



Parent to Parent of SW MI promotes opportunities for children with disabilities and special needs to fully participate in society through the support and education of families and communities.



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Have Your Voice Heard!

The Kalamazoo Parent Network presents: **SPEAK UP!**
Advocate for Services for Children with Developmental Disabilities

Join other parents and speak with Pat Weighman (Director of the Children's Unit at Community Mental Health). She has promised to HEAR what parents have to say about services needed for their children.

Thursday, November 5th, 2009 6:00-8:00 p.m.

First Presbyterian Church

321 West South Street

Downtown Kalamazoo



Parking: Please park in the rear lot (off Lovell). Enter at the back red & glass door— you may need to ring the doorbell and speak into the speaker. As you enter the church the elevator is slightly to the right. Go to the upper level (UL). Once off the elevator, turn left. Childcare is at the end of the hall on the left. Turn right to find the parent meeting. Signs will help to direct you. **The door is kept locked— if you come late, please call 808-3548.**



**Childcare will be provided
(Please RSVP no later than Monday, November 2nd)**

Kalamazoo Community Mental Health & Substance Abuse Services currently offers the following services for Children with Mental Health Issues:

- Screening & Referral Services (Intake, school based, juvenile justice, and crisis intervention)
- Services for Young Children (Infant Mental Health, Early Childhood Mental Health Consultation)
- Services for Children, Youth & Families (Wraparound, Case Management & Supports Coordination, Parent and Youth-led Supports, Respite Care, Home Based, Community Living Supports, Summer Options)
- Outpatient Therapy and Counseling
- Psychiatric and Residential Care
- Assessment and Evaluation
- Individualized Health Services (Physical, Occupational, and Speech Therapy)



Make Halloween Fun and Safe

• **10 Things Parents Can Do to Make Halloween More Safe :**

- **CHOOSE** bright, flame-retardant costumes or add reflective tape to costumes and candy bags so children are easily seen in the dark. In addition, carry a glow stick or flashlight.
- **PLAN** a trick-or-treating route in familiar neighborhoods with well-lit streets. Avoid unfamiliar neighborhoods, streets that are isolated, or homes that are poorly lit inside or outside.
- **NEVER** send young children out alone. They should always be accompanied by a parent or another trusted adult. Older children should always travel in groups.
- **ALWAYS** walk younger children to the door to receive treats and don't let children enter a home unless you are with them.
- **BE SURE** children do not approach any vehicle, occupied or not, unless you are with them.
- **DISCUSS** basic pedestrian safety rules that children should use when walking to and from houses.
- **CONSIDER** organizing a home or community party as an alternative to "trick-or-treating."
- **MAKE** sure children know their home phone number and address in case you get separated. Teach children how to call 911 in an emergency.
- **TEACH** children to say "NO!" or "this is not my mother/father" in a loud voice if someone tries to get them to go somewhere, accept anything other than a treat, or leave with them. And teach them that they should make every effort to get away by kicking, screaming and resisting.
- **REMINDE** children to remain alert and report suspicious incidents to parents and/or law enforcement.

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De-Stress the Holiday By:

- Adjust attitudes and manage expectations
- Create rich and meaningful experiences
 - Preserve and protect routines
 - Eat healthy and consciously
- Monitor and limit TV & video games
- Use stress-reducing techniques



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Upcoming Events

Epilepsy Foundation of Michigan: Fall Events



- October 15– 1st Annual Toasting Hope Wine Event
- October 17-18: Family Weekend Retreat
- October 22: West MI Meet & Greet Open House
- November 7: Epilepsy Today Conference (Kalamazoo)

The All Kids Can! Social Networking Group

Wednesday, November 11 at 9am

Mother/Baby –Preschooler/Sibling Too Play Group
 Thursday, October 15: 6-7pm at St. Luke’s Church
 (247 W. Lovell)

Autism Society of Kalamazoo/B.C. General Meeting
 Tuesday, November 10: 6-8pm at Big Brothers/Big Sisters
 *Child care is provided

Parent Network Meetings:
 Thursday, November 5th 6-8p.m.
 Thursday, December 3rd 6-8p.m. at First Presbyterian
 *Child care is provided

Mother Baby Toddler Group:
 Thursday, November 19th, 6-7p.m. at St. Luke’s Church

Parent Resources

Newly Released Books:

Another Season : A Coach’s Story of Raising an Exceptional Son by Gene Stallings, Sally Cook

Play and Imagination in Children with Autism by Pamela J. Wolfberg

Superparenting for ADD : An Innovative Approach to Raising Your Distracted Child by Edward M. Hallowell, Peter S. Jensen, William Hughes

Why Can’t U Teach Me 2 Read : Three Students and a Mayor Put Our Schools to the Test by Beth Fertig

The Everything Parent’s Guide to Children with Special Needs : A reassuring, informative guide to your child’s well-being and happiness by Lynn Moore

Coming Soon:

Uniquely Yours : Encouragement for Parents of Children with Special Needs by Press Barnhill, Gena Barnhill

How the Gifted Brain Learns by David A. Sousa

Don’t Forget! Parent to Parent has a Lending Library!

Thank You! Your Support is Greatly Appreciated!

October is Volunteer Appreciation Month!
 Parent to Parent is thankful for the many parents and community members who have helped in the past two months with the Traveling Sensory Classroom. Your efforts are greatly appreciated!

Parent to Parent would also like to thank the following for continued support:

- Connections Council
- All eScrip Users



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We're on the web!

Www. P2pswmi.org

Or visit our  page and add us as a friend!



Help support Parent to Parent

by using your Harding's eScrip Community Card.

If you do not have a card, just visit your local Hardings, request a Harding's eScrip Community Card, and present it to the cashier every time you shop.

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Ashlee Brennan, Director of Development
and Community relations

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You may use the form below to send in a donation, request that your name be added or removed from our mailing list, or to send us your most current email address. You can also help to make a donation online through our website or our Facebook cause page. Thank you for your continued support!

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- Please add me to your mailing list
- Please remove me from your mailing list
- Parent/Family Member
- Professional
- I am enclosing a donation - Amount \$ _____

Please make checks payable to Parent to Parent of SW MI, 406 E. Michigan Ave., Kalamazoo, MI 49007