



Community News Family Support Newsletter United Cerebral Palsy Association of San Diego

Five Things to Know for Late May

Free Screening: Music Therapy

Music therapy is a well-established, research-driven profession in which a credentialed music therapist utilizes music strategies and exercises to address physical, emotional, cognitive and social needs of individuals of all ages. Music therapy is an allied health service much like physical, occupational, or speech therapy, using music as the medium to attain the goals. Music therapists assess emotional well-being, physical health, social functioning, communication abilities, and cognitive skills of an individual through musical responses; plan music sessions and experiences for individuals and groups based on client needs; participate in interdisciplinary treatment planning, continually evaluate progress, and follow up. The Music Therapy Center is offering a complimentary screening to families who may be interested in music therapy services for their children. The Center will also be offering a Songbirds Music Social Group for young children on Saturdays in June and July (cost for each 4 session series is \$90 per child or \$30 per individual session, space permitting.) Using fun songs and cooperative instrument play, the focus will be on making new friends and developing social skills (such as turn-taking, waiting and eye contact). The group will practice keeping calm with movement to music through interactive music games. Families who are interested the free screening and/or the social group are invited to call The Music Therapy Center at [619-299-1411](tel:619-299-1411) or visit www.themusictherapycenter.com

Recreation: Free Adaptive Yoga Class for Adults

Carmel Valley Recreation Council is offering this class designed for adult students with cognitive challenges on Thursday afternoons from 5-6 pm, June 28-Aug. 23 (no class on Townsgate Drive, Room 1, San Diego, 92130. Participant assistance is available as needed through Therapeutic Services; [619-525-8247](tel:619-525-8247). Participants needing assistance, call Therapeutic Services; 619-525-8247. For more information about the class itself, call Janice at [858-735-6166](tel:858-735-6166); yoga_mom@me.com

Sensory Stations: San Diego County Fair

The 2018 fair, themed How Sweet It Is, will be at the fairgrounds in Del Mar from June 1-July 4. This year, sensory stations will provide safe spaces for guests with sensory needs to de-escalate, as well as low-key sensory input activities that are calming. The main sensory station will be located at Guest Services and a second station is in the Creative Youth tent in Family Funville. Guest Services will also offer free sensory toolkits to use at the Fair. The kits include noise-cancelling headphones, fidgets, weighted lap pads and other helpful tools.

Behavior: Parenting Tutorial

Proven strategies for behavioral support, including real-life video examples, are available to view from *Parenting Special Needs* magazine at <https://tinyurl.com/y7kh87dr>. You can also sign up free for new issue email notifications and other freebies!

Save the Date: Summer Institute on Neurodevelopmental Disorders

This MIND Institute event will present updates on Research, Policy and Evidence-Based Practices from Early Intervention Through Transition/Adult on Aug. 3. Parent scholarships and discounted travel are available: http://www.ucdmc.ucdavis.edu/cme/course_pages/MIND/mind_pagelink.html