bureau 884-4180
Helping Hands School 664-5066	
Housing Assistance: Mastrianni's Office (Sec. 8 Rental Assistance) 372-8846	

# 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, 3<sup>rd</sup> 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**

<http://www.albanyautism.org>

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

<http://www.parenttoparentnys.org>

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

<http://www.albanyautism.org>

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

<http://www.autismspeaks.org>

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

<http://www.vesid.nysed.gov/specialed/publications/autism/>

Online publications include:

[Effective Practices in Educational Programs for School-Age Students with Autism](#)

Brochure- [Identifying Children with Autism Spectrum Disorder Information for Physicians and Primary Health Care Providers\(7/02\)](#)

[Autism Program Quality Indicators \(8/01\)](#)

### **Websites for motor development**

<http://www.theraproducts.com>

Wonderful website, great information on all areas of development

### **Websites for language development, speech development and sign language:**

<http://www.weetalk.net/learn.htm>

<http://www.helpforkidspeech.org/>

<http://www.nidcd.nih.gov/health/voice/speechandlanguage.asp>

<http://www.babycenter.com/general/toddler/toddlerdevelopment/12293.html>

### **Lang/speech/sign language cont'd**

<http://www.babysigns.com/>

Sign language program for hearing babies

<http://www.topbabypages.com/babysign.html>

<http://www.blankees.com/baby/speech/>

[http://www.kidsource.com/ASHA/language\\_tips.html](http://www.kidsource.com/ASHA/language_tips.html)

[http://members.tripod.com/Caroline\\_Bowen/devel1.htm](http://members.tripod.com/Caroline_Bowen/devel1.htm)

### **Parenting Teens**

[www.parentteen.com](http://www.parentteen.com)

### **Eating Disorders**

[www.kidshealth.org/teen/foodfitness/problems/eat\\_disorder.html](http://www.kidshealth.org/teen/foodfitness/problems/eat_disorder.html)

### **Bullying**

[www.bullybeware.com](http://www.bullybeware.com)

Need summer camps specializing in children with special needs? See page 27.

## Online Resources-websites cont'd



### **Sensory integration concerns**

<http://www.out-of-sync-child.com>

<http://www.sifocus.com>

### **Financial websites**

<http://www.scaany.org>

Great website to connect you with resources

<http://www.freecycle.org>

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

### **Separation Anxiety**

[http://kidshealth.org/parent/pregnancy\\_newborn/home/separation\\_anxiety.html](http://kidshealth.org/parent/pregnancy_newborn/home/separation_anxiety.html)

### **General Parent Resource Websites**

<http://www.babycenter.com>

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

<http://www.acs.ucalgary.ca/~bkbrown/index.html>

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

<http://www.drtoy.com>

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

<http://www.sesameworkshop.org>

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

<http://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.

<http://www.kidsource.com>

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

<http://www.npin.org>

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

<http://www.parentsoup.com>

Information covered ranges from before pregnancy to parenting teenagers

<http://www.pbs.org/kids>

Great website for kids

<http://www.pbs.org/parents>

Great website for parents

<http://www.ccesaratoga.org>

Cornell Cooperative extension website. This is a wonderful site for families.

*continued next column...*

# 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 Geyser Road, Ballston Spa  
581-2421

## Glens Falls Area

Bargain Box, 84 Main Street, So. Glens Falls, 761-6848  
Mommie and Me, 206 Glen Street, Glens Falls, 798-8422  
Yesterday's, 258 Main Street, Hudson Falls, 747-2928

## Malta

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

## Mechanicville

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

## Saratoga Springs/Wilton

Reruns Consignment, 1 Phila Street, Saratoga Springs, 583-9153  
Saratoga Day Habilitation/ARC, 64 Congress Street, Saratoga Springs, 583-3305  
Franklin Community Center, 101 Washington Street, Saratoga Springs, 587-9826  
Salvation Army, 21 Woodlawn Avenue, Saratoga Springs, 584-1640  
\*Breakfast 8-10 am and Emergency Food Pantry 9:30 am – 12 noon on Mon, Wed, Fri

Saratoga Hospital Guided Flower Shop, across from the hospital  
Saratoga Springs United Methodist Church, Corner of Henning and First, 584-3720  
Saratoga Clothing Distribution Site, 101 Marvin Alley, on corner of Washington and Franklin St., behind the Massey Building.

## Schuylerville

Cire Fine Consignments, 2 Old Schuylerville Road, Saratoga Springs, 583-8052



# 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.

888-8644 Information and Referral Line  
737 Madison Avenue, Albany, NY 12208  
<http://www.FTNYS.org>

## **Parent to Parent of NYS**

Connecting and supporting families of individuals with special needs.  
[www.parenttoparent.org](http://www.parenttoparent.org)

## **Community Cradle**

Goal is to promote health for women, infants, children and families.  
2 Ecomm Square, Albany, NY 12217, call 426-1153 for details.  
[www.communitycradle.org](http://www.communitycradle.org)

## **Saratoga Hospital New Moms**

Discussion group for new moms of typically developing babies. For moms and their babies under 1. Friday morning group led by volunteer or staff member.  
Saratoga Hospital, contact Trisha Graham at 584-6619.

## **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.  
1979 Central Avenue, Albany, NY 12205  
Contact Ellen Burns, Program Coordinator @ 464-6356

## **Prevention Council**

Provides parents with information they need to raise healthy substance free children.  
Call 581-1230 or 581-1240 for more information.

## **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 people (in this area):  
Patty Valero: 348-2190  
Kim Waxman: 377-8518

# 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. For more information call Dennis Lake at 783-9260.

Summer Teen Center Camp offered on Thursday evenings. Contact Nancy at 836-2212.

## The Double H Hole in the Woods Ranch

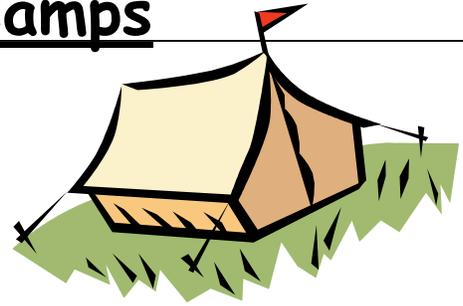
97 Hidden Valley Road, Lake Luzerne, NY  
Winter adaptive sports for children ages 6-18 serving children with special needs and/or critical illnesses. Call (518)696-5676 or e-mail [www.doubleranch.org](http://www.doubleranch.org)

## 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.

## Let's Play

New social skills program on Saturdays and summer camp during two weeks over summer. Contact Shavonne Sanders at 393-2125.



## Yoga for a Balanced Life

CHS, 543 Saratoga Road, Glenville  
Private yoga classes for children grades 2-8.  
Contact Rachel Fridholm, certified yoga instructor at 399-9736 or e-mail [rachelfridholm@att.net](mailto:rachelfridholm@att.net)

## 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](http://nycap.rr.com/safesports)



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## Saratoga Therapeutic Equestrian Program (STEP)

Glenville, NY

A not-for-profit, celebrating its 20th year of service providing therapeutic riding, and STEP-UP, a program for children and adults with special physical, psychological and social needs using the horse as a therapy tool. Call 356-0384 for more information.

## Project Link

Provides occasional recreational programs for kids during school breaks. Call 461-1576 for more information or

<http://www.projectlinkforkids.org>

## Center for Disability Services Clover Patch Camp

55 Helping Hand Lane, Glenville, NY

Outdoor day and overnight camping opportunities for disabled individuals aged 6 and over. Call for available dates and rates.

Chris Schelin or Laura Taylor,  
(518)384-3080 or e-mail [www.cfdsny.org](http://www.cfdsny.org)

## Easter Seals Camp Colonie

Colonie Town Park, Schermerhorn Road

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, (518)222-3932.

## Center for Disability Services Camp Spectacular at Clover Patch Camp

A week long social day camp experience for children aged 10-15 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: Jan Lisboa at (518)437-5599 or e-mail [lisboa@cfdsny.org](mailto:lisboa@cfdsny.org)







**Saratoga County Council on Autism**  
**31 Woodlawn Avenue**  
**Saratoga Springs, New York 12866**

Saratoga County  
*Council on Autism*

