



Prepared by:

The Center for Autism Support and Education (CASE) and
The Children's Guild Foundation Autism Spectrum Disorder
Center at Women & Children's Hospital of Buffalo

Many Au-Some Parent Volunteers

*This project is supported by a grant from Family Support Services at the
Office for People with Developmental Disabilities*



The Children's Guild
FOUNDATION
Purpose and Passion for Children with Special Needs



Summer Fun for Children with Autism Spectrum Disorders

It's summer and there are many fun activities for children with autism spectrum disorders. From sensory-friendly movies to swimming lessons, the following is a sampling of what is available in Western New York. Please note that this list was compiled from many sources and recommendations and it is the responsibility of parents to make sure activities are appropriate for their child. Some of the listings are for general fun and entertainment.

Contact information is provided for each of the resources. To avoid disappointment due to schedule changes or space limitations, we encourage parents to call ahead to make sure the listed activity is available and meets you and your child's particular needs.

Another good source of information for your particular area is your town's Department of Recreation – many of them offer adaptive programs.

If you know of a program that should be added to this list, please contact: Jana Mertz at jmertz@kaleidahealth.org.

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A special thanks is due to the many Au-Some parents who have contributed to and reviewed the directory!

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SENSORY FRIENDLY FILMS

AMC Entertainment and the Autism Society of America have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis. With Sensory Friendly Films, the movie auditoriums will have their lights brought up and the sound turned down.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing - in other words, AMC's "Silence is Golden®" policy will not be enforced unless the safety of the audience is questioned. For more information visit the Autism Society website.

Saturday, June 27 at 10 am: Inside Out

Saturday, July 18 at 10 am: Minions

August - Movie & date TBD at time of print

Saturday, September 26 at 10 am: Hotel Transylvania

AMC Maple Ridge 8
4276 Maple Rd
Amherst, NY 14226
716-833-9545

For tickets to this unique experience, please visit the theatre's box office the day of the event. To check for upcoming movies, check out AMC's website:

<https://www.amctheatres.com/programs/sensory-friendly-films>

AU-SOME EVENINGS

Au-Some Evenings at Explore & More Children's Museum

300 Gleed Avenue
East Aurora, NY 14052

Through generous community support, these special evenings give children with Autism Spectrum Disorders an opportunity to play and learn together in an understanding and supportive environment free of charge. Children, siblings and friends are welcome and must be accompanied by a parent or guardian. Families will have access to the museum and Imagination Playground where they have an opportunity for more active play.

The evenings are held on the second Friday of every month.
For 2015 the dates are:

June 12th	5:30 – 8 pm
July 10 th	5:30 – 8 pm
August 14 th	5:30 – 8 pm

Space is limited so reservations are essential. Visit <http://tinyurl.com/ausomeevening>
Check Explore & More's website: www.exploreandmore.org for a Social Story about a visit to the museum!

FREE FRIDAYS SPONSORED BY M&T BANK

These are not dedicated solely to families with children with special needs but they do give you an opportunity to visit the museums for free. M&T Bank is sponsoring a fifth season of the 'M&T Free Fridays' program, offering free admission once a month to four of the popular Western New York arts, cultural and historical institutions:

- Albright-Knox Art Gallery (First Friday) 10 a.m. to 10 p.m.
- Burchfield Penney Art Center (Second Friday) 10 a.m. to 8 p.m.
- The Buffalo History Museum (Third Friday) 10 a.m. to 5 p.m.
- Buffalo Arts Studio (Fourth Friday) 11 a.m. to 8 p.m.

Free admission is available to everyone; no tickets or reservations are necessary. Members of the four sites continue to receive free or discounted admissions to special events.

FLOOR HOCKEY/FIND YOUR NICHE

<http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

Contact: Mark Collins (716) 646-0665 Ext. 304

mcollins@townofhamburgny.com

The Town of Hamburg Department of Youth, Seniors and Recreation offers adaptive programs and occasional field trips. The "Find Your Niche" program is for youth with Aspergers syndrome/NVLD & high functioning autism. At this time, they have a Floor Hockey session offered but you should call or visit their website to see if anything else is planned. A softball session is being planned for June.

The Adaptive Floor Hockey is designed to provide the participants with a general knowledge of the game through a series of skill development stations in a non-threatening environment. NOTE: This is a NO skating program.

Every Friday Starting May 2, 2014 - June 20, 2014

TIMES: 5:00-6:30---Find Your Niche

\$10.00/for all sessions

Town Of Hamburg Ice Arena (Nike Base)
2982 Lakeview Road, Hamburg, NY 14075

THERAPEUTIC HORSEBACK RIDING

Buffalo Therapeutic Riding Center

Buffalo Therapeutic Riding Center, Inc.
950 Amherst Street · Buffalo, New York 14216
(716) 877-9295 or (716) 877-4001 (FAX)
Email: BECandBTRC@aol.com
Website: <http://www.thebtrc.org>

Age requirement: six years old and up

THE 2015 SUMMER SCHEDULE HAS THREE SUMMER SESSIONS. ALL SESSIONS TAKE PLACE ON MONDAY AFTERNOONS.

SESSION 2: June 1, 8, 15 & 22

SESSION 3: June 29, CLOSED July 4 resumes July 13, 20 & 27

SESSION 4: August 3, 10, 17 & 24

Special things happen when children and horses are brought together.

There is a unique bond between horses and people that can be particularly meaningful to children with disabilities. Riding programs provide a relaxing, non-academic environment in which children can interact with adults and peers and more importantly with their horse.

The mission of the Buffalo Therapeutic Riding Center is to create an environment to provide our child community with quality training, education and competition. We will provide a stimulating environment for mentally and mildly physically challenged children. Our goal with each student is to increase their self esteem and self confidence. We will strive to achieve new levels of success in all our endeavors.

Equi*Star Therapeutic Ranch

Newfane, NY (9 miles North of Lockport N.Y)

(716) 778-8249

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

Open house on 7/26 from noon – 5 PM

Session 1: 6/8 – 7/18

Session 2: 7/27 – 9/5

Times 5:30 – 8:30 M-Fri, Sat 2:30 – 3:30, and 3:30 – 4:30.

Rider must be seizure free for at least 1 year and there is a 200 lb weight limit to participate.

A not-for-profit 501 C 3 Corporation whose mission is to enrich the lives of people with disabilities through equine-related activists. Therapeutic riding has been shown in several medical studies to produce multiple benefits to people of various disabilities. Therapeutic riding is recognized by the American Occupational Therapy Association and the American Physical Therapy Association. Research shows that students who participate in therapeutic riding can experience physical, emotional and mental rewards.

Equi *Star is located on 36 peaceful acres just 9 miles north of Lockport, New York. When the weather isn't cooperating we have a new indoor arena,.Classes run rain or shine. The Equi *Star professional instructors and trained volunteers provide a safe and nurturing environment for its riders.

High Hurdles Therapeutic Riding

Suburban Adult Services, Inc.

13339 Route 39, Sardinia, NY 14134 - 20 minutes south of the end of Route 400, One mile West of Route 16; South of Holland and North of Arcade.

(716) 548-0004 after 4 PM and on weekends

Website: www.sasinc.org

Three sessions done on a monthly basis: June, July and August.

They will do anytime Mon – Sat. both mornings and evenings.

Offers cognitively, emotionally and physically challenged individuals a unique opportunity for growth and development. Ages: individuals who are at least three years old. High Hurdles is one of the only programs with a permanent mechanical lift, offering horseback riding as a therapeutic service to people who may not be able to bear weight on their legs.

Instructors, students, horses and volunteers work together to achieve challenging yet attainable horsemanship goals. Learning to care for and about horses while mastering riding skills is what High Hurdles is all about.

Riders participating in the program are given an opportunity to join in an on-farm horse show on an annual basis. The atmosphere is friendly and supportive; riders are able to show off what they have learned to their loved ones, while receiving valuable feedback to help build their skills.

Individuals who are at least 3 years old and who are physically, emotionally or cognitively challenged are eligible to participate in the High Hurdles Program. We encourage students to reach their highest potential through individualized riding plans. Adaptive equipment that meets the therapeutic needs of each individual may also be used.

Lothlorien Therapeutic Riding Center

15 Reiter Road, East Aurora, NY 14052

(716) 655-1335

<http://www.lothlorientrc.org>

Lothlorien Therapeutic Riding Center was established in 1983 to provide horsemanship and horseback riding opportunities for individuals of all ages with mental, physical, emotional and learning disabilities. The facility consists of three pastures, 16 stall barn, large outdoor riding arena, indoor riding arena, a classroom, storage shed, hay barn, office and home for the Stable Manager. The grounds are surrounded by beautiful trees and offer a tranquil, secluded setting for all to relax and enjoy their visit.

Summer Sessions:

Session 3: Monday, June 1 – Saturday, June 27, 2015 (4 weeks)

No lessons June 29 – July 4

Session 4: Monday, July 6 – Saturday, August 1, 2015 (4 weeks)

Session 5: Monday, August 3 – Saturday, August 29, 2015 (4 weeks)

2015 Session Fees:

Group Lessons: (1 hour, 2-4 riders) 4 weeks: \$135 6 weeks: \$195

Equivison Lessons: (40 minutes. 2 rider maximum) 4 weeks: \$145 6 weeks: \$216

2015 Lesson Times:

Lessons are held Monday-Thursday and Saturdays, with no lessons on Fridays or Sundays.

Monday-Thursday lesson times: 10:00am, 11:30am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 7:00pm

Saturday lesson times: 9:00am, 10:30am, 12:00pm, 1:30pm

Nash Hill Equestrian Center

10999 Persia Rd. Gowanda, NY 14070

(716) 257-5257

<http://www.nashhillequestriancenter.com>

Our therapeutic riding program is aimed at providing safe, fun and progressive lessons to riders with special life circumstances who want the opportunity to ride.

The Nash Hill team provides quality instruction & training by professional trainers and instructors. We offer lessons for all levels of experience and all ages. Group lessons are available.

Lessons are available by appointment by calling 716-257-5257 or 716-640-1133.

WNY SUMMER CAMPS/PROGRAMS

Cradle Beach Camp

8038 Old Lakeshore Rd,
Angola, New York 14006
Phone: (716) 549-6307
<http://www.cradlebeach.org>

The Summer Camp program at Cradle Beach serves the needs of children with special needs and children from low-income families from Western New York and beyond. We provide a healthy environment and organized activities to promote socialization, independence, and decision making in an atmosphere of love and acceptance.

Cradle Beach serves approximately 800 children with special needs and those who come from disadvantaged backgrounds **between the ages of 8 and 16** in our summer camping program. Children come to camp for 7-10 days of residential programming focusing on education and training in a recreational setting.

2015 Summer Enrichment Program Dates:

Session 1 June 29th - July 8th (ages 8-10)
Session 2 July 11th - July 29th (ages 11-14)
Session 3 July 23rd – July 31st (ages 8-11)
Session 4 August 8th - August 13th (ages 11-14)
Session 5 August 16th - August 22nd (ages 8-12)

Fees

Although no one is turned away, it still costs a significant amount to feed, house, supervise, and offer special programs to a child during the summer enrichment camping program. The actual cost of this summer program is approximately \$1,000 per camper. However, because Cradle Beach's unique mission is to serve both the economically disadvantaged and children with disabilities, Cradle Beach offers campers' families the ability to pay what they can afford on a sliding fee scale based on family income. All applicants are required to show proof of income and number in household.

For more information please call Robin Barone, Admissions Coordinator at (716) 549-6307 Ext. 205 or e-mail admissions@cradlebeach.org.

Camp Ji-Ik-Do-Wah-Gah (Learning Disabilities/ADHD)

Registration is open to youth with learning disabilities, speech impairments, ADHD/ADD, and emotional disabilities between the ages of 4-14 years old.

Camp Crab Apple (Developmental Disabilities)

Through Town of Cheektowaga, Department of Youth & Recreational Services
(716) 897-7207
<http://www.tocny.org/Departments/YouthRecreationalServices/Camps.aspx>

Residency in Cheektowaga is a priority but not a requirement. Accepting registrations through June.

Designed for children and youth ages 4-14 years old with any developmental disability. Youngsters whose social ability and disability determine that they need additional assistance and supervision are welcome. Due to limited staffing, we cannot accommodate campers requiring one on one assistance.

Daily activities include physical education, camp events, cooking, music, arts & crafts, nature and swimming. Each activity will specialize in appropriate goals to suit each camper's needs. In addition, there will be weekly age-appropriate field trips to various points of interest in the area. Every camper will receive his or her own T-shirt.

July 6 - August 14, 2015
Monday through Friday 8:30am--3:30pm

Fees for Residents:
\$123 per week, \$117 each additional child
\$683 all six weeks, \$663 each additional child
\$109 *three day week *
Please call about fees for non-residents

Buffalo Hearing and Speech Center's Social Communication Program

<http://www.askbhsc.org/content/pages/social-communication-program>

The program is available to students age 5 through high school who have social communication deficits. We believe the following areas are critical for students to develop successful social communication skills including: Conversational Skills, Self-Regulation Skills, Cooperation Skills and Generalization Skills.

SUMMER 2015 SESSION: July 7th through August 19th

Mandatory Parent Orientation – Monday, June 22nd from 5:00 – 6:00 pm at 50 E. North St. Buffalo 14203

Ages are broken up by groups 5-8, 9-12 and 13-17. The classes meet 3 days per week (Tues/Wed/Thurs) Possible times are 9:00-10:30, 11:30-1:00 or 3:00-4:30 on Tues/Wed/Thurs.

1. There is a \$100.00 registration and supply fee which is an *out of pocket expense*. **This \$100.00 holds a seat in the class for your child**, as well as pays for supplies he/she will need during the program, and get to keep as a resource after the program ends.
2. Each class costs \$85.00, **but if you have insurance that we accept, the cost to you is your CO-PAY for a speech-language therapy outpatient visit.** So having a co-pay instead of paying the full tuition price, saves you money.

NOTE: **Call your insurance plan to see if the plan covers outpatient speech-language therapy—as this is what your child is receiving—language therapy. If they ask for a diagnostic code, or an ICD-9 Code, it is: 315.32. Support staff at BHSC will do a courtesy check for you, but it is ultimately your responsibility to educate yourself on your speech-language therapy benefit of your plan. Medicaid and Medicaid waivers are accepted as are many other insurance plans.

For more information, please contact:
LeeAnn Terhune MS, CCC-SLP
Licensed Speech-Language Pathologist
Coordinator of the Social Communication Program
50 E. North Street
Buffalo, NY 14203
716-885-8318

Community Connections – Summit Educational Resources

<http://www.thesummitcenter.org/what-we-do/behavioral-health-division/summer-programs/community-connections/>

Community Connections is an evidence-based summer program for children and adolescents (entering 1st grade – age 17) with high-functioning autism spectrum disorders (Asperger's, high-functioning autism, and PDD-NOS) or other disabilities.

The program will be conducted for five weeks during the summer, Monday, July 6, – Friday, August 7, 2015 (Monday – Friday) from 8:30 a.m. – 4:30 p.m. The program will be held at Erie Community College – North, 6205 Main Street, Williamsville, New York, with recreational opportunities at the Independent Health YMCA.

Community Connections provides children with intensive training, experience, and practice in social and emotional skills allowing them to make friends and learn to better connect with peers, siblings, teachers, and parents/caregivers.

Eligible participants (grade 1 – age 17) should have a diagnosis of Asperger's, high-functioning autism, PDD-NOS or other developmental disability. Community Connections targets development of key social competencies using direct instruction, fun and engaging practice exercises, and recreational activities in a summer camp format. Cost \$2,100.

Opportunities Unlimited of Niagara

716) 434-4050 ext. 424

<http://www.opportunitiesunlimited.org>

For residents in Niagara or Orleans County or Grand Island, Tonawanda, Kenmore, or West Amherst. A variety of social and physical oriented activities for youth (12-18 years) and adult (19+) with various disabilities.

Camp Happiness is a traditional one-week day camp experience for people aged 12 – 90 years old with intellectual and other developmental disabilities from Niagara County. It is offered at Camp Kenan on Lake Ontario through a collaborative effort of the Lockport Elks Lodge #41, the Lockport Family YMCA and Opportunities Unlimited of Niagara. This is a one week long day camp that runs primarily from 9:30am-2pm for 5 days for Individuals with Developmental Disabilities. The price is \$10.00 a day or 3 or more days is \$25.00. Lunch and activities are provided for this price.

June 15th – 19th

Location: Camp Kenan 8571 Lower Lake Road, Barker, NY.

Electronic Gaming Therapy

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

8616 Main St, Suite 4 • Williamsville, NY • 14221

(716) 961-9435

Electronic Gaming Therapy offers a monthly group that encourages development of social skills and interaction with peers and the community. It is most appropriate for children with verbal communication who can follow directions and benefit from guided social interaction. Electronic Gaming Therapy is the technique of using video game technology to take the pressure off of interacting one to one with a therapist and with peers. Just as you may find it easier to talk with your child while driving in the car than over the dinner table, talking about feelings and problems can be easier while playing a game. In a group setting, Electronic Gaming Therapy can provide a more comfortable environment for learning to get along with peers. During the session, parents are welcome to participate in a support/social session with other parents.

There are groups for students in: Elementary School, Middle School and High School

Please call for dates and times of sessions.

Groups are \$25 per child/per session. Parents are welcome to stay for the parent session at no additional charge.

summerMAX @ Autism Services, Inc.

A summer social development program developed and empirically-validated by researchers at the iar to maximize the social competencies of 7-12 year old children with high-functioning autism spectrum disorders

- ☐ Focus: Social skills, interest expansion, interpretation of non-literal language (idioms), and face and emotion recognition
- ☐ Treatment: Each day consists of five or six 70-minute treatment cycles that include:
 - ☐ instruction, role play and modeling
 - ☐ therapeutic activities to practice skills

Dates and Time of Program: Children will be randomly assigned to participate in one of two sessions in the summer of 2015:

- ☐ June 29th–July 31st OR July 27th–August 20th
- ☐ Each session runs Monday–Friday, 7.5-8 hours/day
- ☐ Cost: \$400 (Financial assistance is available, if necessary)

To apply, visit our website: www.canisius.edu/iar and click on the tab, “Participate in Research.” or contact Andrew Shanahan at ASI at 716-631-5777 ext. 702

summerMAXyc (Program for 4-6 year old children)

<http://www.canisius.edu/autism-research/participate/>

This study is evaluating the effectiveness of an adapted version of our summerMAX program for children ages 4-6 years old. The core emphasis of the program will be similar to our present summer program such that we will teach social skills and provide multiple opportunities to practice the skills. The program will target social skills, face and emotion recognition, interpretation of non-literal language, and interest expansion using fun activities specifically designed for young kids in a camp format. This summer the program will be conducted over 5 weeks, Monday through Friday from June 29th through July 31st. While the cost of the program has not been finalized, we will offer a sliding scale so that no family will be denied due to an inability to pay.

If you are interested in having your child participate in this program, please submit:

- Documentation of Diagnosis/Prior Evaluation reports (psychological, psychiatric, and/or speech and language reports)
- Family Information Form (required) – please print, complete, and submit
- Most recent IEP (if receives special education services)

Submit via mail, email, or fax to:

summerMAX - Young Kids
Institute for Autism Research
Canisius College
2001 Main Street
Buffalo, NY 14208
Fax Number: (716) 888-8540
Email: iar@canisius.edu
For questions, contact the IAR at iar@canisius.edu or 716-888-2800

Sweet Charlotte's – Summer Camps

10255 Main Street
Clarence, New York 14031
Phone: (716) 320-5848
Email: sweetcharlottes@yahoo.com
<http://sweetcharlottes.org/>

9:30 – 12:30 pm for children 2 – 10 years old
\$25 per day/child

Different theme each week:

Week 1- Exciting Tactile Experience- 7/6, 7/7, 7/8, 7/9
Week 2- Kidspiration Week- 7/13, 7/14, 7/15, 7/16, 7/17
Week 3- Eco Art Week- 7/20, 7/21, 7/22, 7/23, 7/24
Week 4- Exciting Tactile Experience- 8/3, 8/4, 8/5, 8/6, 8/7
Week 5- Color-Kraze Week- 8/10, 8/11, 8/12, 8/13, 8/14
Week 6- Carnival Week- 8/17, 8/18, 8/19, 8/20, 8/21

Summer Hours- Mon, Tues, Thurs, Fri, Sat 9-3pm Evenings upon request only

DEPARTMENT OF RECREATION - ADAPTIVE PROGRAMS

Many Departments of Recreation offer adaptive programs for sports or socializing. Some may even offer the programs to non-residents (typically for a higher fee). Look up your local Department of Recreation to see what they offer.

For example, please see below for the brochure for **Town of Cheektowaga's Adapted Recreation Program**. <http://www.tocny.org/Departments/YouthRecreationalServices/AdaptedRecreation.aspx>

Amherst Youth & Recreation <https://amherstyouthandrec.org/CourseActivities.aspx?id=2&cat=1>

Department of Hamburg Adaptive Recreation <http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

ICE SKATING

SABAH – Spirited Athletes Bold At Heart Summer Skating Program

<http://www.sabahinc.org/>
Pre-registration required.
(716) 362-9600

SABAH Summer Skate at Riverside Ice Rink

<http://www.sabahinc.org/special-needs-programs/special-needs-recreational-fitness-programs/summer-skates/>

SABAH offers a summer ice skating program at Riverside Ice Rink in Buffalo for anyone challenged by a disability to work on skills throughout the off-season.

During the summer ice session, skaters are provided with the necessary adaptive equipment and skating essentials for therapeutic skating during the summer months.

Summer Skates runs on six dates during July and August every summer at the following location:

The Bud Bakewell Arena at Riverside Park
2607 Niagara Street
Buffalo, NY 14207
Phone: (716) 877-5972

Dates for the 2015 Summer Skates program are Wednesdays from 6:00 – 6:50 pm on
July 8, 15, 22 & 29
August 5 & 12

This program is available for pre-registration only. It is important to register with SABAH so that we are prepared with your skates and proper equipment.

\$10.00 per Skate.

SABAH Gamechangers at Timothy J Burvid Rink

Timothy J. Burvid Rink
25 Cazenovia Street
Buffalo, NY 14220
P: (716) 825-9305

<http://www.sabahinc.org/special-needs-programs/special-needs-recreational-fitness-programs/turf-sports-summer-camps/>

Special needs athletes of all ages are welcome to join our SABAH gamechangers each season for a variety of fun indoor adaptive sports and fitness summer camps!

Three single two-hour summer camps are held between May and July each summer, each one offering either floor hockey, soccer, or football.

Dates for the 2015 Turf Sports Summer Camps are TBD. Check back for the schedule.
Price for Each Camp: \$15 Price for All Three Camps: \$40

Public Ice Skating

Some ice skating rinks offer ice skating for the public. For children who skate, this can be a nice way for the family to cool off.

Please check the following rinks for their public ice skating schedules:

Northtowns Rink

http://www.amherst.ny.us/govt/recreation/ice_detail.asp?dept_id=dept_17&div_id=div_24&menu_id=menu_00

1615 Amherst Manor Dr, Williamsville, NY 14221
(716) 631-7555

North Buffalo Rink

156 Tacoma Avenue - Buffalo, New York 14216
<http://www.bisonhockey.net/page/show/519699-public-skating>

SAILING/BOATING/FISHING/SCUBA/WATERSKIING/TUBING

Saturday Adaptive Sailing Program

Erie Canal Harbor Central Wharf - Floating Docks

716-364-8219 for information and arrangements

<http://wnyadaptivewatersports.org>

Our program is designed to accommodate any situation from individual to groups with special needs to training for Paralympic competition in sailing. Our program leader, Tom Nowak, has many years of experience being out on the water and is willing to accommodate any special need to share his passion of sound with others.

Regular **fishing** trips go out every Saturday morning at 9:00. Special arrangements can be made for trips at other times.

Sailing 9 am until Noon Introductory sailing trip

Every Saturday, we will take out a group to experience the joy of sailing, find out what it is all about, and encourage them to participate further in our adaptive sailing program. This is free and open to all with a disability. Our trips take us up and down the inner Harbor and out onto the open water of Lake Erie. Please come and experience the fun of sailing and see the amazing views of the Buffalo waterfront. We request that you make a reservation at least three days before, but if space is available we will take on walk in/role in participants.

Water Skiing & Tubing We have two adaptive options: waterskiing and tubing. The ski has a few adjustments to accommodate most circumstances. This requires the participant to be fairly independent and have reasonable reaction speeds. The tube is much simpler. There is the option to have another person on the tube, if need be. Trips go out twice per month from Gallagher Beach.

Saturdays June - August

Please contact Tom Nowak with any questions: tom@adaptivewatersports.org

Excalibur Leisure Skills Center, Inc.

716-831-3188

<http://erie4everyone.com/>

Safe Harbor Marina

1111 Fuhrmann Blvd.

Buffalo, New York 14203

The Wheelchair Access Dock is behind Dug's Dive Restaurant.

Accessible boating and fishing opportunities for differently-abled and disadvantaged persons.

Accommodates up to 18 persons per trip.

Reservations from May 15th through October 15th. Call (716)831-3188 to schedule.

Parking is available.

DANCE

Danceability, Inc.

George Urban Plaza
3859 Union Rd
Cheektowaga, NY 14225
716-651-0094
<http://www.danceabilityinc.com>

Summer Dance Program dates not available at time of print.

Danceability, Inc. is a program for children and adults with special needs utilizing dance and movement to enable and empower students while promoting physical, social, and emotional wellness in a family-focused, peaceful environment.

- Tap, Jazz, Ballet, Creative Movement, etc.
- Select inclusive classes for children with special needs and any family member who wishes to have fun dancing

Moving Miracles, Inc.

In affiliation with SASi
2305 Union Road
West Seneca, NY 14224
(716) 656-1321
www.movingmiracles.org
Ages: three years old and up

We will begin summer 2015 classes on Tuesday, July 14th. The classes run for 6 weeks at a cost of \$90. There is a \$30 registration fee for new students.

Moving Miracles is a dance/movement program for children, adolescents and adults who are exceptionally challenged mentally, physically and/or emotionally.

A non-profit organization, Moving Miracles is committed to assisting individuals with special needs by developing their highest potential through a kinesthetic approach combining dance, creative movement, music, props and rhythm, ultimately inspiring self expression, self-esteem & socialization.

Our student body is composed of boys and girls, and men and women ranging in age from children three and up to adults in their forties. Some of our students are mildly delayed and comparatively, very high functioning, needing little support. Other students are wheelchair bound and require "hand over hand" assistance. Many of our "Moving Miracles" have a form of Cerebral Palsy, and are afflicted with complex seizure disorders as well. Autism, Developmental Delays, Down Syndrome, ADD / ADHD and behavioral challenges are obstacles that we as a dance ensemble are victoriously dancing with everyday.

Time to Dance – Graceful & Gifted Dance Program

Studio location:
5000 Saunders Settlement Rd. Bay #3
Niagara Falls, NY 14305
(716) 946-7909 – Susan Farley-Akin
<http://www.timetodancestudios.org/main.html?src=%2F#3,5>

Ages: Three years old and up

Cost: \$25 per month per dancer

Graceful & Gifted Summer Dance Program – dates for 2015 were not available at time of print. In 2014 they ran from July – August.

Day and evening programs also available.

Dance or dance movement is considered a therapy for everyone. The use of movement is psychotherapeutic. The use for dance is emotional, cognitive, social, behavioral and physical conditioning.

SPORTS

CAPS, INC.

104 Fairbanks Avenue
Kenmore, NY 14223
(716) 836-3843

Sam.caps@yahoo.com
<http://www.capswny.com>

Sports offered: Baseball for Summer - Basketball, Floor Hockey, Indoor and Outdoor Soccer at other times of the year.

The C.A.P.S. baseball program is one of the largest and longest running Challenger baseball leagues in Western New York. Now entering our 18 th season, over 100 participants play on 5 fields all conveniently located on the Boy's and Girl's Club of Tonawanda grounds. Open to all ages, C.A.P.S. baseball adapts to the individual needs of each of our players, whether it be one on one assistance or specially designed equipment. The baseball program runs on Tuesday nights from May to August, with a year end awards banquet being one of the highlights of the season.

The purpose of C.A.P.S. is to provide safe, nurturing and supportive athletic activities and opportunities for children and young adults with physical and mental special needs. An easier way to put this is that we give people with disabilities a chance to play sports and to participate in various recreational activities that may be difficult to find elsewhere.

Challenger Baseball

There are a few different challenger baseball leagues including those in Amherst, Lockport, Grand Island. The description below is for the Amherst league.

For **Amherst**: <http://challengerbaseball.wordpress.com/> Challenger Division Little League Baseball is designed to give children and adults ages 4 & up an opportunity to play baseball regardless of their challenges. Participants enjoy the full benefits of taking part in an athletic program structured to their abilities. The value of the program is found in the proven therapeutic & socialization benefits of participating in sports, the strengthening of self-esteem, and the disciplines of teamwork, sportsmanship & fair play.

Challenger Division participants learn not only the fundamentals of baseball, but also how it feels to be just like other children pulling together as a team, being cheered on, and earning awards for their achievements.

The registration fee is \$55 and includes a team hat and shirt, our annual picnic and a trophy.

The season runs from the end of April through end of July on Sunday mornings. We play on the Central Amherst Little League Diamonds on Wehrle Dr. by the blue water tower. 480 Wehrle Drive, Amherst, NY 14226.

Contact info: David Whelan davidwhelan@yahoo.com

For Lockport Challenger baseball, please visit: <http://wnychallengersports.com/sports/baseball/>

The Miracle League of Grand Island & Western NY - Baseball

<http://miracleleaguewny.org/>

Veterans Park (near the library at 1715 Bedell Rd.)

Grand Island, NY 14072

Phone: (716) 773-9600 x 725

Email: smcmanigle@miracleleaguewny.org

Provides opportunities for children and young adults with disabilities to play Miracle League baseball, regardless of their abilities. Promotes community support and sponsorship of a Miracle League and the construction of special facilities that meet the unique needs of Miracle League players

Hamburg Department of Recreation – Adaptive Programs Softball Clinic

Town of Hamburg Youth, Recreation & Senior Services

4540 Southwestern Blvd

Hamburg, NY 14075

646-5145

<http://www.hamburg-youth-rec-seniors.com/adaptive-programs.html>

To provide the participants with a general knowledge of the game through a series of skill development stations in a non-threatening environment.

WHERE: Hamburg Carnegie Park Field #2

WHEN: Tuesdays June 23 – Aug 4th

TIMES: 5:30-6:30---Find Your Niche

HOW MUCH: \$10.00/for all sessions

BIKE

iCan Bike – Clarence, NY

<http://wnylttw.wix.com/icanshine>

e-mail wnylearntoride@yahoo.com or leave a message at (716) 817-7204

Clarence High School 9625 Main St. Clarence NY 14031

Hosted By: People Inc.

When: June 29-July 3 Ages 8 years old and up Cost \$175 (after June 1)

A mandatory meeting for parents/caregivers only will be held on Sunday, June 28th from 3 – 4PM at Clarence High School

We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist!

SPECIAL OLYMPICS

Daniel Kuberka
Special Olympics New York
Director of Program - Western Region
2801 Wehrle Dr. - Suite 12
Williamsville, NY 14221
(716) 580-3346 ext. 204

<http://www.nyso.org/WESTERN/home.php>

To provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community. Through their participation in Special Olympics New York athletes gain confidence and build a positive self-image, which carries into the classroom, the home, the workplace and the community.

Special Olympics are for ages 8 and up. Their "Summer" session runs from March to June, while their "Fall" session runs from July to mid October.

SWIMMING

Clarence Swimming Adaptive Swim Program

www.ClarenceLearntoSwim.com

Clarence Learn to Swim offers two programs geared towards swimmers with special needs, ages 4 -18yrs. Additionally, a parent & child class is open to swimmers ages 2 - 4years, of all ability levels. Registration begins May 10th.

Classes are held July 7th (just register) - August 8th at Clarence Middle School:
Adaptive Level 1, 5 classes at 30 minutes each - \$55 Tuesdays or Thursdays at 5:15 - 5:45PM Adaptive Level 2, 10 classes at 30 minutes each = \$105. Tuesdays & Thursdays at 7:45 - 8:15PM Parent & Child, Saturdays (resume in the Fall)

Additional classes are held during our Fall, Winter & Spring Sessions. You may register for classes at www.ClarenceLearntoSwim.com or contact Director, Jamie Johnson at ClarenceLearntoSwim@yahoo.com for more information.

JCC Au-Some Swimmers

Jewish Community Center of Greater Buffalo Holland Family Building
787 Delaware Avenue
Buffalo, NY 14209

Au-Some Swimmers is a pilot swim program developed to give children with autism and their families an autism friendly environment to learn to swim and learn water safety. Sessions are 30 minutes as well as families are able to stay after class for free swim if they wish.

If interested, please contact Eric:
Eric Poniatowski
Aquatics Director
eponiatowski@jccbuffalo.org
(716) 886-3172 x 411

Clearfield Community Center

<http://www.amherstyouthandrec.org/Default.aspx?mode=crs&crsid=1698&id=2&scid=9&cid=1>

730 Hopkins Rd

Williamsville, NY 14221

Town of Amherst Youth & Recreation Department

716-631-7132 Clearfield Community Center

The Saturday Program will run from July 11th – August 15th, 10:00 – 12:00 pm, ages 5-12 years old. There is one session and the cost is \$20 per session for residents and \$45 per session for non-residents. The Saturday Program provides families with individuals with disabilities the chance to swim and become familiar with water in a safe environment, the program does not include swim lessons. The pool is closed to the public and gives families the chance to enjoy the water in a safe and comfortable setting. You do not need to be a resident of Amherst to sign up for this program.

Open Swims at Schools and Community Centers – check with your local schools and community centers to see if there are open swims that you may be able to attend.

BOWLING

Some bowling lanes in our area feature bumpers and ramps to make bowling accessible to all. The following is a short list. Please call the lanes to see if they have open bowling or when it is relatively calm or quiet.

Voelkers Lanes

686 Amherst St.

Buffalo, NY 14207

ph.(716) 876 - 6020

Kenmore Lanes

1691 Kenmore Ave.

Kenmore, NY 14217

ph.(716) 875 - 5340

fax (716) 875-1139

<http://www.kenmorelanes.net/>

Transit Lanes

7850 Transit Road,

Williamsville, NY, 14221

(716) 632-3838

<http://www.transitlanes.net/>

Wimbledon Lanes/West Seneca

220 Center Rd.

West Seneca, NY 14224

Phone: (716) 674-3333

<http://wimbledonlanes.com/>

ROLLERSKATING

Rainbow Rink

101 Oliver Street
North Tonawanda, NY 14120

Phone: 716-693-1100

Fax: 716-743-0132

Email: cooper585@aol.com

<http://rainbowrink.com/>

In addition to the roller rink, Rainbow Roller Rink now has a Bounce Zone area with brand new bouncers, mazes, obstacle course and slides. The children will love all of the new attractions. The maximum height for admission into the Bounce Zone is 60 inches. The Bounce Zone offers a great space to release energy in a clean, safe and family-oriented environment. There is seating for parents to watch the children.

Their hours vary: <http://rainbowrink.com/schedule/summer-schedule/>

Generally, the rates are: \$5 to skate; \$2 roller skate rental; \$3 roller blade rental and \$2 walker rental

OTHER COMMUNITY ACTIVITIES

While the following group of activities/ places may not necessarily been established for children with autism, many parents and families in the community have enjoyed as additional outlets for their families.

Leaps N Bounce

4401 Bryant and Stratton Way

Buffalo, NY 14221

(716) 634-2190

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

Leaps N Bounce offers a special price of \$2.25 for children with Autism Spectrum Disorders.

Sky Zone – Indoor Trampoline Park

425 Cayuga Rd

Cheektowaga, NY 14225

(716) 206-3300

<http://www.skyzone.com/buffalo>

Sky Zone offers Sensory Sundays where families with Autism Spectrum Disorders can jump with the music off from 9:00 am – 11:00 am. Price is \$10 per jumper (\$3 for socks). Please check their calendar to make sure they are offering it the Sunday you wish to go.

Rolly Pollies

www.RPWNY.com

Rolly Pollies - East Amherst

9630 Transit Road, Suite 100

East Amherst, NY 14051

(716) 689.6151

Rolly Pollies – Orchard Park

4058 North Buffalo Road

Orchard Park, NY 14127

(716) 662-7424

Rolly Pollies offers **special jumps** for children with developmental disabilities. **They take place every Tuesday and Thursday from 4:00 pm – 5:00 pm at both locations.** Cost is \$10 per child or \$15 per family with monthly passes available.

Olcott Beach Carousel Park

5979 Main Street

Olcott, NY 14126

(716) 778-7066

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

On the south shore of Lake Ontario in N.Y. State, you'll discover the quaint Hamlet of Olcott Beach. In the shadow of Olcott's famous Lighthouse is a wonderful vintage amusement park. It features a 1928 style Hershell-Spillman two row carousel. Five vintage kiddie rides, and a wonderful 1931 Wurlitzer band organ. Rides are only 25 cents!

Martin's Fantasy Island

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

Martin's Fantasy Island

2400 Grand Island Blvd.

Grand Island, NY 14072-3198

Phone: 716.773.7591

Amusement and water park on Grand Island. Reasonable prices and you can bring in your own food and snacks. Many times the Fantasy Island Website and Wendy's will have coupons for reduced family admission. Fantasy Island offers special pricing of \$14.99 for an individual with special needs and one \$14.99 ticket for assistant.

Sweet Charlotte's

<http://sweetcharlottes.org>

10255 Main Street, Suite 9

Clarence, NY 14031

716.320.5848

Sweet Charlottes is a safe and positive children's play place created to embrace ALL children and their families as well. We welcome you to come and play with our "back to basic" toys inspiring children to use their own imagination. Owned by a mom of a child with autism.

Mon, Tues, Thurs, Sat: 9am - 3pm

Friday: 9am - 8pm

Buffalo Zoo

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

300 Parkside Avenue

Buffalo, NY 14214

(716) 837-3900

Throughout the year, the Buffalo Zoo offers guests fascinating animal exhibits, naturalistic wildlife habitats, beautiful garden areas and several unique areas in which to enjoy an environment that is full of fun, adventure and history. The Buffalo Zoo is open daily rain or shine!

Hidden Valley Animal Adventure

<http://hiddenvalleyadventure.com/>

2887 Royce Rd,

14167 Varysburg, NY

585.535.4100

info@hiddenvalleyadventure.com

Hidden Valley Animal Adventure is a family-run and operated animal park. They have over 400 animals and 30 different exotic species for you to come and interact with up close.

Griffis Sculpture Park

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

Since the early 60's, the steel sculptures of Larry Griffis, Jr. and other international artists have been residing in the woods, fields, and even ponds of Griffis Sculpture Park. The 450 acre Ashford Hollow park, located eight miles outside of Ellicottville, is not only a tremendous regional attraction, but holds the distinction of being one of America's largest and oldest sculpture parks.

The park features over 250 large scale sculptures dispersed through miles of hiking trails. Each sculpture was placed with the natural setting in mind, creating a truly unique experience between art and nature.

The park is actually split into two sections: Rohr Hill Road Site and Mill Valley Road Site. The Rohr Hill area is characterized by towering sculptures set in fields and woods just off the road. The Mill Valley Road Site features both a smooth walk area, as well miles of trails through a variety of terrain. Whether you have five minutes or five hours, one can always get a flavor of the park.

May 1-October 31 dawn to dusk (8am-8pm)

Admission

Adults \$5

Seniors/students \$3

Children under 12 FREE

Admission on honor system- put it in the yellow box

Penn Dixie Paleontological and Outdoor Education Center

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

4050 North Street

Blasdell, New York 14219

(716) 627-4560. Fax: (716) 627-4571

At Penn Dixie, you can walk on the site of a former quarry operation that was once the source of calcareous shale excavated and used for cement aggregate by the Penn Dixie Cement Company. During the 1960's, 9 to 10 feet of shale was removed revealing 380 million year old Devonian era fossils preserved within the Windom Shale.

Makes Sense

<http://www.makesenseproducts.com>

5248 Main St.

Williamsville, NY 14228

(716) 902-5025

Special Needs and All Natural Supply Store. Summer Hours – Mondays Closed, Tues – Sat 10-6; Sundays 11-5. Please check their website for calendar of activities.

Community Music School Buffalo

<http://communitymusicbuffalo.org/>

Main Location in the Elmwood Village but locations also in Amherst, Clarence, East Aurora, Lancaster and Lockport

415 Elmwood Avenue

Buffalo, NY 14222

(716) 884-4887

CMS offers music therapy for individuals and groups. From managing stress to reducing pain to improving memory, music therapy can be tailored to the client's needs. Musical ability is not required.

Canalside – Buffalo, NY

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

44 Prime Street
Buffalo NY 14203
(716) 574-1537
(716) 846-8200

This summer, over 800 events and activities will encompass a wide range of programming including regularly scheduled family programs featuring Explore & More...a children's museum, Buffalo Museum of Science/Tifft Nature Preserve, Young Audiences of WNY, as well as 2 appearances of the Pop Up Park Playground. In addition, Story of Buffalo performances, Music at the Ruins, Shakespeare at Canalside, Saturday Artisan Market and the UB Archaeological Dig highlight the myriad of cultures in our region. The continuous activity blossoms each day with hands-on activities for children, live music and theatrical performances to make Canalside a must see destination.

Aquarium of Niagara

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

701 Whirlpool Street
Niagara Falls, NY 14301
Phone: (716) 285-3575
1-800-500-4609

HOURS OF OPERATION

OPEN DAILY 9:00 AM to 5:00 PM
(Last admission at 4:30 PM)

One warning – this is at least a one parent per child place for young children. There is a second floor with railing that overlooks the sea lion pool.

Adults \$11; Kids aged 3-12 years old \$7; Seniors 60+ \$9.25. Memberships are available.

Herschell Carousel Museum

<http://carrouselmuseum.org/>

Herschell Carrousel Factory Museum
180 Thompson St.
North Tonawanda, NY 14120
P: (716) 693-1885 | F: (716) 743-9018
Email: info@carrouselmuseum.org
facebook.com/herschellmuseum

New this year, the outdoor Kiddieland testing park features four refurbished kiddie rides from the factory's postwar baby boom era, as well as a picnic pavilion and admissions house. The rides consist of miniature cars and fire engines; a horse and pony cart; helicopters that lift into the sky; and floating boats. Many of the rides feature interactive elements, such as steering wheels, bells to ring, and height controls.

6/14 – 9/7 Monday – Saturday 10-4; Sunday 12 – 4
Kiddieland Testing Park 12-4 Wed, Thurs and Friday; on Sunday 10-4
Adults \$6; Children aged 2-16 years old \$3 and Seniors \$5

Botanical Gardens

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

2655 South Park Avenue

Buffalo, New York 14218-1526

Phone: 716.827.1584

Hours: 10:00am - 5:00pm Monday - Sunday

Closed Thanksgiving and Christmas Day

Wegmans Family Garden in Botanical Gardens

<http://www.buffalogardens.com/collections/kids/products/saturday-kids-programs>

Children of all ages will delight in a place to dig, discover and dream as they plant a seed, build a sand castle, water a garden, smell a flower, examine a bug, read a book or touch a fuzzy plant. This garden is indoors and open year-round. Click here for Saturday activities in the Wegmans Family Garden.

Buffalo Museum of Science

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

1020 Humboldt Parkway | Buffalo, New York 14211 |

(716) 896-5200

The Buffalo Museum of Science is a non-profit educational institution dedicated to the study and interpretation of the natural and physical sciences. Its extensive collections of over 700,000 specimens and artifacts represent all facets of the natural world with an emphasis on Western New York as well as man-made objects spanning the globe.

Some libraries have passes that you can check out for free admission. Discounts with library card, AAA and NFTA Pass holders. Memberships are available. Adults \$10; Seniors \$9; Children aged 2-17 years old \$8

Hours: Monday – Sunday 10:00 am – 4:00 pm

Just Fun – Family Entertainment Center

6000 South Park Ave

Hamburg, NY 14075

Phone: (716) 648-3222

Fax: (716) 648-3223

justfunfec@gmail.com

<http://www.justfunhamburgny.com/contact.html>

Closed Wednesdays – Open: Sunday – Tuesday 11:00 am – 8:00 pm; Thursday 11:00 am – 7:00 pm and Friday & Saturdays from 11:00 am – 9:00 pm

Niagara Climbing Center

1333 Strad Avenue

North Tonawanda, NY 14120

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

716.695.1248

info@niagaraclimbingcenter.com

Strong Museum of Play (in Rochester)

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

1 Manhattan Square Dr, Rochester, NY 14607

(585) 263-2700

The Strong® is a highly interactive museum devoted to the history and exploration of play. They also have Upstate New York's only year-round indoor butterfly garden.

PARKS, NATURE & FARMS

NY State Parks Access Pass

<http://nysparks.com/admission/access-pass/>

The Access Pass permits residents of New York State with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. The pass holder may have free or discounted use of facilities operated by these offices, for which there is normally a charge.

The application is available on the website and may take 2-4 weeks to process.

Glen Park

278 Glen Ave
Williamsville, New York 14221

Located near picturesque Glen Falls, Glen Park is jointly owned by the Village of Williamsville and the Town of Amherst. It was built in 1976 with funds obtained from a federal grant and includes many interconnecting ponds which are now home for many ducks. Popular activities in this walking park include taking wedding pictures, fishing and nature walks.

Olcott Beach Carousel Park

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

5979 Main Street Olcott, NY 14126
(716) 778-7066

On the south shore of Lake Ontario in N.Y. State, you'll discover the quaint Hamlet of Olcott Beach. In the shadow of Olcott's famous Lighthouse is a wonderful vintage amusement park. It features a 1928 style Hershell-Spillman two row carousel. Five vintage kiddie rides, and a wonderful 1931 Wurlitzer band organ.

Kelkenberg Farm

<http://kelkenbergfarm.com/>

9270 Wolcott Road Clarence Center, NY 14032
716.741.4862

Kelkenberg Farm of Clarence is a family operated business open for tours and group parties for all ages year round. We are a real livestock and horse farm that has been welcoming farm visitors for over 30 years. There is fun for everyone every season of the year. Pumpkin pickin' in the fall, sleigh rides in the winter, baby animals in the spring, and summer picnics. Come for your birthday, with your school, for pumpkins, or just for fun.

Becker Farms

<http://www.beckerfarms.com/#>

3724 Quaker Rd.
Gasport, NY 14067
Tel: 716-772-2211

Becker Farms and Vizcarra Vineyards is a 5th Generation family owned 340 acre working fruit and vegetable farm that sells most of their products directly to the public. They have a U-Pick where families can pick their own fruits and vegetables - Picking Times and Dates are subject to change due to weather and availability of fruit. Please call 716-772-2211 for the most up to date picking conditions.

Greg's U-Pick Farm

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

9270 Lapp Road

Clarence Center, NY 14032

(716) 741-4239

Easily located off Transit Rd. in Clarence Center.

A family owned farm featuring over 12 acres of u-pick strawberries, 8 acres of u-pick blueberries, 1/2 acre blackberries and 2 acres of red raspberries and more! Our fall harvest includes a u-pick pumpkin patch and a corn "maize" to benefit Roswell Park Cancer Institute. Unlike many u-pick fruit operations, we WELCOME and ENCOURAGE children of ALL ages to come and experience the fun of u-pick! Please note that they only accept cash or check.

Tifft Nature Preserve

<http://www.sciencebuff.org/tifft-nature-preserve/>

1200 Fuhrmann Boulevard

Buffalo, New York 14203

716.825.6397

Tifft Nature Preserve is a 264-acre nature refuge dedicated to conservation and environmental education. The Preserve was created in 1972 from land purchased by the City of Buffalo for a landfill site. Ponds were enlarged, and trees and wildflowers were planted. Conservation of Tifft's large cattail marsh helped attract a variety of animals. Animals from the entire region take advantage of its ponds, marshes and woodlands.

Charles E. Burchfield Nature & Art Center

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

2001 Union Road ·

West Seneca, NY 14224 ·

(716) 677-4843

For more than 40 years, Charles E. Burchfield lived and painted in Gardenville, an area located in the northern end of the town of West Seneca. This area is now home to our center, situated on 29 acres of nature trails and woods, wild and cultivated gardens, alongside the banks of the scenic Buffalo Creek.

Krull Park

<http://www.niagaracounty.com/parks/KrullPark.aspx>

6108 Lake Road Olcott, NY 14126

Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

Art Park

450 S 4th St, Lewiston, NY 14092

(716) 754-4375

<http://www.artpark.net>

<http://www.artpark.net/content/pages/family-saturdays-at-artpark>

Free Family Saturdays

Families flock to Artpark for hours of hands-on discovery and fun with weekly themed workshops and live performances! A variety of "Make and Take" workshops are available at each and every installment of Family Saturdays- no matter the theme. These Artpark classics include, The Paint Space, Costume Closet, Sand Box, Face Painting, and the Pottery Wheel.

TRAINS

Medina Railroad Museum

<http://railroadmuseum.net/>

530 West Avenue

Medina, NY 14103

(585)798-6106

Office@railroadmuseum.net

Museum is filled with railroad artifacts, has one of the biggest model-train layouts in the country, and features fun train excursions all year round. Some special events include Day Out With Thomas in May and Polar Express in December.

Arcade & Attica Railroad, Corp.

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

278 Main Street

Arcade, NY 14009

PHONE: 585-492-3100

The Arcade & Attica Railroad Corp features a historic station, exhibits and excursions on the last operating steam train in New York State. It is an authentic operating short line railroad and holds the distinction of being one of the last "common carriers" - running freight and passenger trains weekly.

Amtrak Station in Depew

http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station_Page&code=BUF

Station Building (with waiting room)

55 Dick Road

Depew, NY 14043

Good place to watch trains.

WEBSITES

Fun 4 Kids in Buffalo

<http://fun4kidsinbuffalo.com/>

Listing of many fun and free activities for kids in Buffalo.

Kids Out and About

<http://buffalo.kidsoutandabout.com/>

Listing of many fun activities and places for kids in Buffalo – including Top 20 places and parks.

SPLASH PADS

Krull Park

<http://www.niagaracounty.com/parks/KrullPark.aspx>

6108 Lake Road Olcott, NY 14126

Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

Buffalo Splash Pads

The splash pads are supposed to open on July 1st, but please call to see if your particular pad is open (716) 851-5553

https://www.ci.buffalo.ny.us/Home/City_Departments/Public_Works_Parks_Streets/ParksDepartment

Martin Luther King Park

Near the Buffalo Museum of Science

Roughly bounded by Northampton St., E. Parade Ave., Best St. and Kensington Expressway, Buffalo, New York

The new water basin features 300 fountains, with 15-foot-high water sprays, and can be animated and set to different patterns through a computer in City Hall. It will be a splash pad in the summer and a reflecting pool in the spring and fall.

The city has ten other splash pads – please check ahead to see if they are open

- Allison (Reese St next to pool)
- Cazenovia
- Centennial (foot of Porter next to pool in Lasalle park)
- Kensington (corner of Grider and Kensington next to pool)
- Lanigan (Fulton between Chicago & Louisiana)
- Schiller (Sprenger Ave. side)
- Lincoln (end of Quincy St.)
- Masten (Best St. next to JBW Stadium)
- Houghton Park
- Roosevelt Park

LIBRARIES

Many libraries offer special activities and story hours for free. Here is a link to The Buffalo & Erie County Public Library System
<http://www.buffalolib.org/>

Many of the libraries have access passes that you can check out and visit the Buffalo Museum of Science and Explore & More Children's Museum for free. Please check with your local library for availability and details.

SAFETY

Summer can be packed with fun activities but can also be a potentially dangerous time for children who wander – especially for those who cannot swim. Here are a few websites that give parents tips and tools to help develop safety plans and prevent wandering.

AWAARE <http://www.awaare.org>

The Autism Wandering Awareness Alerts Response and Education (AWAARE) Collaboration is a working group of six national non-profit autism organizations whose mission is to prevent autism-related wandering incidents and deaths.

National Autism Association – 12 Ways to Prevent and Respond to ASD Wandering

<http://www.autismconsortium.org/outbound.php?out=http://asdinfo.org/OPRRsS&title=12%20Ways%20to%20Prevent%2C%20and%20Respond%20to%20ASD%20Wandering>

Autism Speaks Autism Safety Project

<http://www.autismspeaks.org/family-services/autism-safety-project>

TRAVEL TIPS

BY AIRPLANE

Buffalo Niagara International Airport - Preview Program for Individuals with Autism or other Special Healthcare Needs

The Buffalo Niagara International Airport offers a special service called the Preview Program to help families of children with special needs prepare for an upcoming flight. Please make an appointment in advance of your trip. Through the preview program, the individual and caregiver are escorted through security, have the opportunity to see the waiting area and sometimes even sit on a plane. Having some familiarity with the security and airport process can help reduce anxiety for the child and make the travel experience more comfortable. For any questions or to **schedule a preview appointment**, please call: **(716) 630-6072**

Airports, Airplanes & Autism

Prepared by Florida's Center for Autism & Related Disabilities, this is a guide for parents, airport and airline personnel to meet the needs of individuals with Autism Spectrum Disorders.

http://www.umcard.org/files/CARD_AwarenessBrochures_Airport.pdf

Social Story about going on airplane – free downloadable, prepared by Carol Grey for Philadelphia International Airport

<http://www.phl.org/passengerinfo/Accessibility/Documents/SocialStories.pdf>

GENERAL TRAVEL TIPS.....PREPARE, PREPARE, PREPARE

Ten strategies for traveling with a child with Autism

http://www.autismspeaks.org/docs/family_services_docs/schlosser.pdf

Autism Speaks website with links about Traveling tips for individuals with autism and their families

<http://www.autismspeaks.org/family-services/community-connections/traveling-tips-individuals-autism-and-their-families>

Autistic Globetrotting (not our name) – Autism Travel Made Easy. In 2009, Margalit Francus established a nonprofit website, Autistic Globetrotting, to inspire and encourage families with autism to explore the world. By communicating with both the families with autism and travel communities, she aims to raise autism awareness and facilitate the implementation of much needed accommodations for special needs travelers. <http://www.autisticglobetrotting.com>

Six Tips for Traveling with a Child with Autism

<http://www.time.com/time/specials/packages/completelist/0,29569,1893554,00.html>

Autism Society Travel Tips

<http://www.autism-society.org/blog/archive/summer-travel-tips-for.html>

The Autism Society is committed to providing information that will help you live your best journey with autism. In celebration of the unofficial start of summer, we would like to share with you this helpful list of vacation tips. **And don't forget the sunscreen!**

Many thanks to the Indiana Resource Center for Autism and Dr. Cathy Pratt of the Autism Society Board of Directors for their work on these tips.

If you're traveling with an individual with autism this summer, check out the following tips from experts to make the trip more enjoyable for all.

- Plan in advance.
- Call ahead and inform the airline, hotel, resort or cruise line of the individual's situation, and inquire what special accommodations (for example, fridge inside room) are available.
- Prepare the individual before and during the trip on what to expect. Use pictures, the web or objects, as appropriate, to communicate.
- Don't hesitate to explain and share information about autism to others you may encounter, including flight attendants, hotel staff, employees at the amusements you visit and other vacationers.
- Bring familiar items that you think will make him or her more comfortable.
- Select vacation destinations with environments you believe the individual can handle.
- Book a cruise or resort vacation during "low season" so there will be fewer guests and the staff will have more time to devote to your needs.
- Travel by car if flying or other public transportation seems too difficult.
- Choose hotels/motels with kitchen suites or room service so you have the option to eat in your room.
- MP3 players with headphones, loaded with favorite music, can soothe individuals who are disturbed by noises. Personal DVD players can also help make a long trip more enjoyable.
- Adhere as closely as you can to aspects of the individual's normal routine.
- Whatever happens, stay calm and remember tomorrow you can always try again.

RAINY DAY IDEAS

Being prepared and planning ahead is always important to parents who have a child with autism. Sometimes there are things that are out of our control such as weather, sickness, etc.. Here are a few ideas to help plan ahead, even for the unplanned days.

Have a "just in case" bin or closet filled with items and things to do on these days:

- Visit party city or the dollar store and buy sale items and throw a theme party
- Indoor hop scotch with tape, make with numbers, letter, or whatever interests your child
<http://www.pinterest.com/pin/58617232622787584/>
- Sticky Spider Web <http://handsonaswegrow.com/halloween-activity-a-sticky-spider-web/>
- Marshmallow and toothpick building <http://www.pinterest.com/pin/81205599502979585/>
- Balloon Ping Pong <http://www.themombot.com/crafting/2011/08/18/link-love-last-minute-summer-ideas>

Outdoor Twister <http://littlebirdiesecrets.blogspot.com/2011/07/diy-outdoor-twister-game-tutorial.html>

Pinterest Ideas: please decide responsibly. You know your child(ren) better than anyone. You know what your child's abilities and challenges are.

Therapy Games

A first grade teacher/blogger organized some fun things for the kids to do the last week of school. She had her students do them as a race. You are welcome to do that, but I thought a few might be fun to do as therapy games without having to race at all. Trying to blow plastic cups off the table with a straw, cutting up a favorite cereal box to put together as a puzzle, fanning a tissue paper fish across the floor with a paper plate, or trying to pick up a cotton ball on your nose using a little bit of Vaseline or lotion are just a few ideas. Check out the link for more ideas: <http://tunstalltimes.blogspot.com/2012/05/our-last-day-in-pictures.html?m=1>

Alphabet Garden

Fill flower pots with dried beans or split peas, make or buy flower stickers to stick on top of popsicle sticks and write the letters of the alphabet or whatever fun/educational thing you want them to find when they pluck the flower out of the bean-potted plant:

<http://buggyandbuddy.com/learning-abcs-alphabet-flower-garden-activity/>

Block Puzzles

Draw out different shapes up can make with square blocks on cards and then have your child fit them in: <http://allourdays.com/2012/10/block-puzzles-busy-bag-printable.html>

Action Dice

Get a smaller square box (or a block) make each side a fun movement they have to do when it's their turn: <http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1>

Make pretend pizza

I know imaginative play doesn't always come easy, but if your kid likes arranging things and tactile things, you could play pizza shop. Use felt, paper bag/cardboard for the crust and make toppings out of felt or paper. Here's the site for a felt one: <http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1> Of course you could expand on this and do "top your own cupcake" or stack a sandwich. For those that can, you can have your child help make the toppings and base-food to build on.

Balloon Hockey Blow up balloons, make cardboard hockey stick: Done!

<http://www.tipjunkie.com/post/winter-olympic-activities-and-crafts-for-kids/>

LEARNING OUTDOORS (&IN) – Courtesy of Mid-State Early Childhood Direction Center

We love the following pages provided with permission from the Mid-State Early Childhood Direction Center. They have really great resources sheets and were kind enough to allow us to reprint this one.
<http://ecdc.syr.edu/>

LEARNING OUTDOORS (& IN)

What's Inside...

- ◆ Learning is fun!
- ◆ Rainy Days
- ◆ Summer Learning
- ◆ Safety Tips



Parents work hard all year, but especially in the summer. Not just for a paycheck but keeping their children entertained with fun activities. You might think that because an activity is fun, it is not educational. However, it is important to recognize the educational value of "summer fun." It is lighter later, summer is more relaxing and kids are playing all day outdoors and in. Summer is the perfect time for children to discover that learning is fun and can happen anywhere. Learning can take place whether you are taking a trip to a far-off place or spending the summer in your own neighborhood. Keeping the ideas creative, fun, and inexpensive is the challenge that all families face!

Play is the work, the occupation of childhood, and a cherished part of our early memories.

Finding a Balance

When the warm air and sunshine finally break through the clouds, kids and, sometimes, parents think the days should be non-stop fun. However, the reality is that most parents still work during the summer, so they have to take advantage of what time they do have off of work to make activities fun and educational. In addition, parents need their downtime too. So it is important to create a balance between structured and unstructured activities. That way, activities can also be child-directed and not always require adult instruction. Parents can set up toys and activities that children can access with parents supervising but not necessarily directing their play. Be creative!



How parents can help develop a child's attention span:

- Encourage children to read longer books.
- Encourage children to talk about things they have done.
- Limit the number of hours spent with TV, videos, and other spectator entertainment.
- Select toys, games, and activities which require mental challenges or just physical activity.
 - ☺ a puzzle
 - ☺ Lego blocks
 - ☺ hop scotch
 - ☺ jump rope
 - ☺ coloring books
 - ☺ blank paper and crayons

Even on a Rainy Day... Don't let a little rain keep your kids from enjoying their summer! Bring the outdoors indoors.....

- ✱ Bring outdoor games in: Play basketball with a soft foam or sponge ball using any type of basket for the "hoop." Have kids shoot from different parts of the room or in different ways.
- ✱ Make a sand-free sandbox: Use a large plastic bin or box and fill with oatmeal, rice, beans, etc. and stock with scoops, funnels, toy cars, toy people, etc. whatever interests your child.
- ✱ Up, Up and Away!: Blow up balloons and play keep them in the air or "volleyball." Take precautions for balloon pieces with young kids.
- ✱ Field trip: Take a trip to an indoor pool, ice or roller rink, bowling alley, or inflatable play space to expend some energy.
- ✱ Get wet anyway!: Suit up with boots, raincoats and warm socks and get outside! Splash in puddles, twirl your umbrella, "quack" like ducks and "ribbit" like frogs. Then come inside to a warm bath or cup of soup.

SOURCE: Holecko, www.About.com

Did you know what your child was learning when they.....???

Activity	Related Skills/Goals	Age Ranges
Ball Play		
Track rolling ball with eyes Rolling back and forth Throwing/catching balls of different sizes and hardness. Underhand & overhand throw, bouncing, two-hand catch	Visual tracking Cause & effect Social, joint attention Eye-hand coordination	4-8 months 1-2 years by around age 5
Kicking balls of different sizes and hardness. Encourage switching legs to kick.	Balance Coordination	Walks into ball—1-2years Swing leg to kick—2-3years
Hopscotch		
Bending over without falling Standing on one foot Hopping on one foot Jumping with two feet Drawing the hopscotch board	Balance Strength Coordination Motor Planning Pre-writing	2-3 years 2 1/2 - 3 1/2 years 3-4 years 2-3 years 5 years
Swing		
Push young children in baby swing Encourage preschoolers to push their legs out & pull them in Talk to them about dangers of walking in front/behind swing	Sensory stimulation Balance, strength & coordination	0-2 years 3-5 years
Walk/Run		
Walk around neighborhood/park in stroller or on own Run through water sprinkler Walk in bare feet on grass, sidewalk, driveway (be sure pavement is not too hot!) Jumping in puddles, off simple steps, over small objects Hike through nature park/zoo looking at birds, trees, animals Change walking style: marching, skipping, hopping, pretend to be airplane, bear, etc.	Develop leg muscles Coordination Sensory stimulation Motor control Language stimulation Imagination/pretend play	All ages 1-5 years 1-5 years 2-5 years 2-5 years 3-5 years
Blow Bubbles		
Tracking bubbles with eyes Popping bubbles with one finger Sound/word play— “pop, pop,” big/little, up/down, etc. Blowing bubbles	Visual Tracking Fine motor finger skills Language stimulation Oral motor	4-8 months 1 1/2 - 2 years 0-2 years 2-4 years
Art Play		
Sidewalk chalk Paint/marker/finger paint on easel “Paint” with water/mud on sidewalk/driveway Create a picture journal of summer activities either through drawings or photos	Pre-writing skills Sensory stimulation Imagination Creativity Expression of feelings	All ages can enjoy at their level of readiness/adult assistance

Activity	Related Skills/Goals	Age Ranges
Water Play		
Water sprinkler Sitting under the water spray Walking/running through water on the grass Jumping over the water spray Running under the water spray Pool/Lake/Ocean Walking through water Floating in the water (with assistance) Kicking legs/moving arms through the water Playing with balls and other floating toys Scooping and pouring water	Social Movement Balance Strength Sensory Stimulation Bilateral hand coordination	All ages can enjoy at their level of readiness/adult assistance
Sand Play		
Scooping and pouring sand with hands or cups/shovels Hiding toys under the sand Pushing cars and trucks through the sand Building sand castles	Bilateral hand coordination Memory/object permanence Sensory Stimulation Creativity	1-5 years 1-2 years 1-5 years 3-5 years
Dress Up		
Pulling up /down shorts Putting on/taking off shoes/sandals Comb hair Pretend play—zoo keeper/zoo animals, fireman, etc. Create stories	Dressing skills Self-care Social Creativity Speech/language stimulation	2-3 years 2-4 years 3-4 years 2-5 years 3-5 years



For that long car ride.....

- ☺ **Download audiobooks online** and play them on your iPod dock in the car.
- ☺ **Pack alphabet magnets** for your child to play with on a metal baking pan.
- ☺ **Start a scavenger hunt.** Have him look for a dog in a yard, a construction cone, and a baby in a stroller. On the highway? Look for a car with another kid in it, a yellow billboard, and a dirty truck.
- ☺ **Broaden the search.** See if he can spot things you can eat, wear as a hat, or use to decorate your living room.
- ☺ **Make up songs and stories about objects you pass.** "See that moving van? I think the people are moving to the North Pole!"
- ☺ **Count blue cars.** When he sees two, tell him to count clouds. When he finds three, switch to finding four green signs.

SOURCES

12 Rainy Day Activities by Catherine Holecko—http://familyfitness.about.com/od/waystoplay/tp/rainy_day_activities.htm
 Top Summer Safety Tips by Amanda Rock—<http://preschoolers.about.com/od/healthsafety/a/summersafety.htm>



Summer Safety Tips

Before you Head Out the Door:

Prepare for a Day in the Sun!

- ◆ Lather everyone up with sunscreen. Use at least SPF 30 designed to protect against UVA & UVB rays
- ◆ Pack a bag that includes:
 - extra sunscreen
 - hats
 - water/snacks
 - cell phone
- ◆ Wear appropriate light clothing for the activity & bring a change of clothes



SOURCE: Rock, www.About.com

In Your Yard

- ◆ If you have a pool, be sure to have a fence that locks. Talk to kids about water safety!
- ◆ Close and lock outside storage, such as sheds, storage bins, etc. where small children can hide and become trapped.

At the Beach or Pool

- ◆ Talk about water safety with your little one before you go—no running near the edge, no jumping in without you present.
- ◆ No child should be in the water without an adult on hand, even if they know how to swim or have a flotation device!

At the Playground

- ◆ Make sure equipment is age- and size-appropriate for your child
- ◆ Check out equipment for sharp edges, open ended hooks, etc.
- ◆ Check out the surface—usually rubber mat, wood chips, sand
- ◆ Touch everything—is it too hot for bare skin?
- ◆ Do the same with your swing set at home!
- ◆ Be close at hand in case your child has trouble with some of the equipment
- ◆ Bring plenty of water to drink

In the Car

- ◆ Never leave a child alone in the car! Even with windows open, the car can get very hot, very quickly!

Looking for more copies of this bulletin? You can find it on our ECDC website or contact us.

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Mid-State Early Childhood Direction Center

Center on Human Policy, Law, and
Disability Studies, School of Education
Syracuse University
805 S. Crouse Avenue
Syracuse, NY 13244-2280

Phone:

315-443-4444

1-800-962-5488

Fax: 315-443-4338

E-mail: ecdc@syrr.edu

<http://ecdc.syr.edu>

**WHILE WE TEACH OUR CHILDREN,
THEY TEACH US.**



30 Years
Caring for All Children

Workshops of Interest

The ECDC can provide information and workshops on a variety of topics tailored to the interests and needs of parents and early childhood professionals. Resources are available on such topics as general child development, developmental issues for children with special needs, coping strategies, and specific disabilities.

Workshops include:

- Including All Kids
- Making Parent Partnerships
- Early Childhood Development: The Meaning of Red Flags
- Positive Guidance and Behavior Strategies
- Moving On: Children and Families Facing Transition
- What Are Early Intervention and Preschool Special Education?
- What is an Individualized Education Program (IEP)?
- Getting Ready for Kindergarten

Who We Are

The Early Childhood Direction Center (ECDC) is a regional technical assistance center for the State Education Department providing information, referral and support to families, professionals, and community agencies concerned with young children birth to five. We are located at Syracuse University's Center on Human Policy.

**ECDC services to families are
free and confidential.**

ECDC Staff

Tracey Menapace, Director
Maria Gill, Education Coordinator
Glenda Criss-Forshey, Community Outreach Educator
Cyndy Colavita, Office Coordinator
Rachael Zubal-Ruggieri, Coordinator of Computer and Technical Applications