

**June 14, 2010**  
**SEPAC Membership Meeting**  
**7 pm**

This was the final meeting of the year and was a discussion of resources for parents, by parents. Below please find a list of the resources mentioned organized (somewhat) by category.

***Support Groups and Family Resources:***

CHADD (Children and Adults with ADHD)

Group meets 2<sup>nd</sup> Tuesday of the month (except summer months and December)

Goodnow Library, 21 Concord Rd., Sudbury, MA, 7-9 pm.

508-302-2425, [www.chadd.net/467](http://www.chadd.net/467) email: [metrowest@chadd.net](mailto:metrowest@chadd.net)

Family Voices (help w/MassHealth),

Family to Family

Beth Dewetski 800-331-0688 x 210

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

Think Kids (“Explosive Child” method)

151 Merrimack, MGH,

Boston

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

clinic, free parent support group open to public 2 meetings/month at Mass Gen

Riverside Community Care

Rhonna Miller (psychiatrist) 781 329-4579

Family Ties of Massachusetts

Mass Dept of Public Health

Bureau of Family & Community Health,

Division for Special Health Needs

617-624-5070

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

Publishes comprehensive directory of MA services organizations, organized by disability titled “Resources for Families of Children with Special Needs”

***Books:***

Thinking About You, Thinking About Me by Michele Garcia Winner

Social Behavior Mapping by Michele Garcia Winner

You Are A Social Detective by Michele Garcia Winner

The Incredible 5 Pt. Scale by Kari Dunn Buron and Mitzi Curtis

The Hidden Curriculum by Brenda Smith Myles

Hands On, How to Use Brain Gym by Isabel Cohen and Marcelle Goldsmith  
Writing Measurable IEP Goals by Barbara Bateman  
How Well Does Your IEP Measure Up? Diane Twachtman Cullen  
From Emotions to Advocacy by Pam and Pete Wright [www.wrightslaw.com](http://www.wrightslaw.com)  
How to Talk to Kids so Kids will Listen by Adele Faber and Elaine Mazlish  
Lost at School by Stuart Alon and Ross Greene  
The Best Kind of Difference by Shonda Schilling  
What to Do When Your Temper Flares by Dawn Heubner  
What to Do When You Grumble Too Much by Dawn Heubner  
Treating Explosive Kids by Jane Evans  
When My Worries Get Too Big by Kari Dunn Buron  
[Ten Things Every Child with Autism Wishes You Knew](#) by [Ellen Notbohm](#)  
[The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder, Revised Edition](#) by Carol Kranowitz and Lucy Jane Miller  
Famous Role Models by Norm Ledger  
Writing Measurable IEP Goals & Objectives by Barbara Bateman & Cynthia Herr  
How Well Does Your IEP Measure Up by Diane Twachtman-Cullen and Jennifer Twachtman-Reilly

***Therapist Recommendations:***

Kira Lieberman, (talk therapy for parent) Wellesley, 617-816-6562  
Leslie Lomot, (talk therapy for kids with Aspergers), Framingham, 508-405-2595

Child Psychiatrist Recommendations:

Children's Hospital Boston 617-355-6501  
Paul Dagaincourt, Westwood, 805 High Street  
Comprehensive Psychiatric Associates, Wellesley  
[www.wellpsych.com](http://www.wellpsych.com) tel. 781-239-3550

Pediatric Behavioral Health  
148 Worcester St, West Boylston, MA  
[www.pbhealth.org](http://www.pbhealth.org)

Consulting Collaborative Lexington  
<http://www.counselingcollaborative.com/about.html>

***Exercise and Recreation:***

Swimming:

Swim instructor – Justin Jackson, Suburban Athletic, Framingham  
Swim instructor – Paul, Boston Sports Club, Wellesley  
Adaptive Aquatics Needham Park and Rec, summer only (must communicate needs ahead of time for a good match)

Karate:

Needham Martial Arts

Gymnastics:

New England Sports Academy (NESAs) Westwood. [www.nesacademy.com](http://www.nesacademy.com)  
Spirited Fit Club, LA Fitness, Route 1 Walpole Mall, Walpole  
Certified Adult and Youth Trainer, ISSA, Marianne Arcieri,  
mariannearcieri@comcast.net

Horseback riding

Terri Snow (?), (ask Dale?)

Tennis:

Aceing Autism Tennis [www.aceingautism.org](http://www.aceingautism.org)

**Social Opportunities:**

Friendship Circle Project of Chabad Jewish Center,  
[www.friendshipcircleneckham.com](http://www.friendshipcircleneckham.com)

Youth Services Mentor Program, Needham  
Alexandra Kosciak at 781-455-7518 x266  
1471 Highland Ave – Town Hall 02492

Social Strategies Groups, Norwood  
Learning Solutions (formerly P.E.E.R.S. Consulting)  
Tracey Stoll, M.Ed, 774-571-7066

Social Games Group

EASE Program (Nov-April) through Needham Public School.

Music

Plugged In Teen Band Program in Needham

Camp

Charles River Creative Arts Camp, Dover

**Vacation ideas:**

Smuggler's Notch (adaptive ski lessons w/ 1:1 instructor/child ratio)  
[www.smuggs.com](http://www.smuggs.com). Camp aides during the summer available to attend summer  
camp.

**Websites:**

Michele Garcia Winner (social skills area) [www.socialskills.com](http://www.socialskills.com), sign up for free  
monthly newsletter

Jungle Memory, on-line memory course, \$50 for eight weeks, requires child and  
parent involvement every day for eight weeks