

Kids Crossing Newsletter



November 25, 2011

Kids Crossing, 1440 E. Fountain Blvd., Colorado Springs, CO 80910

'Tis the Season, by Scott L. Sabin

Scott wrote this article in 2003 when he was working in the Kids Crossing Family Preservation Program. So much has changed since then, but the needs of our kids have remained the same...

We are all fast approaching the season of festive frolic. Before we know it, the hustling and bustling of the holidays will commence. Activities and parties and shopping and functions and shopping and preparing meals and shopping will overwhelm us if we are not careful. And just when we have made sure we thought of getting everything ready for the holiday season, there is one thing that if gone unnoticed, will make all our efforts go for naught. This one thing is the one thing that we are all about. Yes, 'tis the season for our kids. So often we think that we have so much to do for our kids we care for, that it is probably easier to do things ourselves. In so doing, we leave our kids out of the process, and "Grinch" them out of the gift of belonging to something bigger than themselves – our family. This holiday season, we can do our best to comfort our kids in care by considering five basic tips to do less for our kids and do more with them.

FAMILY – Regardless of our kids' family situation, the concept of family during the holidays is one of the most important aspects of the season. Memories, both pleasant and unpleasant, arise for our kids during the holiday season. Sitting down, talking with, and listening to our kids about their memories of the holidays, is important during this time of year. Find out what traditions and cultural aspects that they could add to your holiday season. Any appropriate contact with extended family members during this time of year adds to a child's connectedness with family ties.

FRIENDS – Including friends of our kids in the holiday festivities always adds an atmosphere of inclusion and respect to the holiday season. Find special events, such as dessert after the main holiday meal, a game night, or other activity that kids can include their friends in, without compromising special family traditions.

FOOD – Food is an essential ingredient to family traditions during the holiday season. Take time to listen to

our kids about their favorite foods of the holiday season. If you are *really* brave, allow them to participate in preparing parts of the meal if they so choose. Providing and participating in the holiday food can only add to the sense of belonging to their biological family while contributing to their care family traditions.

FUN – Every kid, big and small, has to have some kind of fun during the holiday season. Find out what kind of fun our kids had during their previous holiday seasons, and consider including it in your season this year. It could be as simple as playing cards or playing a board game as a family, or going to a movie or something active. Make sure our kids participate in the fun traditions of your family as well.

FEELINGS – Last, but definitely not least, are the variety of feelings our kids experience during the holiday season. The emotions experienced by our kids in care can range from sheer joy to utter hopelessness and abandonment. Keeping our kids involved with family, friends, food, and fun can ease the sting of emotions that the holiday season can bring. When all else fails, an attitude of understanding and tolerance will validate those feelings for our kids. A child may tend to be very withdrawn during the holiday season. Being persistent in giving our kids numerous opportunities for a variety of activities to be included in, will give the child at least the opportunity to express their feelings they are experiencing during the holiday season.

By considering these five simple aspects of the holiday activities, we can keep the kid in all of us moving more smoothly through the holiday season. Who knows? By adding one more kid to your holiday season, you may have just enriched and changed your holiday traditions forever.

HAPPY HOLIDAYS!!!!!!

Foster Families Christmas Party

Dates:

- Colo. Springs - Dec. 5th.
- Pueblo - Dec. 9th.
- Denver - Dec. 12th.
- Please contact your home supervisor for questions, more information and to RSVP.

Pueblo Foster Parents Support Group Meeting

- Dec. 6th from 9:30 to 11:30 a.m.
- Please bring a snack to share.
- No meeting in January.

Pueblo - Associates for Psychotherapy

- 924 Indiana Avenue.
- Reservations: 564-9039.
- Fee: \$10. Time: 6pm.
- Dec 6: How to Have the Marriage You Want.
- Dec 13: Parental Alienation in Divorce.

Pueblo - Cultural Competency Training

- Pueblo County DSS, Room 410/415.
- January 11th, 5:30pm to 7pm.
- Instructor: Josette Jaramillo, DSS Caseworker.
- Foster parents will receive 2 hours of training credit for attending.
- Contact Pat Cosyleon with questions at 719-583-6909 or Dorothy Aragon at 583-6884.
- Must register by January 9 with Dorothy Aragon at 583-6884.

Pueblo - CORE

- Wed. Feb. 22nd, 6 to 10pm.
- Sat. Feb. 25th, 9am to 5pm.
- Please attend both days of class for full credit.
- Location: Kids Crossing, 414 Broadway, Pueblo.
- Trainer: David Atencio.
- Contact: 719-660-0926.
- Must RSVP: 719-545-3882.

Colo. Springs Open House

Tues. Dec. 6th, 5:30 to 6:30pm.
1440 E. Fountain Blvd. Open House is for anyone interested in learning more about foster care and Kids Crossing. Please RSVP to Melissa at 667-7044 or mparkowski@kidscrossing.com

Colo. Springs Foster Parents Support Group Meetings

- Child care will be provided for those who RSVP.
- KC will provide beverages. Please bring a snack to share.
- 1.Training Group:**
 - No meeting in November.
 - Topic in December: “The Culture of Poverty/Cultural Awareness”, presented by David Atencio and Catania Jones.
 - 2nd Friday, Dec. 9 ~ 10 to noon.
 - RSVP to Catania 660-4173 or catania.jones@youthventures.net
- 2.Discussion Support Group:**
 - Next meeting: Dec. 23rd, 10-11am, RSVP to Melissa.
- 3.Mentoring Group:**
 - This group is for foster parents who have been licensed at least 3

years and are interested in mentoring new foster parents.

- 1st Thurs. ~ Every Other Month
- Jan. 5th ~ 10 to 11am.
- RSVP to Melissa 667-7044 or mparkowski@kidscrossing.com.

Colo. Springs - CPR/ First Aid Training

- Sat. Dec. 10 - 9am to 1pm.
- Wed. Dec. 14 - 6 to 10pm.
- First Aid is covered first, and CPR starts at 8pm on Wednesdays and at 11am on Saturdays.
- \$45 per person for all classes.
- Sign up with Jackie at 667-7050 or jporter@kidscrossing.com.

Denver Foster Parents Support Group Meeting

- The Christmas party on Monday Dec. 12 at 5pm will count as the December support group meeting.
- RSVP to Amy 303-861-8915.

Denver - CORE

- FREE training for Kids Crossing’s families.
 - Wed. Dec. 7th, 5:30 to 8:30pm.
 - Sat. Dec. 10th, 8:30am to 4:30pm.
 - Please attend both days of class for full credit.
 - Trainer: David Atencio.
 - Contact: 719-660-0926.
 - RSVP: 719-331-1214 or aharder@kidscrossing.com.
 - Location: Kids Crossing Office at 14901 E. Hampden Ave., Ste. 205, Aurora.
 - Please bring your snacks or dinner with you.
 - Unfortunately, no daycare is provided for this training.
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Thank you for all you do:



Kudos for Our Every Day Heroes!

WELCOME ABOARD! We want to welcome Shannon and Will -- new foster parents in Pueblo.

Foster father, Francis, did an awesome job of responding to a crisis situation this past month.

Tyler and Brayden got jobs this past week! Way to go, guys!!!

Keep doing what you do so well!

Ugly Christmas Sweaters 5K Run and 1-Mile Walk



A family friendly fun run and walk benefiting the Cerebral Palsy Association of Colorado Springs.

**Saturday, December 3rd at 11:30am
at Monument Valley Park, Colorado Springs, CO
Price: \$20 for run, \$10 for walk
(Race day entries are \$25 for run - \$15 for walk)
Phone: (719) 636-0808**




It's time to get those "Ugly Christmas Sweaters" out of the closet!

Join Cerebral Palsy Association and wear your Ugly Christmas Sweater for the 5km fun run or 1 mile walk. All participants are eligible for special awards given to those wearing exceptionally ugly sweaters.

For registration information, FAQ's and advice, go to: <http://jtp.com/uglysweaterrun/>

Cerebral Palsy Association of Colorado Springs
1322 North Academy Blvd., Suite 115
Colorado Springs, CO 80909
(719) 638-0808
www.cpappr.org

Find more exciting holiday events in your area!

-  **The Gazette's Colorado Springs Christmas Events:**
<http://events.gazette.com/colorado-springs-co/events/christmas+events+colorado+springs>
 -  **The Greater Pueblo Chamber Christmas events:**
<http://www.pueblochamber.org/all/events?page=7>
 -  **Denver Mile High Holidays:**
http://www.denver.org/milehighholidays/holiday-events?gclid=CL7e2v_ZyqwCFTABQAodhhGWxw
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The following 2 pages of information can be found at the **Parent to Parent of Colorado** website at p2p-co.org:

#1 in Where Do I Start? Series



WHERE DO I START?

GENERAL RESOURCES

for Parents of Children with Disabilities or Special Health Care Needs

Between the alphabet soup of disability labels, laws and regulations—IEP, ADA, IDEA, ASD, CP—and the different agencies that serve families with sons and daughters with disabilities—P2P, PEAK, PEP, CDE, Arc, CCB—well, it can get a little confusing! *Here is a quick guide to some major resources and what they provide.*

<p>P2P: Parent to Parent of Colorado</p> <ul style="list-style-type: none"> • One to one parent matching, information and referral • Listserv linking parents throughout the state • Website with disability specific resources, parent support groups and more • The WHERE DO I START? Series, available for downloading at p2p-co.org 	<p>1-877-472-7201 p2p-co.org</p>
<p>The Arcs in Colorado</p> <ul style="list-style-type: none"> • If you are looking for an advocate, start with your local Arc • The Arc of Colorado has a list of statewide Arcs on their website 	<p>1-800-333-7690 thearcofco.org</p>
<p>Assistive Technology Partners</p> <ul style="list-style-type: none"> • Device exchange program, database of potential AT funding resources • Make and Take directions on various low-cost AT adaptations and devices • Community based demonstrations, annual conference 	<p>1-800-255-3477 assistivetechpartners.org</p>
<p>CCDC: Colorado Cross-Disability Coalition</p> <ul style="list-style-type: none"> • Information and assistance on disability rights issues for youth and adults • Advances legislation and public policy impacting the disability community 	<p>303-839-1775 ccdconline.org</p>
<p>CDE: Colorado Dept of Education - Exceptional Student Leadership Unit</p> <ul style="list-style-type: none"> • Website resources on special education law, school/district programs, etc. • FAST FACTS on a variety of topics • Information on educational specialists, parent-professional partnerships 	<p>303-866-6694 www.cde.state.co.us/index_special.htm</p>
<p>Citizens for Patient Safety</p> <ul style="list-style-type: none"> • Patient safety information and referral • Advocacy training for those who have family members in the hospital • Support for families/individuals dealing with legal issues in the medical system 	<p>303-226-5526 citizensforpatientsafety.org</p>
<p>CPRC: Denver Metro Community Parent Resource Center</p> <ul style="list-style-type: none"> • Offers mentoring, training and workshops for parents to become advocates for their children • Outreach to underserved groups 	<p>303-365-2772 denvermetroprc.org</p>
<p>DDD: Division for Developmental Disabilities / CCBs: Community Centered Boards</p> <ul style="list-style-type: none"> • Provides various services to individuals with developmental disabilities • Administers children and family programs, adult programs • Information on CCBs (designated as the single entry point into long-term service and support for persons with developmental disabilities) 	<p>303-866-7450 www.cdhs.state.co.us/ddd</p>
<p>Easter Seals Colorado</p> <ul style="list-style-type: none"> • Respite, weekend programs and summer camp • Warm water therapy and aquatic programs • Employment services/support, transition trainings, transportation assessments 	<p>303-233-1666 x237 eastersealscolorado.org</p>

<p>El Colorado: Early Intervention Colorado (formerly ECC)</p> <ul style="list-style-type: none"> Connects families with early intervention services to help infants and toddlers under age three grow and develop, and to help their families in this process 	<p>1-888-777-4041 eicolorado.org</p>
<p>El Grupo VIDA</p> <ul style="list-style-type: none"> Information, referrals and support groups for Spanish speaking parents Free annual fall conference in Denver 	<p>303-904-6073 elgrupovida.org</p>
<p>EMPOWER Colorado</p> <ul style="list-style-type: none"> Support, education, advocacy for families of children/youth with mental health issues Support groups throughout the state; statewide listserv connecting families 	<p>1-866-213-4631 empowercolorado.com</p>
<p>Family Voices</p> <ul style="list-style-type: none"> Advocacy for children with special health care needs Assists families in navigating health systems including Medicaid, Medicaid waivers and private insurance 	<p>1-800-881-8272 familyvoicesco.org</p>
<p>Guardianship Alliance of Colorado</p> <ul style="list-style-type: none"> Information and referral on guardianship, including a volunteer guardianship matching program Training for those seeking to become a guardian for an adult family member 	<p>303-228-5382 guardianshipallianceofcolorado.org</p>
<p>HCP: Health Care Program for Children with Special Needs</p> <ul style="list-style-type: none"> Regional offices throughout Colorado with information and referral to services and supports including screening, clinics, financial assistance Coordinated services and supports for children w/ special health care needs 	<p>303-692-2370 hccolorado.org</p>
<p>PEAK: Colorado's Parent Training and Information Center</p> <ul style="list-style-type: none"> Statewide parent advisors who provide information about the special education process and parent's rights Trainings on a variety of topics including Understanding IEPs Inclusion resources and annual conference for parents and school personnel 	<p>1-800-284-0251 peakparent.org</p>
<p>PEP: Parents Encouraging Parents</p> <ul style="list-style-type: none"> Free conference including lodging and meals, held twice per year at various statewide locations (apply early as waiting lists occur frequently) Brings together parents and professionals for education on supporting your child in school and community 	<p>303-866-6846 cde.state.co.us/cdesped/PEP.asp</p>
<p>The Legal Center for People with Disabilities & Older People</p> <ul style="list-style-type: none"> Advice on the legal rights of people with disabilities Publishes <u>Everyday Guide to Special Education Law</u> 	<p>1-800-288-1376 thelegalcenter.org</p>



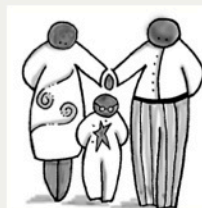
So where do you start, who do you call?

Still confused? First of all, don't give up. Let Parent to Parent help you get pointed in the right direction. Give us a call. We are all in this together.

The WHERE DO I START? Series includes:

- #1 General Resources
- #2 Disability Specific Resources
- #3 The Three P's: P2P, PEAK, PEP

Available for downloading at p2p-co.org



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