

On-Going SUPPORT GROUPS TRAININGS & ACTIVITIES



We encourage you to attend a support group at least once. You will be surprised at how much it will help you and how much you can help others. As there might not always be a support group available for a specific diagnosis, we try to provide a parent match upon request. To register to attend or for a copy of the current "What's Happening at Rainbow?" schedule of activities, please call **805 485-9643; 800 332-3679**;
E-mail: rainbow@tri-counties.org or go to our Website: www.rainbowconnectionfrc.weebly.com

ACTIVITIES

Social Time for Adults Receiving Services from TCRC (Bilingual) Santa Paula

Meets 2nd Sunday of the month.

Come, bring a friend or just come meet new people, for conversation, playing games or for refreshments and some fresh air.

Sib club Oxnard 6:30pm – 8pm

* For Siblings Only *

Meets 1st Friday of the month.

Games, Fun, Activities, for 5 – 14 years old siblings of children with developmental disabilities.



Teddy Bear Brigade

Thousand Oaks 1-3pm

Meets 3rd Saturday of the month, except for summer months. For children 3 -13 years old with special needs and their siblings. It includes stories, sensory themes, crafts and music planned each month. Visit www.bearsandcompany.com to register or call Rainbow. Parents meet separately for social and networking time.

Rainbow Moms Day Out - Oxnard (Spanish)

Typically meets 3rd week of the month.

Come and enjoy time with other mothers of children with special needs and have a relaxing time.

Teen CONNECTION

Meets 3rd Saturday of every month 1-3 pm in Thousand Oaks. For Teens with special needs, Siblings & Friends of same age (ages 13 - 19 yrs.). While the teens are interacting, parents meet on campus for their own connection with other parents!

Zumba with Great Company

2nd Tuesday of the month in Simi &

2nd Thursday of the month in Oxnard

5:30pm -6:30pm. *We'll be dancing to DVD's!*

Join other moms of children with special needs who want to get healthy and have great company. You!

AUTISM SUPPORT

NEW ** Beginning January 2012**

Autism Parent Support Group (English)

Meets 2nd Tuesday 7 - 8:30pm in Oxnard

Families meet to share the experiences they've had with their children with Autism as well as share and learn about resources.



Autismo Support Group (Spanish)

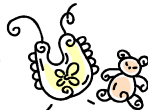
Meets 3rd Thursday of the month
7 - 8:30pm in Oxnard
Families meet to share their experiences, resources and information.

DOWN SYNDROME SUPPORT

Down Syndrome Support Group - Spanish

Oxnard 7pm – 8:30pm Meets last Thursday of the month. Families have open discussions on issues related to raising children with Down syndrome.

NICU SUPPORT



“MY BABY IS IN THE NICU NOW WHAT?”

(English & Spanish)

Meets 1st Monday of the month 10am – 11am in Oxnard. For families & parents of current & NICU grad's. Info and resources: Breast feeding info & tips; Car Seat info; Discharge planning; Strategies for NICU survival and more...

SUPPORT FOR ALL SPECIAL NEEDS

NBVC (Naval Base Ventura County) Special Parents Network

Location & time varies, please contact us. Parents Helping Parents Support Group for active and retired military families with children with special needs. For information and to RSVP please contact Rainbow or email us at nbvc_spn@yahoo.com



Daddy's Time Out

Meets 2nd Friday of the month 6 – 7:30pm in Oxnard. Giving dads, step-dad's, grandfathers, uncles or other important male figures of children with special needs an opportunity to de-stress, share their experiences, relate with other dads/male figures and learn about resources available out in the community.

“Aprendiendo Juntos” Support Group

(0 – 3 yrs) - Spanish

Meets 1st Wednesday of the month

5:30 – 7:30pm in Simi

Different topics are presented each time, followed by Pot-luck and social time. Volunteers help parents watch children.

“Familias Unidas” Support Group

(0 – 3 yrs) – Spanish

Meets 2nd Wednesday of the month

5:30 – 7:30pm in Santa Paula

Different topics are presented each time, followed by Pot-luck and social time. Volunteers help parents watch children.

“Caminando Juntos” Support Group

(0 – 3 yrs) - Spanish

Meets the third Wednesday of the month

5:30 – 7:30pm in North Oxnard

Different topics are presented each time, followed by Pot-luck and social time. Volunteers help parents watch children.

NEW DAY

South Oxnard Support Group

(0 – 3 yrs) – Spanish

Meets **4th Monday** of the month

5:30 – 7:30pm in South Oxnard

Different topics are presented each time, followed by Pot-luck and social time. Volunteers help parents watch children.



Santa Paula Support Group - Spanish

Meets 1st Monday of the month 5:30pm – 7:00pm.

Families meet to share the experiences and resources.

Special Families Support Group - Spanish

Meets 1st Friday of the month

6:30pm – 8pm in Oxnard

Families meet to share the experiences and resources.

Santa Paula Moms Connection – Bilingual

Meets 2nd Thursday of the month 9:30am – 11am.
Families of children with special needs meet to connect and share information.

Simi Parents Connection of Adult Children -Spanish

Meets 2nd Friday of the month 11:30am – 1pm.

Families of adult children with special needs meet to connect and share information.



Simi Special Families Support Group -Spanish

3rd Friday of the month 11:30 am – 1:00 pm

Families of school aged children (Under 18yrs) meet to share experiences and talk about raising children with special needs.

Santa Clara Support Group (Fillmore, Piru) -Spanish

Meets 3rd Monday of the month 10:30am – 12noon

Families meet to share the experiences they've had with their children with special needs and learn about resources.

Simi Special Parents Network - English

9:30 – 11am 3rd Tuesday of the month in Simi

Come and join us for a cup of coffee, learn about our resources and talk about issues related to raising children with special needs.

Special Parents Ventura County

Networking Group - Online

An online forum where parents of children with special needs can offer and receive support, referrals and information. This networking group provides families with a comfortable and convenient environment for exchanging ideas and resources on everything from medical visits to IEP's. Simply activate a free YAHOO user ID and Password account to log into this forum at

<http://groups.yahoo.com/group/SpecialParentsCounty>

Informational

All about Me

Create your child's (or adult served by TCRC) Personal Profile. This is a great way to share valuable information. Simply give a copy of the Personal Profile to the people who will be interacting and working with your child – the teacher, aides, therapists, etc. Give us a call and we'll help you put together your child's very own Personal Profile. Individual Appointments can be scheduled upon request. For persons receiving services from TCRC.

Health Care Notebooks

Do you have a hard time keeping track of your health care information? Create your own personal notebook with a Rainbow staff person and/or other parents; learn more about the transition process and get suggestions that might help with guidance from one of our staff and/or other parents. Individual Appointments can be scheduled upon request. For persons receiving services from TCRC.

What's Next After Early Start?

For Your Child with Special Needs

Will your child be turning 3 years old and transitioning out of the Early Start Program?

Changes can be confusing.

Let's make the transition a little easier.

Schedule an appointment today!

You will receive a free booklet that has been helpful to other parents. Individual Appointments can be scheduled upon request.

For persons receiving services by TCRC.

For more information or to REGISTER for any events please call:

Rainbow Connection Family Resource Center
rainbow@tri-counties.org

Oxnard Office: 2401 East Gonzales Road, #100
Monday through Friday Oxnard, CA 93036
9:00am to 5:00pm
(805) 485-9643 Main Phone
(800) 332-3679 Toll Free
(805) 485-9892 Spanish Line
(805) 278-9056 Fax



Simi Valley Office: 1900 Los Angeles Ave
Monday thru Thursday Simi Valley, CA 93065
9:00am to 1:00 pm (805)823-2325 Main Phone
and by appointment (805) 485-9892 Spanish Line

<http://rainbowconnectionfrc.weebly.com>

<http://www.facebook.com/RainbowConnectionFRC>





OTHER COMMUNITY SUPPORT GROUPS

The following support groups can be contacted directly.

ACTIVITIES

Brandon's Buddies: A free play date for children of all abilities. 1st Sat of the month in Calabasas. To RSVP call Dina Kaplan 818 222-8118 brandonsbuddies@pacbell.net

Happy Friends Club: Alternate Tuesdays 6:30 pm - 8:00 pm, Camarillo. Support group for adults & teens with mental/physical challenges. Speakers, games, arts & crafts, round table discussions, occasional community outings. Contact: Jean McGuire 805.816.2319 or email: bobbyjean2@mac.com

City of Oxnard Adaptive Program
A social and recreational opportunity for persons 16 yrs & older with special needs. Contact person: Claudia Valencia 805 385-8019.

Bilingual Drop-In Play Group
An inclusive Play Group ages 0 to 4 yrs. Meets monthly on Mondays 8:15am – 9:30am at The Nan Tolbert Nurturing Center in Ojai. For more information call 805-646-7559 or email info@birthresource.org

AUTISM SUPPORT

ASAP: Asperger's Support Group for Adolescents Plus! – English: A social support group for teens and young adults with Asperger's or High-Functioning Autism. For more information log on to www.vcasp.org

PAUSE4Kids Inc. – English: This support group is open to the public and there is no charge. If you plan to attend, please call or check the website to make sure there are no changes to the scheduling. For more info go to: <http://pause4kids.org/> Or leave a message at 805-497-9596.

PAUSE4Kids Inc.
Transitions: for parents of children & young adults ages 11-28 & young adults who have special needs ages 18 – 28 yrs. Meets 4th Tuesday of the month 7 pm in Thousand Oaks. For more info go to: <http://pause4kids.org/transitions.php>

Support Group for Parents of Kids with Autism
Meets on the last Monday of the month at 6:30
We provide child care. The address is 2697 Lavery Ct., Suite 17 Newbury Park. Contact Leila Silva at (805)480-9039 home or (805)341-3089 cell.

Ventura County Autism Society

Ventura County Autism Society promotes lifelong access and opportunity for all individuals within the autism spectrum and their families to be fully included members of the community. We achieve this through: Education, advocacy, the promotion of research, increasing public awareness, and collaboration with other agencies. For more information call Ventura County Autism Society at 805-496-1632 or www.vcas.info

DOWN SYNDROME SUPPORT

Down Syndrome Parent Support Group
Parents of children with Down Syndrome come together to discuss issues and activities of mutual interest. Every 2nd Monday of the month at 6:30pm. Call 805 650-6290 to RSVP.

Tulips & Triumphs Support Group
For parents of children with Down Syndrome. Monthly support group “meetings/ nights out”, dates vary each month. Please RSVP to Cheryl at 805-791-0254 or Landazuri98@hotmail.com for date/time and location.

FETAL ALCOHOL SPECTRUM SUPPORT

Fetal Alcohol Spectrum Disorder
Support group for parents and caregivers of children with FASD ages 5 – 12 years old. For more information call Joeli Gutfleisch 805 495-4887 or email joelig@verizon.net

SUPPORT FOR ALL SPECIAL NEEDS

A Break for Mom & Dad
Mom's Night Out T.O. English 3rd Tuesday of the month & Dad's Night Out T.O. English 4th Tuesday of the month. For contact information call Rainbow.

Special Parent's Café
An informal group of parents of children with special needs who meet to share information take a break and make new friends. For more info contact Sandi @ 805.552.1917 or at moorparknfl@sbcglobal.net or Kathy @ 805.915.8726 or at specialparentscafe@sbcglobal.net

Special Education Advocacy Parent Group -English
Meets 1st Wednesday of each month, 7 to 8:30pm in Westlake Village. To reserve, directions or more info, call Robin Elliott 805-208-7191 info@pause4kids.org

United Parents
Assists families of children with Mental, Emotional, and Behavioral Disorders. Office (805) 384-1555 or 24/7 line (805) 551-047.

