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# Parent Resource List- Enrichment/Community Resources & Referral Services

## Table of Contents:

Therapeutic Horseback Riding 2

Gym Classes 3

Swimming Lessons 6

Websites & Community Resources 8

Miscellaneous 11

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# Therapeutic Horseback Riding

**Sullivan Canyon Preservation Association**

Sullivan Canyon Preservation Association, 1640 Old Oak Rd., Los Angeles, CA 90049
T: 310.454.5905
F: 310.388.1640
Email: info@access-scpa.org
Website: http://www.access-scpa.org/location.html

**Ahead With Horses (AWH)**

9311 Del Arroyo Dr., Sun Valley, CA 91352
T: 818.767.6373
F: 818.767.6231
Email: awh@aheadwithhorses.org
Website: http://www.aheadwithhorses.org/
Hours of Operation: Tuesday – Friday, 10 AM to 6 PM, Saturday 9 AM – 3 PM

The mission of AWH is to maximize the potential of disabled, disadvantaged, special-needs children providing developmental therapy, education and recreation through horses and related experiences, with measurable improvement physically, mentally, socially and/or emotionally resulting in increased self-sufficiency and the ability to lead better and more independent and productive lives.

**Freedom Riders Therapy**
**A Therapeutic Equestrian Experience**

Contact: Anne Zolla
1617 Old Oak Road, Los Angeles, CA 90049
T: 310.994.5449
T: 310.309.0032
Email: freedomriders@mac.com

Freedom Riders is a therapeutic equestrian program for children and adults of all ages. Their program encompasses traditional riding, hippotherapy, gymkhana (games on horseback), train riding, and ranch skills. The program is adapted to individual needs and having fun is a priority.

**Ride On**
**Therapeutic Horsemanship**
**[Two Locations: Chatsworth and Newbury Park]**

Contact/Onsite Manager: Pat UpdeGraff
Ride On In Chatsworth, 10860 Topanga Canyon Blvd., Chatsworth, CA 91311
T: 818.700.2971 (Chatsworth location)
F: 818.700.7803 (Chatsworth location)

Email: info@rideon.org (Chatsworth location)
Ride On in Newbury Park, 401 Ronel Court, Newbury Park, CA 91320
T: 805.375.9078 (Newbury Park location)
F: 805.375.8640 (Newbury Park location)
Email: Sara@rideon.org (Newbury Park location)
Email: Pat@rideon.org (Both locations)
Website: www.rideon.org

Ride On is dedicated to enhancing the quality of life of children and adults with disabilities through a unique combination of equine related therapy, recreation and fun. Therapeutic riding is a unique combination of therapy, recreation, sport, and education. Specially trained instructors use t heir knowledge of disabilities to teach horsemanship skills to riders with varying ability levels. A typical lesson involve safety on and around horses, warm up exercises, riding skills including equitation and obstacle. All riders ear a ASTM-SEI approved helmet and use stand English or western tack specially adapted to their needs. Ride On offers Hippotherapy, which emphasizes therapy and always involves a licensed physical, speech or occupational therapist. This unique therapy requires a doctor's prescription and helps to improve the balance, postural control, sensory integration, mobility, communication, strength and behavior for patients of all ages and disabilities. They offer equine assisted psychotherapy, which involves a licensed mental health professional. They also offer Therapeutic Riding, which emphasizes recreation, riding skills and fun on horseback. There are 10 certified instructors, 6 therapists, and dozens of volunteers using over 20 horses carefully trained and well suited to the task of teaching the disabled. Ride On is a Premier Accredited Riding Center of the North American Riding for the Handicapped Association (NARHA). They are a 501 (c) (3) Non-Profit Corporation serving the mentally and physically disabled.

## Gym Classes

**Kidz N' Motion**
**Children Enrichment Center**

Contact: Lupe Ibarra-Smith
1814 14th Street, Santa Monica, CA 90404
Email: kidzmotion@gmail.com
T: 310.739.1466
Website: www.kidzmotion.net

Opportunities include music, movement, dance classes! Kidz N' Motion is a non-competitive studio and provides opportunities for: classes for children with special needs, bilingual classes, Mommy & Me, and more!

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**Leaps…n…Boundz**

Contact: Joclynn Benjamin
5433 Beethoven street Los Angeles, CA 90066
T: 310.821.0963
Email: info@leapsnboundz.com

Leaps…n…Boundz is an adaptive sports and recreation program for children with special needs of all ages. They offer programs in gymnastics, swimming, and ball skills both one-on-one and in small groups. They also provide social skills groups and day camps. They build body strength and awareness as well as lasting relationships. They create opportunities for the family as well, such as organized leisure activities and weekend trips to provide opportunities for families to try rafting, surfing, camping, sporting events, and other fun activities with ease. The staff comes from a variety of backgrounds including biology, child development, occupational therapy, recreation therapy, kinesiology, and education. Each staff member takes his/her background to design a well-rounded curriculum to enhance your child's experience and create a safe space for exploration. They are conveniently located in several locations in and around the Los Angeles area.

**Josephson Academy of Gymnastics (JAG)**

8640 Hayden Place, Culver City, CA 90232
T: 310.287.9886
Email: office@jaggym.com
Website: jaggym.com

The mission of the Josephson Academy of Gymnastics is to help families develop happy, healthy, smart and good children in a positive, safe and fun environment. JAG offers artistic gymnastics, rhythmic gymnastics, tumbling, dance and fitness — all in the context of "Character Counts!", the nation's most successful character development program. In addition to their classes, they offer some of the parties and camps in Los Angeles! They are family friendly and offer classes for multiple age groups that can be run simultaneously. They have a 24,000-foot facility with state-of-the-art equipment and a parent friendly environment with valet parking and complimentary internet access.

**Gymboree**
**Play & Music**

Westside Pavilion, 10800 W. Pico Blvd., #207, Los Angeles, CA 90064
T: 310.470.7780
Email: wspca@gymboreeclasses.com
Website: http://www.gymboreeclasses.com

*Visit website to find other Gymboree locations and contact information. There are over 15 locations in Southern California, ranging from Upland, CA to Santa Ana, CA, to Camarillo Ca.

Gymboree offers a variety of classes, including music, art, sports, and school skills, for children ages 0-5. Gymboree Play & Music fosters creativity and confidence in children ages 0-5. Designed

by experts, their age-appropriate activities help develop the cognitive, physical and social skills of children as they play. Their programs are also recognized for their unique approach to parent involvement—which encourages participation in and understanding of each child's development. Their class curriculum is developed by their program directors in collaboration with the national child development expert Zero to Three®, to ensure their programs provide the best support and early enrichment education to children and their parents. Jay Beckwith, a nationally respected playground designer, designed their proprietary equipment.

**My Gym**

12422 Santa Monica Blvd., Los Angeles, CA 90025
T: 310.820.0155
Website: http://www.my-gym.com/
* Visit website to find other My Gym locations and contact information. There are over 21 locations in Southern California, ranging from Irvine, CA to Ventura, CA.

My Gym has developed an extraordinary program and facility devised to help children 6 weeks through 13 years of age develop physically, cognitively and emotionally. They over offer structured, age-appropriate, weekly classes that incorporate music, dance, relays, games, special rides, gymnastics, sports and more. Children have fun as they gain strength, balance, coordination, agility and flexibility while developing social skills, confidence and self-esteem.

**YogaBuddies**
**Children's Yoga Programs**
[Multiple locations, depending on class/program ranging from Santa Monica to the South Bay, to the San Fernando Valley, to Orange County]

T: 310.503.6952

Email: info@yogabuddies.net

Website: yogabuddies.com

There are a variety of classes and program sessions for children ranging in age from 3 to 12. Some classes provide simultaneous adult/parent classes in rooms that are next door. YogaBuddies is dedicated to making a difference for kids health and well being through the practice of yoga. Their mission is to inspire each student physically, mentally, emotionally and socially through the practice of yoga. They strive to help children cultivate a sense of understanding and respect for themselves and for the world around them. YogaBuddies offers the following: Before and After-School Enrichment Programs: For children ages 5 and older, YogaBuddies provides yoga instruction in schools throughout Los Angeles, the San Fernando Valley and Orange County. YogaBuddies Jr.: Taught in pre-schools and corporate day care centers these short, but sweet and fun, yoga classes are for kids' 3-5 years of age. Summer Programs: YogaBuddies is a great addition to summer camps - sports, dance and academic. Private Sessions: Bring the fun of learning yoga into your own home. These classes are for up to six children or a parent(s). They can cater to specific needs or simply be a fun time to get a group of friends together to practice yoga. Birthday Parties: Have fun celebrating a birthday with yoga poses, games and even a little relaxation!

Lastly, there is public speaking: Danay, the founder of YogaBuddies, will come share her expertise of teaching yoga to children and the many benefits they receive from a yoga practice.

**Two Hearts Yoga**
**4454 Van Nuys Boulevard, Suite 215**
**Sherman Oaks**
**818-501-9642**
www.twoheartsyoga.com

Specializes in Pre-natal yoga. Have Baby and Me and Toddler and Me, and Kids Yoga.

## Swimming Lessons

**The Beverlywood Swim School**
**[formally *Crystal Scarborough Swim School]***

Contact: Lonnie Deckel, Swim School Director
2612 South Robertson Blvd. Los Angeles, California 90034
T: 310.838.4088
Email: manager@swimbss.com
Website: http://www.swimbss.com/

They teach infants beginning at three weeks old, all the way through adults. They teach using the Crystal Scarborough methodology utilizing fins and floateez, giving children both confidence and strength. The Beverlywood Swim School offers one-on-one swimming lessons with progress based on each individual student. They are open year round, providing lessons in a 92 degree pool. They also offer birthday parties.

**The Water Whisperer**

**[Two locations: Sherman Oaks & Woodland Hills]**

Woodland Hills: 22725 Unit A, Ventura Blvd., Woodland Hills, CA 91364

Sherman Oaks: Private address; therefore, address provided w/appointment confirmation

T: 641.715.3800 X24242# (Woodland Hills)

T: 641.715.3900 X2626067# (Sherman Oaks)

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Email: bubbles@thewaterwhisperer.com (Woodland Hills)

Email: Emily@thewaterwhisperer.com (Sherman Oaks)

Website: www.thewaterwhisperer.com

The Water Whisperer is a place where babies 6 months and up to adults learn to swim. The Water Whisperer specializes in teaching individuals to swim by using entertaining, developmental methods that break down the basic elements of swimming in a simplistic and child-friendly manner. The Water Whisper's goal is to not only get children to love the water, but to also have students swimming in a short time while they learn water safety skills; in fact, the Water Whisperer has a 98% success rate in getting children ages 3 and up swimming within 10 lessons. The Water Whisperer uses a warm, heated, covered, saline pool. She is CPR-certified with a Master's Degree in Education, and a Multiple Subject Teaching Credential from UCLA. She is a member of The United States Swim School Association, where she participates in continuing swimming education courses to keep up with current safety and teaching techniques. Lifeguards for parties are also available.

**AquaSafe Swimming**
**[Four Areas of Service: L.A.'s Westside, West S.F. Valley, Palm Springs, San Diego]**

Contact: Stacy
L.A.'s Westside: Double Tree Guest Suites Santa Monica Hotel, 1707 4th St., Santa Monica, CA 90401
2nd L.A.'s Westside Location: Private residence in Pacific Palisades, address available with confirmation of appointment.
T: 310.451.4455 (L.A.'s Westside0
T: 818.348.7629
Email: aquasafeswimming@yahoo.com
Website: AquaSafeSwimming.com

AquaSafe Swimming provides access to their pools during the session and are also available to do home visits at the client's pool. They provide private and semi-private lesions with certified, experienced instructions. They also provide lifeguards for swim parties. Their goal is to teach water safety as they meet the needs of beginning through advanced swimmers. They use age-appropriate, gentle, and fun methods! They have experience working with children with special needs. Their program runs year-round. Although the pools are outside they are heated; however, at the discretion of the parent, sessions may be cancelled due to inclimate weather. Their program is set up so that each session runs for a total of 10 lessons with intensive everyday lessons, or 2 to 3 lessons a week. They have found through experience that the more intensive the session the more effective the result. The standard lesson is half an hour for beginners, 45 minutes for intermediate and up to 1 hour for more advanced or semi-private lessons (2 or more children).

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**Aquabe Swim School**
**Aqua Fit & Water Therapy**

Contact: Orli Damari, Founder
Aquabe Swim School, P.O.BOX 741359, Los Angeles CA 90004
T: 323.383.3352
Email: swim@aquabe.net (general)
Email: orli@aquabe.net (Orli Damari)

Aquabe Swim School is an inclusive program offering services for toddlers, children, and adults and also provides services for people with special needs. They have swim lessons, transpersonal swimming courses, lifeguard services for pool parties, personal fitness programs in private and group settings, and WATSU (Water Shiatsu Therapy). WATSU is run b a state certified therapist. WATSU is a therapeutic massage conducted in a heated pool and helps with muscle stretching and relaxation as well as spine lengthening bodywork. All of the instructors are Red Cross trained and CPR certified. Services run during the spring, summer, and early fall and they are conducted in a private pool or at your home.

**Fein Fish Private Swim Instruction**
**Private, Semi-Private, & Group Lessons**

Contact/Instructor: Ashley Feinstein
T: 818.521.8715
Email: FeinFish@gmail.com

Fein Fish has developed a unique method of mindful swimming and offers private, semi-private, and group lessons fro individuals ages 3 months to 80 years old. Ashley Feinstein has 10 years of experience in private and group swim instruction as well as experience teaching at LA's and NYC's Premier Clubs and day camps. She is trained by the American Red Cross for teaching the skills necessary for swimming proficiency as well as trained as an American Red Cross Water Safety Instructor. She was also trained by UCLA as an Emergency Medical Technician. Lastly she is Certified in Basic Life Saving for the Healthcare Professional by the American Heart Association.

# Websites & Community Resources

**Infant Development Association of California (IDA)**

Website: http://www.idaofcal.org

A multidisciplinary organization of parents and professionals committed to ensuring optimal developmental outcomes for infants with special needs and their families.

**Autism Speaks**

Contact: Nora Marcus, Family Services Project Manager
Contact: Marcia Watanabe, Los Angeles Walk Director
Autism Speaks, 5455 Wilshire Blvd., Suite 2250, Los Angeles, CA 90036

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T: 323.549.0500
T: 917.475.5075 (Nora Marcus)
T: 323.297.4786 (Marcia Watanabe)
C: 323.204.7057 (Marcia Watanabe)
F: 3 23.549.0547 (General)
Email: nmarcus@autismspeaks.org
Website: www.autismspeaks.org www.autismspeaks.org/community/family_services/grants.php
Website: www.autismspeaksnetwork.ning.com
Website: www.autismspeaks.org/school (School Community Tool Kit )

Autism Speaks has grown into the nation's largest autism science and advocacy organization, dedicated to funding research into the causes, prevention, treatments and a cure for autism; increasing awareness of autism spectrum disorders; and advocating for the needs of individuals with autism and their families. There is also the Autism Speaks 100 Day Kit, which is created specifically for newly diagnosed families, to make the best possible use of the 100 days following the diagnosis of autism.

**The Autism Society**

Website: http://www.autism-society.org

The Autism Society, the nations leading grassroots autism organization, exists to improve the lives of all affected by autism. This is done by increasing public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research and advocacy. Information also available in Spanish.

**American Academy of Child and Adolescent Psychiatry**
**Facts for Families**

Website: http://www.aacap.org/cs/root/facts_for_families/facts_for_families

The AACAP developed Facts for Families to provide concise and up-to-date information on issues that affect children, teenagers, and their families. The AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use. The AACAP has produced the Facts for Families in English and Spanish. Other translations available on the WWW, while perhaps based on the original, were created independently and without benefit of AACAP review. They are available in English, Español, Malaysian, Polish, Icelandic, Arabic, Urdu and Hebrew.

**Jen's List:**

Website: http://www.jenlevinson.com/

A free, daily e-mail newsletter and website, is the Mom's Guide to what's hot, new, and undiscovered - from baby products to nannies to fun family stuff to do.

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**Peachhead Families™**

Contact: Linda Perry, Founder
333 Washington Boulevard, Suite 430, Marina del Rey, CA 90292
Email: lindaperrymom@aol.com
Website: http://www.peachheadfamilies.com
Or, join the yahoo group: peachhead2

The Peachhead™ community provides resources, information and support for families of all types. It is a place to share opinions, forge friendships and learn about each other's similarities and differences. Topics vary by day and members are free to discuss anything relating to children and lifestyle.

**Special Needs Project**

324 State Street, Suite H, Santa Barbara, CA 93101
T: 1.800.333.6867
F: 1.805.962.5087
Website: http://www.specialneeds.com/about.asp

Special Needs Project is a place to get child development textbooks, books about aspergers syndrome, autism, and other disabilities.

**The Parent Institute**

The Parent Institute, P.O. Box 7474, Fairfax Station, VA 22039-7474
T: 800.756.5525
F: 800.216.3667
Email: custsvc@parent-institute.com
Website: http://www.parent-institute.com/educator/

The mission of The Parent Institute is to encourage parent involvement in the education of their children. The Parent Institute publishes a variety of materials including newsletters, booklets, audio CDs, brochures, videos and presentation kits.

**Today is Fun!**

Website: http://todayisfun.com/blog

Today is Fun is dedicated to helping adults entertain the kids in their lives. The ideas here will keep kids happy and occupied for hours on end, without you having to spend money or buy more stuff. The tips are always entertaining, often educational and developmentally appropriate. We are here to help parents, home schoolers, teachers, and more. Please subscribe now to receive an idea each day. Today is Fun!

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**JKidLA/Concierge Services**
**Bureau of Jewish Education of Greater Los Angeles**

Contact: Debra Markovic
T: 323.761.8616
Email: dmarkovic@bjela.org
Website: http://jkidla.com

JKidLA is about connecting families in Greater LA to the Jewish parenting groups, preschools, day schools, religious schools, camps and special needs programming that meet their needs best. The Concierge Program is a complimentary, non-profit service that helps you find formal and informal Jewish educational resources in Los Angeles.

**The Bureau of Jewish Education**
**Special Needs and Education Links**

Contact: Terri Barach
T: 323.761.8622
Website: http://www.bjela.org/page.aspx?id=45661

This list includes links to some of the websites that provide information about children with special needs.

# Miscellaneous

**Mommie Brain**

Contact**:** Rachel Zients Schinderman
T: 323.547.5962
Email: rachel@mommiebrain.com
Website: http://www.mommiebrain.com/

A unique new class that provide an opportunity for women to document their pregnancies as well as their experience of being a mother.

**Handwriting Without Tears**

T: 301.263.2700
Email: info@hwtears.com
Website: www.hwtears.com
*Visit website for specific contact information regarding ordering products, workshops/trainings, and general customer service support.

The mission at Handwriting Without Tears is to make learning and teaching easy and fun by providing superior educational products, training, and promotional materials to educators and

parents. The product line includes workbooks and teachers' guides from preschool through fifth grade: hands-on materials, music, assessments, and more than 500 annual workshops to train educators throughout the world in the HWT teaching methods. They are the leaders in providing easy-to-learn, easy-to-teach, developmentally appropriate, and inclusive materials to preschool and elementary students throughout the U.S. Last year, more than 2 million students learned to write successfully using the Handwriting Without Tears curriculum. The Get Set for School™ preschool program is used by thousands of public and private preschools to develop handwriting and other school readiness skills. HWT is recommended by both parents and Occupational Therapists.

**Goofy Gil**
**Children's Entertainment, Mommy & Me Movement, Fitness, & Drama**

Email: goofygil@gmail.com
Website: goofygil.com

Goofy Gil brings the fun to you, providing a variety of "backyard services," including: birthday parties (ages 2-9), mommy and me classes (ages 1-3), fitness classes (age 4-9), drama classes (ages 3-13), and fundraisers/corporate events. During birthday parties and fundraisers/corporate events, Goofy Gil brings fun and excitement to any birthday party or helps entertain the children during corporate events and tailors the activities perfectly to your group. Whether it's puppet shows and sing alongs for the little ones, silly string wars and pie eating contests for the older kids, or magic shows, or face Painting and balloon animals. During the mommy and me classes, bond with your child and help them get their little bodies moving. In fitness classes, goofy gil uses a 'fitness through play' technique in which your child will be kept active for an hour of stretching, cardio, and tumbling -- all while playing games and having fun. In drama classes, goofy gil's extensive studies in children's theatre makes him the perfect coach to hone their acting skills. There's Storybook Theatre for the little ones, in which your child will get to dress up and act out some of their favorite stories, and for the older kids, there's Kidz improv, monologue and scene study, voice and diction, Musical theatre, and even stage combat!

**The Miracle Project**
**Theater & Film Arts Program**

Contact: Elaine Hall

The Miracle Project, 1814 14th Street, Santa Monica, CA 90404

T: 310.829.7034

Email: coache@adelphia.net or CoachElaineHall@gmail.com

Website: TheMiracleProject.com (primary)
Website: FlyIntoAutism.com
Website: CoachEonAutism.com

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The Miracle Project™ is a theater and film arts program for children with special needs and their typically developing siblings and peers. Their mission is to provide a loving, accepting nurturing environment which celebrates and honors the unique and often unrecognized talents of these young people by guiding them through creative workshops and artistic programs.

**Preschoolians**

T: 800.998.1322
Website: www.preschoolians.com

Preschoolians is devoted to creating the world's best footwear for preschoolers and to providing you with extraordinary customer service when you purchase their footwear.
Founder, Jeffrey Silverman has over 20 years' experience with children's footwear as well as being a father of three children. First time customers get a 15% discount when they sign up to receive their emails. They will send you a free Accu Fit measuring device and have custom design features. They offer 40% off the entire order for families with multiples! To get the code, send an email with a picture of your twins, triplets, etc. and they will email you back a code, which will reduce the price of your order by 40%.

**BAGELS AND BLOCKS**
**Santa Monica Synagogue | Affiliated with the Bureau of Jewish Education**

Contact: Jessica Dishell, Office Manager
The Santa Monica Synagogue, 1448 18th St., Santa Monica, CA 90404
T: 310.453.4276
F: 310.453.4929
Email: office@TheSMS.org
Website: http://www.thesms.org/BagelsBlocks_sm.html
Hours of Operation: Once a month, 10 AM – 11 AM

A once a month program where preschoolers and their parents are introduced to Jewish Holidays and practices through interactive stories, songs, crafts and cooking projects. All sessions are taught by Becky Zlotoff, early childhood educator and creator of Bagels and Blocks.

**AGAPE**
**Sacred Birth**

Contact: Stephanie Dawn, ALSP
AGAPE International Spiritual Center, 5700 Buckingham Parkway, Culver City, CA 90230
T: 310.581.0373
T: 310.348.1250
Email: info@agapelive.com
Website: www.agapelive.com

A workshop to bring Spirit into your pregnancy, childbirth, and beyond.

**FreePrintableBehaviorCharts.com**

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Website: http://www.freeprintablebehaviorcharts.com/

Designed and developed by a parent and family therapist, this site provides a unique blend of expertise and practical parenting. They are provide parents with information, education, and resources.

**Do2Learn**

Do2Learn, 3204 Churchill Road, Raleigh, NC 27607
T: 919.755.1809
F: 919.420.1978
Website: http://www.dotolearn.com/

Do2Learn provides special learning resources for individuals with disabilities and the professionals and caregivers who serve them. Do2Learn has worked with leading educators, clinicians, teachers and parents to develop serious games and learning material targeting specific deficits of individuals with neurological disorders including autism, Asperger's Syndrome, fetal alcohol effects, OCD, attention disorders, learning and communication disorders and others. The deficits they address include risky and disruptive behavior as well as lack of appropriate social, communication and daily living skills. Our goal is to help each person communicate, survive and adapt to the bigger world around him or her, while respecting that all perceptions are valuable. Their hope is that this site will provide tools and solutions based on scientific research and clinical experience to help those with special learning and treatment needs.

**Discount School Supply**

T: 1.800.627.2829
Website: www.discountschoolsupply.com