



FAMILY SUPPORT NETWORK Of Central Carolina

Serving families of children with special needs & those born prematurely in Alamance, Caswell, Guilford, Randolph, & Rockingham Counties

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Good News!

We are delighted to announce that our Smart Start funding has been restored! We are so grateful to the Guilford County Partnership for Children for their commitment to all children birth-5 in Guilford County. This organization supports many valuable programs in our area. We hope to restore many of our affected programs in the months ahead.

And, Not-So-Good News

Not every agency serving the disability community has shared our good fortune. Your voice is needed to prevent drastic funding cuts to Public Health Case Management. Case management services offered through programs such as Maternal Care Coordination (MCC), Child Service Coordination (CSC), Health Check, Early Intervention, and Maternal Outreach Worker (MOW) are all in jeopardy based on the NC Department of Health and Human Services' cut in Medicaid rates. Money spent on these services has been shown to result in improved health outcomes—and, therefore, re-

duced health care costs. MCC has also dramatically improved NC's infant mortality rates—once the highest in the nation. The health status of Medicaid participants, including at-risk pregnant women and children, will suffer if these cuts are not reconsidered. **Please contact your local Representatives and Governor Perdue's office to voice your concerns! For the Governor's office, call 919-733-4240. Find contact information for your local Representatives at fsncc.org; click on Newsletters & Coming Events.**

Urgent: Women's Hospital Visitation Policy

We want to make sure all of our readers are aware of the Moses Cone Health System visitation policy that was adopted this fall in an effort to minimize exposure to the

many flu strains for our patients. No children under the age of 18 are permitted to enter the hospital. This rule will be in effect until at least April 1. The public is also being urged not to visit hospitals if they don't feel well, or if they have had a fever in the past 24 hours. If you need to come to the Family Support Network office or the Education Center, please remember you can't bring your little ones in tow for the time being. We are sorry for any inconvenience this may cause.

Transition from Pediatric to Adult Health Care

An important training opportunity is coming up for teens & young adults with disabilities and their families. **Please see page 8 for information on this special event!**

HOLIDAY JAMBOREE

Saturday, December 12th

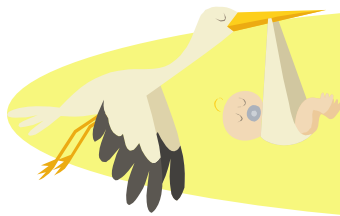
9:30 a.m.—Noon

Gateway Education Center

Music * Great food * Arts & crafts * Photos with Santa or winter scene * Fun for the whole family!!!

RSVP: 832-6507 or support@fsncc.org

For more info, visit www.fsncc.org



NICU Notes

News from the Nursery

A Sad Announcement

Family Support Network has lost a champion for our Elizabeth's Closet project. Paula Newland-Orel, co-owner of Two Men and a Truck and parent of a NICU graduate, passed away on Thursday, October 22nd, 2009. Three years ago, when Elizabeth's Closet was in desperate need of storage space, Paula graciously offered free warehouse space at her storage facility. Without this space, the program was in jeopardy of ending. Two Men and Truck will continue to provide this valuable space for us at no cost. Please keep Paula's family in your thoughts as they cope with her loss. For those of you who didn't have the pleasure of knowing Paula, she was warm, fun loving and generous to many agencies throughout the community. She will be dearly missed by many, including all of us at FSNCC.

Women's Hospital Visitation Policy

Please remember that children under the age of 18 are currently prohibited from entering Women's Hospital. Adults who feel ill or have had a fever within the past 24 hours should also refrain from visiting. Please see our front page for more information. Together we

can help protect babies in the NICU from exposure to dangerous viruses this season!

Holiday Cheer

If your family or a group you are involved with is interested doing a service project over the holidays to benefit a non-profit, we have a few needs at Family Support Network.

Please consider one of the following:

* Make a donation to Adopt a Frog, or adopt a whole family of "frogs" if you're doing a group project. Our Adopt a Frog campaign provides a wonderful and comforting developmental positioning aide for our babies in the NICU at Women's Hospital. Our frog supply is running low, so hop on over to www.fsncc.org and adopt a Holiday Frog! (Click on Donations & Grants, then scroll down for Adopt-a-Frog information.)

* Sponsor an Elizabeth's Closet drive. We can always use newborn size sleepers for winter, diapers, or bath products. These supplies are always in need. Email Nancy at nancym@fsncc.org, or call for more information.

* If your group is interested in sponsoring a NICU family in need for the holidays, contact us no later than November 30th for more details.

See our NICU Parent Council information (next page) for more ideas on spreading

cheer during the holidays. We really appreciate your help!!

Please Join Us for Holiday Jamboree!

If your baby is healthy enough to attend a group event, please consider joining us at our Annual Holiday Jamboree on December 12th. (See page 1 for details.) This is a great family event which offers music, games, snacks, arts & crafts, and a chance to visit with other NICU graduate families and Parent Council members. ***Make sure you have your pediatrician's permission to attend the event—especially due to this year's virulent flu strains.*** To RSVP, please give us a call at 832-6507 or send e-mail to support@fsncc.org. Let us know how many people will be in your party. Hope to see you there!

Protecting Your Baby from RSV

Did you know that RSV is the leading cause of infant hospitalization, affecting more than 125,000 babies each year? Prime season for this dangerous virus is October 1-April 1, and Premies are especially susceptible. These simple precautions can help protect your baby:

(Continued, page 3...)

* Wash your hands briskly before holding your baby, and be sure others do too.

* Wash baby's toys, play surfaces, clothing and bedding often.

* Don't share personal items (towels, washcloths, cups, pacifiers).

* Minimize baby's exposure to crowds whenever possible.

* Never let anyone smoke around your baby.

* Be sure everyone in your family gets a flu vaccine (brothers & sisters too). Please contact your pediatrician to learn how you can access flu shots this winter.

* If your baby qualifies for Synages injections to protect them against RSV, don't miss or delay your monthly appointment. If you have a question regarding the criteria for qualifying for or reimbursement of Synages, contact your pediatrician's office.

These tips will help your baby—and you - to stay healthy through RSV season, and all year long!

Source: American Academy of Pediatricians (www.aap.org)

NICU-PAC News

Our annual Thanksgiving Day NICU staff appreciation and current NICU family luncheon is just around the corner. This luncheon will be held on Thanksgiving Day and is definitely a favorite event for all involved. Donations of food and time will be greatly appreciated. Nancy Woodyard is chairing the event this year. If you can help by providing food and/or serving please contact Nancy at

nanconchr@aol.com or nicupac@triad.rr.com.

In December, we will show the staff they are appreciated by providing snacks. We ask that three trays be provided for three days. We generally ask for something sweet, something salty, and something crunchy, so if you have a favorite snack that you would like to bring, please contact Paula Bruno at nicupac@triad.rr.com.

Our next NICU Parent Council meeting will be held **January 28 at 7:00 PM in classroom #6.**

If you would like to join us as we plan our spring events, or if you would like to participate in our holiday celebrations, you can contact me, Paula Bruno, at nicupac@triad.rr.com or call me at 336-337-1240.

Thanks everyone!
Paula Bruno



Blood Drive Honors Baby Tessa

Many of our readers—especially families of NICU grads—understand how important it is to donate blood. Nancy & Anthony Woodyard's little girl, Tessa Nicole (pictured above), received more than 16 transfu-

sions during her 1st 3 months of life while in the NICU. These blood transfusions were critical in prolonging Tessa's life. To honor her, the Woodyards are hosting a blood drive with the American Red Cross and Bayada Nurses on **November 20th from 8:30am until 2:00pm.** The location of the drive will be 2303 Meadowview Drive, Kinston Bldg, Greensboro (1st floor - rear of building). If you would like to schedule an appointment, please send an e-mail to nancochr@aol.com You can also access an online scheduler at membersforlife.org/cbsr/schedule. Click on Search for Sponsor Code and enter 15458. We truly appreciate everyone who can make an important donation to honor Tessa!

Gently-used Helmets Needed

Has your baby outgrown a head-molding helmet? If so, please consider donating it to another family who needs one! Many insurance companies do not cover the cost of head-molding helmets, creating a hardship for many families. If you have a gently-used helmet to donate, please contact us at support@fsncc.org or 832-6507. Donations can also be made to Moses Cone Outpatient Rehabilitation Services. Please call Carrie at 271-4840, or make your donation at 1904 N. Church Street in Greensboro. THANK YOU!!



Parent-to-Parent support

New members always welcome!

For more information on any meeting, or to RSVP, please contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org.

AD/HD PARENT SUPPORT GROUP

Offered by FSNCC, UNCG'S AD/HD Clinic, Moses Cone Behavioral Health Services, and a team of dedicated parent coordinators. Join us for two informative sessions this winter:

Tuesday, November 17th: A discussion on parenting strategies with Dr. Arthur D. Anastopoulos of the AD/HD Clinic at UNCG. Learn new techniques for helping your child with daily chores, homework, etc. Ample time for Q&A.

Tuesday, January 26th: Social skills. The AD/HD Clinic staff will lead a discussion about helping your child to make new friends and navigate relationships with peers.

DADS' GROUP

A casual support group for fathers with children of any age, with any type of special needs. New members welcome! Full menu always available; dining optional. **PLEASE NOTE CHANGES TO MEETING LOCATIONS!!**

Monday, November 16th: REFS Sports Bar, 3404 Whitehurst Rd. GSO. Upstairs arcade/billiards area; tell hostess you are with Family Support Network. 7 pm
Thursday, December 10th: Holiday celebration, REFS Sports Bar, 3404 Whitehurst Rd. GSO. VIP Room. 7:00 p.m.

Monday, January 18th: Natty Greene's Brew Pub, 345 S. Elm Street, GSO. LOFT. 7:00 p.m.

DOWN SYNDROME NETWORK OF GREATER GREENSBORO

Take a break with the DSNGG's Moms' Nite Out—and join us for a special family celebration in December!

Sunday, November 15th: Women's Hospital, Education Center, Classroom #4. Create a free holiday craft to give to friend or keep for yourself. Dessert provided. 6:00 pm

Sunday, December 6th: Family Holiday Party at the Longs' House. Bring your whole family and an appetizer to share, and have some fun with other families of DSNGG. 3-5:00 pm

Sunday, January 17th: Barnes & Noble Café, Friendly Center. 7:00 p.m.

For more information on these meetings and the DSNGG, call 856-8968 or 644-6403.

MOMS' GROUP

Our informal support group for mothers of children with special needs welcomes new members. First Thursday of each month. Next meetings:

November 5th: Poblano's Mexican Restaurant, 5710 High Point Rd. GSO. 6:30 p.m.

December 3rd: Annual Holiday Dinner & Ornament Swap. The most fun meeting of the year! Please bring a side dish or dessert and a wrapped ornament to share. Home of Maureen Carrey, 2009 Creek-

moor Ct., GSO. 6:30 p.m.

January 7th: Home of Brooke Juneau, 702 Leewood Drive, GSO. 7:00 p.m.

SENSORY PROCESSING DISORDERS

We have been thrilled by the response to our new support group for families of children with sensory processing disorders! Please join us for these informative sessions:

Thursday, November 19th: SPD at Home. Learn how to help your child with issues related to feeding, sleeping, and other daily routines. Featuring the staff of Moses Cone Outpatient Rehabilitation.

Thursday, January 21st: SPD at School. IEPs, 504 plans, & other available school modifications and accommodations. With Carolyn McMath, GCS-EC Compliance Coordinator. Meetings are held from 6:30-8:30 p.m. at the Women's Hospital of Greensboro, Education Center, Rooms 5&6.

SIBSHOPS & GALS

Our support programs for siblings of children with special needs are in full swing! Sibshops (for brothers & sisters, grades 2-6) meets **November 13th and January 8th**. GALS (for sisters, grades 6 & up) meets **November 20th and January 15th**. Both groups meet from 6:30-8:30 at St. Paul the Apostle Catholic Church, 2715 Horse Pen Creek Road, GSO. **So that we may plan appropriately for dinner and supplies, please remember to register for each session your child will attend. Call 832-6507 or e-mail support@fsncc.org. (Continued, page 7)**

FOUR-COUNTY CALENDAR

alamance county

* **Alamance County Parents Needed!** A number of local agencies are seeking parents to help guide and monitor programs for young children and families in Alamance County. Your involvement will make a BIG difference!

More at Four Task Force: Parents of children who have just finished Kindergarten, or will soon be going to kindergarten. Meets monthly.

Ready Schools Task Force: Parents of children who have just finished Kindergarten, or will soon be going to Kindergarten. Meets every other month on the fourth Thursday.

Local Management Entity (LME) Human Rights Committee: Current/past consumers and/or family members who have received mental health, developmental disabilities and/or substance abuse services. Meets quarterly.

Consumer and Family Advisory Committee (CFAC): Current/past consumers and/or family members who have received mental health, developmental disabilities and/or substance abuse services. The voting body of this committee is appointed by the Alamance Caswell LME Area Board and serves in an advisory capacity to the Area Board, the governing unit of the LME. The CFAC meets every other month on the fourth Tuesday at 6:30 PM at the Human Services Center Building.

Child Fatality Prevention Team: Parents of a child that passed away before their first birthday. This Team reviews the deaths of all children in Alamance County including the Medical Examiner Reports, medical records, police records, court records, etc. Recommendations may be made regarding prevention, systems problems or gaps in services. Recommendations may be made at a local level or at the State level. Meets every other fourth Monday at 8:00 AM.

Faith Based Committee: Any parent or caregiver. Committee works to identify resources that are available in the faith community that may be helpful to families and children in Alamance County. One of the main projects of this committee has been to establish a website that identifies resources in an easily accessible manner. Meeting dates and times not yet set.

If you would like to get involved with any of these initiatives, please contact Claudia Kearney at 513-0063 or CKearney@alamancechildren.org.

* **Autism Society of NC, Alamance County Chapter:** Meetings on the 2nd Thursday of each month at Shiloh Presbyterian Church, Burlington, 6:30-8:00 pm. Childcare available. For information, respite care programs, parent coffees & other events, visit www.alamanceasnc.org, call 336-222-7026, or e-mail alamanceasnc@bellsouth.net.

* **Open Hearts, Open Homes:** Foster & Adoptive Association of Alamance County: Meetings on the 3rd Thursday of each month at 6:30 at Integrity Community Church, Burlington (in the Burlington Outlet Center). Call 584-2066 or e-mail lightfj1@aol.com.

rockingham county

* **AD/HD Parent Support Group:** Informative meetings for parents and professionals supporting children with AD/HD. Next meeting planned for Thursday, January 28th, 6:30-8:30 p.m. at Madison United Methodist Church in the Fellowship Hall. For details or to register, please contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org.

* **Special Moms' Support Group** for mothers of children of any age, with any type of special needs. Meetings held on the first Thursday night of each month from 7:00-8:30 p.m. at First Presbyterian Church, 582 Southwood Drive in Eden, NC. For info, contact Melinda at mom2boys@triad.rr.com or 589-5709.

randolph county

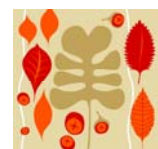
* A **lunch & learn on IEP development** will be held Friday, December 4th from 11 am-1:30 pm at Asheboro Friends Meeting, 230 E. Kivett Street. Learn how the IEP process can benefit your child, and how to craft one that works. Participants are invited to submit questions in advance. Registration required: contact Vickie at 336-629-9550 or vickiew336@embarqmail.com.

* **Autism Society of NC, Randolph County Chapter.** Meets the 3rd Thursday evening of each month at the Early Childhood Development Center (ECDC), 1738 N. Fayetteville St., Asheboro. Child care available with RSVP. Children meet in the ECDC gymnasium. An opportunity to meet lots of great families & discuss life with ASD. For more information & to register, contact Paul & Anita Peterson at 629-1533 or the4petersons@embarqmail.com.

* **Support groups** for grandparents raising grandchildren, youth with behavioral/emotional or mental health challenges & their families, and many other services are offered by the Randolph Family Support program. Contact Vickie: 336-629-9550 or vickiew336@embarqmail.com

caswell county

Interested in starting a support group in Caswell county? We can help! Contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org to learn more.





Please visit
www.fsnc.org
and click on

**Newsletters & Coming Events
for the latest information from
FSNCC and related service
providers throughout the area!**

** Please note: FSNCC does not endorse any specific agencies or organizations. Listings are provided for informational purposes only.*

GENTLY-USED HELMETS NEEDED

If your child has outgrown his or her head-molding or protective helmet, please consider donating it! Many insurance companies do not cover these important pieces of equipment, creating a hardship for many families who need one. Moses Cone Outpatient Rehabilitation collects helmets to distribute to children who need them. Please call Carrie at 271-4840, or make your donation at 1904 N. Church Street in Greensboro. THANK YOU!!

PARTNERS IN POLYMAKING ACCEPTING APPLICANTS FOR 2010 SESSION

People with disabilities and their family members may be eligible to participate in an internationally recognized leadership program that provides training in how to influence public policy and advocate for systems change. The Partners program covers a range of topics: the history of disability policy, inclusive education, supported and independent employment, and communicating effectively in meetings to interacting with policy leaders, legislators, and

the media. Eight two-day meetings are held on weekends in Raleigh during the program year. (FSNCC's Brooke Juneau is a PIP grad, and would be happy to answer questions about this unparalleled training opportunity!) **Applications are due by December 1st.** To learn more, visit ncpartnersinpolicymaking.com.

RESPITE CO-OP PROGRAM SEEKS PARTICIPANTS

The Arc of Greensboro invites families of children with special needs to join their Saturday respite program. Children aged 3-8, with or without CAP, can attend the program every other Saturday from 9 a.m.—12 p.m. at no cost to families. Participating parents are asked to work alongside Arc staff approximately 6 sessions per year. Sibling sessions are occasionally offered. There is a possibility that session times and ages served could be adjusted to meet the needs of a group of families. For more information, please contact Ginger Walton at 373-1076.

WINTER SPORTS FOR CHILDREN WITH SPECIAL NEEDS

* The Arc of Greensboro's **Challenger Sports League** will begin January 16th, 2010, offering basketball & bowling leagues for school-age children with special needs. For more information, please contact Lindsey Sanders at 235-3017 or lsanders@arcg.org.

* High Point Parks & Recreation's Special Populations Unit offers a wide range of sports & recreational activities for children and adults with special needs, including a bowling

league, cheerleading, dances, shopping & dining outings, and much more. For more information, call 883-3481, or find a link to the program schedule at our website: www.fsnc.org.

DEVELOPMENTAL DISABILITIES & MENTAL ILLNESS

The Arc of High Point and Greensboro AHEC will co-sponsor an event entitled "De-Hyphenating Disabilities: The Co-Occurrence of Developmental Disabilities and Mental Illness" on Tuesday, December 8th from 9:00 a.m.-4:30 p.m. in the Auditorium (Rooms 29/30/31) at Moses Cone AHEC, 1200 N. Elm Street in Greensboro. It is estimated that over 40% of adults with developmental disabilities also suffer from mood disorders, eating disorders, anxiety, or other mental health problems. This session will cover assessment and treatment strategies, obtaining accurate diagnoses, and much more. Discount available if you register by November 17th. For more information, visit www.gahec.org and click on Catalog/Registration, or call 832-8025.

21st ANNUAL LEO CROGHAM CONFERENCE

A renowned learning opportunity for parents and professionals. This year's sessions will include medical conditions & prematurity; approaches to working with children with autism; and much more. December 7th, Sheraton Imperial Hotel, Durham. For more information & to register, visit croghanconference.org. Parent scholarships available!

19th ANNUAL ASSISTIVE TECHNOLOGY EXPO

The Assistive Technology Expo is an exciting two-day event designed to increase awareness and provide current information on assistive technology. Conference offerings include an exhibit hall (on 12/03/09 only) featuring 30-40 vendors exhibiting the latest in assistive technology products and services, 40 concurrent sessions, a poster session and a Keynote address. December 3-4th, N. Raleigh Hilton. For more info, visit www.pat.org or call 919-872-2298.

AFTER-SCHOOL CARE FOR KIDS & TEENS WITH AUTISM

* The Autism Society of NC's Triad office is starting a new after-school program for chil-

dren aged 12-17 with ASD at their facility at 810 Warren Street in GSO. Services will be offered from 2:30-6:30 each day, and will offer small group sizes and individualized care. Participants must be on the waiting list for CAP-MR/DD. Program will not operate on teacher workdays, school breaks or holidays. For more information, contact Tom Anderson at 509-3595.

* Foundations 2 Transitions also offers after-school care for children of all ages with an autism spectrum disorder. Social skills groups, parent days/nights out, recreational events, and other services are also offered. To learn more, call 285-5197 or visit [www.FOUNDATIONS2TRANSITIONS.org](http://wwwFOUNDATIONS2TRANSITIONS.org)

* Lifespan and the YMCA of

Greensboro also offer a specialized after-school care program for children ages 5-12 with autism spectrum disorders who are currently on the waiting list for CAP services. The program is currently available at the Hayes-Taylor YMCA, and hopes to expand to additional locations in the future. Standard rates for the Y's after-school programs apply; DSS vouchers may be used. For more information, or to be added to the waiting list for the forthcoming programs, contact Brooke McPherson at 513-4250.

PARENTS NEEDED AT UNITED WAY FORUMS

Join one of United Way's open community meetings for a conversation about human services and quality of life in Greensboro. Your contribution in a small group discussion will help the UW chart directions and develop actions to make Greensboro a better place for all of us. Your voice is important to our future!

November 12th: Mt. Zion Baptist Church, Fellowship Hall, 1301 Alamance Church Rd., GSO

November 10th: Aycok Middle School, 811 Cypress Street, GSO

November 17th: Smith High School cafeteria, 2407 Holden Rd. GSO

All forums run from 6:30-8:00 p.m. Snacks are provided; no need to register. For more info, call 378-6600.

NEW E-MAIL FOR BROOKE

Please note a new address for Brooke Juneau, our CDSA Liaison. Brooke can now be reached at brooke@fsncc.org.

Parent-to-Parent support (Continued from page 3)

SOCIAL CLUB FOR GIRLS

Girls Club is especially for girls aged 9-14 with high-functioning autism, Asperger disorder, AD/HD, learning disabilities, or other conditions that can interfere with social learning. Please join us for a fun outing in November:

Saturday, November 14th: Pottery painting at The Mad Platter, 2921 Battleground Ave., GSO. Time TBA; contact Karen for details.

Families participating in Girls Club are asked to help coordinate approximately one outing per year. To learn more and get involved, please contact Karen Boggis at Kcboggis@aol.com.

TRIAD AREA HITCH-UP (Hearing Impaired Toddlers & Children Have Unlimited Potential)

A parent-run group supporting families of children with hearing loss, regardless of their chosen mode of communication. Meets on the last Tuesday of each month from 6:30-8:30 p.m. at Greensboro AHEC (Moses Cone Memorial Hospital), Rooms 31 & 33. Child care available; RSVP required. For more information, e-mail info@triadhitchup.com or visit www.triadhitchup.com.



2009 EDUCATION SUMMIT

The Guilford Education Alliance will present "Education Matters: What Schools Need to Be and How Do We Get There?" on Thursday, November 12th, 8:00 a.m.-Noon, Koury Convention Ctr., GSO. Keynote address from Dennis Bega, Sr. Education Advisor, U.S. Department of Education. For more information or to register, call 841-4332 or visit guilfordeducationalliance.org.

SPECIAL PROGRAM FOR THOSE CARING FOR ADULTS

The Caregiver Program for Senior Resources of Guilford is coordinating a free workshop for caregivers. "Caregiver Camp" is co-presented by The Adult Center for Enrichment and Emmanuel Senior Enrichment. It will offer helpful information and instruction on self care for individuals who find themselves in the role of caregiver for parents, relatives or friends.

The workshop is Wednesday, November 11, 2009 at First Baptist Church 100 W. Friendly Ave., Greensboro, 9:00 a.m.-2:00p.m. *Participants must register in advance prior to*

November 4, 2009. Space is limited. To register, contact Deborah Valiton-Carnish at The Adult Center for Enrichment at 274-3559 or e-mail dcarnish@ACEcare.org.

GUILFORD COUNTY SCHOOLS SEEKS PARENTS TO ADVOCATE FOR EXCEPTIONAL CHILDREN

Guilford County Schools Exceptional Children Services needs volunteers to become surrogate parents. Training will be held on **Wednesday, November 18th, 9:00-11:00 a.m.** in the training room at the GCS-EC Offices, 134 Franklin Blvd., GSO. A surrogate parent is assigned to a student when no parent can be identified, to aid in the development of the child's IEP/504 plan and other educational supports. The trained surrogate parent represents the child in all matters relating to the identification, evaluation and educational placement of the child and the provision of a free and appropriate public education. If you are not employed by Guilford County Schools or Guilford County DSS and have experience in education or would like to train for

this opportunity, please call the EC Department at 370-2319 Ext. 722112 or e-mail Stephanie Antkowiak, EC Parent Liaison: antkows@gcsnc.com.

SPEAK UP FOR DISABILITY SERVICES!

GET READY FOR 2010 at a legislative briefing by local legislators and staff from the NC Budget & Tax Center, NC Justice Center and United Way of North Carolina. They will discuss top issues in state public policy such as:

- * Impacts of current economic conditions on working families and the state budget

- * Updates on key public efforts that support low-income workers and their families, such as the EITC, child-care subsidies, children's health insurance and affordable housing

- * Discussion of implementation and use of federal economic recovery funds

Tuesday, December 8th, 8:30-11:30 a.m. Girl Scouts Tarheel Triad Council, 8818 W. Market St., Colfax. Hosted by the United Way of Greater Greensboro. For more info, call 919-834-5200.

Transitioning from

Pediatric to **Adult**

HEALTH CARE



Attention teens and young adults with disabilities! This workshop's for you. Youth participants will receive training on health insurance, self-advocacy, and creating a medical summary. Families will learn about the doctor's role, creating a transition plan, & much more. Presented by the Carolina Health & Transition Project, the Family-to-Family Health Information Center, the NC Dept. Of Health, the Alliance of Disability Advocates, & the Youth Advocacy & Involvement Office. **Thursday, January 28th, 6:30-8:30 p.m. GTCC Jamestown Campus, Medlin Campus Center, Rooms 41 & 45.** To register, contact Brooke at 334-5601 Ext. 217 or brooke@fsncc.org OR Wendy at 1-800-962-6817 Ext. 35. Co-sponsored by the Arc of High Point.