

# **Special Needs Resource Guide Westchester County, New York**

By Jennifer Kahn Ruoff, LMSW, MS.Ed  
Special Education Advocate  
(updated 10/23/18)

This is not a complete list and this list is not an endorsement of any information herein.

## **HORSEBACK RIDING:**

### **Access Equestrian, Inc.**

Denise Avolio, Program Director. 914-234-9000, [www.accessequestrian.org](http://www.accessequestrian.org).  
Bedford, NY and Bronxville, NY  
Adaptive Riding and horsemanship for individuals with physical, cognitive, emotional and/or behavioral challenges.

### **Endeavor Therapeutic Horsemanship, Inc.**

1 Succabone Rd. Mt. Kisco, NY 914-241-0211, [endeavorth.org](http://endeavorth.org)

### **Happy Trotters**

Specializing in Hippotherapy  
Melissa Jarzynski, MSPT (914) 874-6932, [www.happytrotters.com](http://www.happytrotters.com)  
Patterson, NY. Ages 18 mo.-adolescents. Any disability.

### **Pegasus Therapeutic Riding**

[www.Pegasustr.org](http://www.Pegasustr.org) (845) 669-8235. Locations in Brewster, Greenwich and Darien.  
Therapeutic horseback riding for children with special needs.

### **We Will Ride Therapeutic Riding Inc.**

Ridgefield, Ct. 203-438-1947, [wewillrideinc.com](http://wewillrideinc.com)  
Certified therapeutic riding instructors and licensed health professionals design the programs to the individual needs of the rider.

## **MARTIAL ARTS:**

### **Aikido and Yoga**

Aikido: Steve Kanney (914) 648-0492

[www.scarsdaleaikido.com/children-special-needs.html](http://www.scarsdaleaikido.com/children-special-needs.html)

Yoga: Kim Gold (914) 648-0493

White Plains, Rye, Mt. Vernon, NY

[www.scarsdaleaikido.com/childrens-yoga-eastchester.html](http://www.scarsdaleaikido.com/childrens-yoga-eastchester.html)

Self-contained and integrated classes for children on the autism spectrum, ADHD, anxiety disorders and/or medical challenges. 1:3 ratio.

## **Edge Martial Arts**

145 Palisade Street #L1, Dobbs Ferry, NY / 914-488-4003

Sensei: Eric Radoman, [info@edge-ma.com](mailto:info@edge-ma.com)

Martial Arts classes for special needs students with instructors experienced in handling children with behavioral, emotional and/or physical disabilities. Students will work to achieve goals in a safe and healthy environment.

## **KI Martial Arts**

Sensei Vladimir Zolottev, (914) 961-1111, 50 North Ave. New Rochelle, NY.

[senseivladimir@KImartialartsusa.com](mailto:senseivladimir@KImartialartsusa.com) and [www.KIMartialArtsUSA.com](http://www.KIMartialArtsUSA.com)

Karate and Tae Kwon Do for children with special needs in adaptive classes and specialized instruction. Children work on focus, control, balance, memory, discipline, fitness and coordination in constructive, goal related training. All levels and ages welcome.

## **MUSIC:**

### **Heartsong**

White Plains (914) 358-5613, [www.heartsong.org](http://www.heartsong.org)

Music, art and dance and movement programs for children, adolescents and adults with all special needs. Summer and school vacation programs. Children are grouped together by functioning level with 8 children per class.

### **Music Therapy Institute of the Music Conservatory of Westchester**

[musicconservatory.org](http://musicconservatory.org)

216 Central Ave. White Plains, New York (914) 761-3900

Music therapy programs for children and adults with and without disabilities.

### **Rock on Music School**

David Meyers, 914-489-0520, [rockonmusicschool.com](http://rockonmusicschool.com)

Special needs guitar and music lessons in your home.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **RECREATION DEPARTMENTS:**

### **Greenburgh Special Education Recreation**

GreenburghNY.com/ 11 Olympic Lane Ardsley, New York (914) 989-1815

Offers a large array of activities and outings for children with disabilities, such as Challenger basketball, horseback riding, karate, swim classes, art classes, dances, parties and camp and Saturday night recreation nights in the community.

### **North East Westchester Special Recreation, Inc.**

63 Bradhurst Avenue. Hawthorne, New York

(914) 347- 4409 or [www.northeastspecialrec.org](http://www.northeastspecialrec.org)

Year round recreational activities for all ages. Summer camp for ages 4-20 with special needs. After school recreational programs such as music, art, cooking, special Olympics training, teen community trips to foster socialization, Saturday and weekend trips.

### **NorWest**

Christopher Morbito, Director Regional Special Services

Cortlandt Manor, New York (914) 737- 4797 and [www.nor-west.org](http://www.nor-west.org).

Year- round therapeutic community-based recreational programs for children and adults. Weekend programs, school vacation respite programs, after school programs, transportation, rec. and respite, summer day camp and wheelchair basketball.

### **Southeast Consortium for Special Services**

740 West Boston Post Rd. Suite 301

Mamaroneck, NY 10543

(914)698-5232 or [www.secrec.org](http://www.secrec.org)

Provides a wide range of sports, drama and social activities for kids, teens and adults with special needs. A self-contained and inclusion camp for ages 5-12.

### **Yonkers Department of Recreation**

YonkersNY.gov (914) 377-6438, 285 Nepperhan Ave. Yonkers, NY

Camp Pride is a day camp for developmentally disabled children, adolescents and adults. Camp Pride strives to provide a safe environment where campers can express themselves and encounter new experiences. Our Camp Pride staff is considerate, dedicated and patient towards each individual.

Project Friendship programs include: Bowling, karate, yoga, sports, art, dance and music therapy, girl scouts, theater, pet therapy, Special Olympics, Special Olympics Swimming and a Young Adult Club.

## **SPORTS:**

### **AYSO VIP Soccer League**

Ayso.org/play/VIP. Soccer for ages 5-18 with special needs.

### **Backyard Sports, Inc.**

Danny Bernstein (914) 304-4052 or danny@byardsports.com

Basketball and soccer for boys and girls ages 5-15 with special needs. Programs are held in various locations. Small groups focus on basic coordination, athletic development and building confidence while stressing proper behaviors and group cooperation. Trained teachers and coaches handle each child's needs.

### **The Miracle League of Westchester**

(914) 522-1547 and www.MLWNY.ORG

A modified baseball program at Ridge Road park in Hartsdale, NY for children and adults of all ages with disabilities.

### **Top Soccer Program**

[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

Westchester Youth Soccer League for children with special needs. The program is designed to bring the opportunity of learning and playing soccer to any boy or girl, who has a mental or physical disability.

## **SWIM INSTRUCTION:**

### **Swim Angelfish**

Ailene Tisser, MA, PT (203) 969-6431 and Cindy Freedman, MOTR, CTRS (203) 545-0024 or SwimAngelfish.com, Locations: Sleepy Hollow, Bedford, Port Chester, White Plains, Stamford, Greenwich, Wilton.

Private and semi-private aquatic therapy sessions by licensed PT's and OT's.

### **Pace University Aquatics Program**

Kate Palladino (914) 773-3280, kpalladino@pace.edu

861 Bedford Rd. Pleasantville, NY

Adapted aquatics program for a wide range of disabilities.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, Jennifer@Ruoff.us

## **OTHER RECREATION and RESOURCES:**

### **Cerebral Palsy of Westchester**

1186 King St. Rye Brook, NY (914) 937-3800 ext. 627, [cpwestchester.org](http://cpwestchester.org)

Many programs for children teens and adults. Teen and young adult social club.

Adapted equipment and software, computer facilitation, focusing on the joy of playing and learning, monthly family play sessions.

Wheelchair basketball for ages 10-21.

### **Creative Yogashine**

Vitalah Simon, Dance Therapist, [yogashine@verizon.net](mailto:yogashine@verizon.net)

Valhalla, New York (914) 769-8745 and [www.yogashine.com](http://www.yogashine.com)

Yoga (group and individual) for children ages 3 and up with emotional, developmental and physical disabilities.

### **HERO**

(914) 251-0804. [www.herony.org](http://www.herony.org)

Adapted tennis, karate, dance, music, movement/song, arts and crafts and pet therapy for tots, youth, adolescents and adults.

### **JCC of Mid-Westchester**

SNAAC (Special Needs Academic and Arts Center)

999 Wilmot Rd. Scarsdale (914) 472- 3300 Ext.361, [www.jccmw.org](http://www.jccmw.org)

Programs for children with special needs: sports, swim, music, theater, computers, karate, tai chi, social skills groups, gymnastics, ballet, art, science, Saturday Night Social, Sunday/Funday. Also adult special needs programs available. Sibling group, father's group, grandparent's group and parent's support groups also available.

### **Moving Wheels and Heels**

Steffi Nossen School of Dance (914) 328-1900 and [www.steffinossen.org](http://www.steffinossen.org)

216 Central Avenue, White Plains, New York

Dance classes for wheelchair bound as well as all kinds of abilities. For preschool age to adults.

## **Shames JCC**

371 S. Broadway, Tarrytown (914) 366-7898 and [www.ShamesJCC.org](http://www.ShamesJCC.org)

Super Sunday is a recreational, drop-off, program geared towards children on the autism spectrum or related developmental disabilities ages 5-13. In partnership with Super Soccer Stars and Scribble Art with a 2:1 staff ratio.

Almost Home Plus, grades K-6, after school program for children who need support due to cognitive, emotional, and/or behavioral differences requiring individualized attention to ensure a safe, fun, and successful experience.

Vacation Sensations Plus, for ages 5-12 with a 2:1 staff ratio, with ASD or related disability. Provides programming during school vacations.

## **SPARC, Inc. (Special Program and Resource Connection)**

Rose Rothe, Executive Director (914) 243- 0583, [www.sparcinc.org](http://www.sparcinc.org),

[rose@sparcinc.org](mailto:rose@sparcinc.org). Yorktown Heights, NY

Serving residents all over Westchester. Recreation, social and therapeutic programs for children, teens and adults with developmental, learning and other special needs.

12 month programming. Professionals offer creative and individualized goal-oriented activities focusing on socialization and building skills for life and leisure.

Activities include: Teen Time, Young Adults Social Club, Exploring Art, Film Production, Cooking, Golf, Athletics, Dinner Friends, bowling, horseback riding, music, trips, and more.

## **Surfing**

[SurfersWay@gmail.com](mailto:SurfersWay@gmail.com), [surfersway.org](http://surfersway.org)

830 East Chester Street, Long Beach, NY 11561

Surfer's Way is a non-profit organization designed to offer children with special needs the opportunity to experience the exhilaration and liberation of surfing. They offer free surf outings during the summer at Riverside Beach in Long Beach, NY.

## **Wagon Road Camp**

The Children's Aid Society

(914) 238- 4761 and [www.childrensaidnyc.org](http://www.childrensaidnyc.org)

Chappaqua, New York

Overnight respite program servicing children 7- 17 years old with physical and developmental disabilities. Open weekends and school holidays October- May and for one week in August. They offer arts, crafts, athletics, nature, cooking, horseback riding, music and drama. Heated cabins.

## **Westchester Foundation for Autism**

866-529-8090 and [www.WFAutism.org](http://www.WFAutism.org)

Social events, educational and recreational programs and family support services for families with children with autism and related developmental delays.

## **Westchester Skating Academy**

Stacy Isenberg, Skating Director. Skating Instructor for special needs is Angela Mercurio at [AngelaMercurio@yahoo.com](mailto:AngelaMercurio@yahoo.com).

91 Fairview Park Dr. Elmsford, NY (914) 347-8232. [www.skatewsa.com](http://www.skatewsa.com)

Special needs ice skating lessons.

## **YWCA White Plains & Central Westchester**

515 North St. White Plains, NY (914) 949- 6227 ext. 108

Therapeutic recreation for ages 4-21 with swimming, art, music, August vacation camps, school vacation camps for ages 5-21 with autism, PDD, CP, MR.

Swimming, piano and guitar lessons available. Friday night pizza, movies and games with family and friends. Family respite and support available. Special Olympics training. Therapeutic recreational programs for adults with disabilities as well.

## **SUMMER PROGRAMS:**

<http://www.campexperts.com/ContactUs.aspx?S=CU>. This site will tailor your needs to the camps they recommend.

[www.mysummerecamps.com/camps/Special\\_Needs\\_Camps/Developmental\\_Disabilities/index.html](http://www.mysummerecamps.com/camps/Special_Needs_Camps/Developmental_Disabilities/index.html)

## **Fordham University Summer Reading Programs for Children and Adults**

(800) 964-8888, [Fordham.edu](http://Fordham.edu). Open 7 days a weeks in Yonkers, Pleasantville, West Harrison, New Rochelle.

## **NYU Program for Attention-Deficit/Hyperactivity Disorder**

516-358-1811 and [nyuLangone.org/csc](http://nyuLangone.org/csc). [Donofd01@nyumc.org](mailto:Donofd01@nyumc.org).

Therapeutic evidence –based summer 5-week program for ages 6-9. Located on the campus of the College of New Rochelle. For children with ADHD and behavior disorders. Provides social, academic and recreational enrichment. Parent training component involved.

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## **Our Victory Day Camp**

Fred and Iris Tunick, Directors (203) 329-3394 and 1-800-919-3394

[www.ourvictory.com](http://www.ourvictory.com) , Dobbs Ferry, New York

Summer 7-week day camp for ages 5-12 with attention deficit and LD. 3:1 ratio, groups focus on social skills and traditional day camp activities.

## **Smugglers' Notch Resort in Vermont**

SNAP (Smugglers Notch Adapted Programs) for people with special needs is dedicated to providing therapeutic recreation for children and adults of all abilities in a supportive environment. Experiences are tailored to meet the needs and goals of each individual. Family resort with programs, even 1:1 assistance, for families with special needs. Arts and crafts, disc golf, guided hiking, kayaking, mini golf, nature time, sing along, swimming, watersliding.

**Union for Reform Judaism (URJ)** [www.eisnercranelake.urjcamps.org](http://www.eisnercranelake.urjcamps.org)

## **FOOD ALLERGY INFO:**

### **By The Way Bakery**

(914) 478-0555, [btwbakery.com](http://btwbakery.com)

574 Warburton Ave. Hastings-on-Hudson, NY.

This entire bakery is gluten and dairy free and delicious. They have varieties of cakes, muffins, cookies, brownies and even Challah.

### **Enjoy Life**

[Enjoylifefoods.com](http://Enjoylifefoods.com)

All Enjoy Life products (variety of chocolate chips, cookies, bars, chips and more) are free-from the eight most common food allergens: wheat, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. In addition, products are made in allergen-free facility, so there's no chance of contamination.

### **For Goodness Cakes, NY!**

[forgoodnesscakesny@gmail.com](mailto:forgoodnesscakesny@gmail.com), 860-479-1374

**100% vegan and everything is made to order for allergy-free options.**

[www.glutenfreePassport.com](http://www.glutenfreePassport.com)



### **Izzi B's allergen-free cupcakes**

[Pam@ibcakes.com](mailto:Pam@ibcakes.com) or [ibcakes.com](http://ibcakes.com) (203)810-4378

Wholesale bakery in Norwalk, Ct. Variety of cupcakes and other yummys.

They do not have a retail storefront but they do fill individual pre-orders with pick-up, by appointment daily and ship. Holiday specials too.

Products are free of gluten, wheat, soy, dairy, eggs, all nuts, and casein. No preservatives, no trans-fats, no refined sugar and cholesterol free. They are also vegan & kosher certified as well as celiac friendly.

### **[WWW.PamelasProducts.com](http://WWW.PamelasProducts.com)**

Mailorder wheat-free and gluten-free foods.

## **PEDIATRIC DENTISTS FOR SPECIAL NEEDS:**

Dr. Wayne Turk

(914) 472- 9090 and [www.scarsdalepediatricdental.com](http://www.scarsdalepediatricdental.com)

777 White Plains Rd. Scarsdale, New York

Briarcliff Pediatric Dentistry

Dr. Renuka Bijoor

325 Highland Ave. Briarcliff Manor, New York

[www.briarcliffpediatricdentistry.com](http://www.briarcliffpediatricdentistry.com)

## **RELIGIOUS RESOURCES:**

### **Kulanu Hebrew School at Scarsdale Synagogue**

Scarsdale, NY, 914-725-5175, [bit.ly/kulanufamilychild](http://bit.ly/kulanufamilychild)

Grades 4-6 with LD, social challenges and ADHD. Small class sizes and individualized resources.

### **LEV: Learning from the Heart**

Linda Lieff Altabef, Program Director at (914) 666- 2292 or

[liefflady24011@aol.com](mailto:liefflady24011@aol.com) or [www.levlearning.org](http://www.levlearning.org).

Multi-sensory enrichment program of Jewish learning for children with speech, language and learning delays. Class size is limited to 8 children. Program includes music, art and dance. Sunday mornings at the Mount Kisco Hebrew Congregation.

## **Annuciation - Our Lady of Fatima Parish**

Special Needs Religious Education (914) 779-2374  
[www.annunciation-fatima.com/religious-education](http://www.annunciation-fatima.com/religious-education),  
[doreen.napolitano@annunciation-fatima.com](mailto:doreen.napolitano@annunciation-fatima.com)

## **Rhythms of Grace**

Worship and Faith for families with special needs. And monthly music program. The Church of St. Barnabas. The Reverend Lindsay Lunnum, Assistant Rector 914-591-8194. Irvington, NY.

## **Temple Beth El of Chappaqua**

220 South Bedford Rd. Chappaqua, NY (914)238-3928 Rachel Rosin  
Saturday AM music service for children with special needs.

## **The Friendship Circle**

(914) 693-6100 or [youth@chabadrt.org](mailto:youth@chabadrt.org)  
The program matches children with special needs with teenage mentors for weekly bonding experiences in a full range of Jewish and social experiences.

## **Woodlands Community Temple**

[school@wct.org](mailto:school@wct.org)

The program includes a Learning Center Coordinator, an individual hired to liaison with parents and oversee the individualized learning plan of students with special needs.

## **Yad B'Yad (Hand-in-Hand) Congregation Kol Ami**

Jessica Yablow, Program Coordinator (914) 949-4717 ext. 105

[JYablow@gmail.com](mailto:JYablow@gmail.com), 252 Soundview Ave. White Plains, NY

Synagogue inclusion program for teenagers (13-21) with learning, cognitive or emotional challenges are teamed up with middle and high school peer mentors in the classroom and field trips. Besides academic and life skill curriculum taught to students there are also weekly social action, Israeli dance, improv/drama expression, yoga, cooking, youth group involvement and holiday programming. Membership to temple is not required, and students are given opportunities to become involved with any programs at Kol Ami.

## **In NYC:**

The Intrepid Sea, Air and Space Museum offers Access Programs for children, teens and adults with developmental disabilities. Please take a look at <http://www.intrepidmuseum.org/access.aspx> to get information on dates, times and

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themes. Also, the American Museum of Natural History offers the Discovery Squad programs for children with autism spectrum disorders. Please see <http://www.amnh.org/plan-your-visit/accessibility/autism-spectrum> for more information on dates, times and topics.

## **RESOURCES:**

### **Westchester Jewish Community Services**

**Autism Center:** Lee Englander, Program Coordinator

(914) 761-0600 ext. 228 or [lenglander@wjcs.com](mailto:lenglander@wjcs.com), [WJCS.com](http://WJCS.com)

Family center for information and referrals and educational advocacy. Parent support groups. Social, recreational and skills based groups for adolescents on the Spectrum and groups for 18+ on the Spectrum, Supper Club for 18-35 year olds on the Spectrum, Respite coordination, Parent Management Training (PMT).

Grandparent support group. Project Lifesaver: GPS bracelets that use state-of-the-art technology, with registered wristband transmitters, to locate wandering and lost children and adults.

### **Canine Companions for Independence**

Medford, NY (800) 572-2275 or [cci.org](http://cci.org).

A national organization that provides highly trained canine assistance to people with disabilities other than blindness.

### **Center for Autism and the Developing Brain**

[NYP.org/autism](http://NYP.org/autism)

New York-Presbyterian Westchester Division, White Plains, NY

Serves all ages with autism and other brain development disorders.

Comprehensive integrated clinical care, parent support groups, family education, counseling, treatment planning and multidisciplinary therapeutic services.

### **Compass Project**

Part of the Jewish Child Care Association (JCCA)

917-682-2149, 914-761-0600 ext. 225. [Jccany.org/compass](http://Jccany.org/compass)

Helps teens and young adults with learning differences, executive functioning and social communication challenges, Autism Spectrum disorders and related disabilities. Helps young people plan for and make a successful transition from high school, college or unemployment to the workplace and independent adulthood. Counseling, social and recreation programs, career assessments, internship opportunities, vocational assistance through ACCES-VR, college

support and independent living programs for young people making the transition to an independent future.

### **Early Childhood Direction Center**

(914) 493-2902, [ecdc@wihd.org](mailto:ecdc@wihd.org), WIHD.org, Located at WIHD in Valhalla, NY  
The Early Childhood Direction Center (ECDC) is a free, confidential, and neutral information, referral, technical assistance, and training center for parents of children from birth to age five with known or suspected special needs.

### **Family Ties of Westchester, Inc.**

Familytieswestchester.org (914) 995-5238

System of Care is used for children with emotional challenges that is family driven, child centered, culturally competent and focuses on the strength of the child and family. Support groups, advocacy services, parent coaching and connection to community resources in times of crisis and beyond.

### **Gigi's Playhouse**

914-479-5566, 720 Saw Mill River Rd. Ardsley, NY

[gigisplayhouse.org/westchester](http://gigisplayhouse.org/westchester)

The only nationwide network of Down Syndrome Achievement Centers.

### **GROW, Inc.**

Helpline 493- 1318 and [Info@grow-ny.org](mailto:Info@grow-ny.org) or [www.grow-ny.org](http://www.grow-ny.org)

State-wide family advocacy network organization on behalf of persons with intellectual and developmental disabilities. It is an independent coalition of families and guardians.

### **Hudson Valley DDSO** (914) 332-8957/ [ira.rothstein@opwdd.ny.gov](mailto:ira.rothstein@opwdd.ny.gov)

[www.disabled.westchestergov.com](http://www.disabled.westchestergov.com) or [www.opwdd.ny.gov](http://www.opwdd.ny.gov)

220 White Plains Rd. 6<sup>th</sup> floor Tarrytown, NY

Advocacy, crisis services, case management/service coordination, in and out of home respite care, family training and recreation services are funded.

Ira Rothenstein, Waiver and Placement

Claudia Spaziante, Family Support Respite and Recreation

Sal Pucchino, Clinical Services

### **Holistic Learning Center – Biomedical/Nutrition Workshops**

Nancy Guberti (203) 542-7390 or [nancyguberti.com](http://nancyguberti.com)

## **Hudson Valley Special Education Parent Center**

At Westchester Institute for Human Development

Valhalla, New York, (914) 493-7665 or [hvsepc.org](http://hvsepc.org) or 914-493-8119

Resources, strategies, consultations, trainings and referrals about the special education process, IEP's and 504's, educational laws, transition to adulthood and improving communication with child's school team. All services are free.

## **Independence Day Clothing**

[Independencedayclothing.com](http://Independencedayclothing.com)

NO TAGS, NO ZIPPERS, NO BUTTONS, NO WORRIES, SENSORY-FRIENDLY & REVERSIBLE APPAREL, GPS OPTIONAL. Easy to take on and off to assist with independence skills.

**Job Path:** Helps people with autism and developmental disabilities join the workforce, live independently and live fulfilling lives. Partners with NYC to sustain customized employment opportunities. <http://www.jobpathnyc.org>

## **Einstein/Montefiore Autism Evaluation and Treatment Center**

Executive Plaza, Yonkers, NY. (914) 375-4880

Provides interdisciplinary medical and neuropsychological evaluations and educational referrals for preschool, school age and adolescents on the autism spectrum. And social skills.

## **National Park Pass**

[www.store.usgs.gov/pass/access.html](http://www.store.usgs.gov/pass/access.html)

Free lifetime access pass for any person with a disability and their caregiver to all national parks from the National Forestry & Wildlife Division.

## **New Frontiers in Learning**

[www.nfil.net](http://www.nfil.net), 646-558-0085

Coaching and individualized academic and social supports for students in middle school, high school and college. Summer programs with daily excursions to NYC and year-round help for transitioning to college successfully. Virtual editing, writing support and coaching available.

## **Parent-to-Parent**

[www.ptopnys.org](http://www.ptopnys.org). 914-493-2635. Part of WIHD in Valhalla, NY.

Connecting and supporting families of individuals with special needs by matching parents with a trained support parent who has a child with a similar disability.

## **Parent Support Network**

Contact Pam Moskowitz at [pammosk@gmail.com](mailto:pammosk@gmail.com),

[Westchesterpsn@ymhproject.org](mailto:Westchesterpsn@ymhproject.org)

Free, confidential, informal, monthly parent support groups for those raising children who struggle with anxiety, depression and/or emotional dysregulation.

## **Project Search Career Training Program for Students with Autism**

Carol Gearing 914-495-4620 or [cgearing@arcwestchester.org](mailto:cgearing@arcwestchester.org)

## **Support Group for families of adults with High functioning**

**Autism**, Location at ARC of Westchester in Hawthorne.

[www.FAAHFA.com](http://www.FAAHFA.com) or Bonnie Kaplan at [parenttalk@gmail.com](mailto:parenttalk@gmail.com), Judith

Omidvaran at [judyomid@aol.com](mailto:judyomid@aol.com) and 914-528-3871.

**UJA: J-1-1 Hotline:** Connect you with resources in the New York area - support for older adults and their caregivers, financial and employment services for special needs, support for children with disabilities, serious illness and end-of-life care resources and mental health services for teens and families. Also Jewish day camp info, holiday services and more. We're here to point you in the right direction and help you get what you need.

J-1-1 resource specialists are available Monday- Friday from 9:00 -5:00 everyday (except for winter Fridays). 877.UJA.NYJ11, (877-852-6951)

## **Westchester ARC**

The Gleeson-Israel Gateway Center

265 Saw Mill River Rd. Hawthorne, NY. (914) 949-9300/ [arcwestchester.org](http://arcwestchester.org)

Supports children, teens and adults with intellectual and developmental disabilities, including individuals on the autism spectrum, and their families with support groups, workshops, seminars, early childhood services, evaluations, counseling, social skills training, residential opportunities, day services and career/employment training. Recreation, respite, guardianship assistance, crisis assistance.

## **Westchester Independent Living Center, Inc. (WILC)**

White Plains, NY 10607, 914-682-3926, [Contact@wilc.org](mailto:Contact@wilc.org), wilc.org

WILC is a not-for-profit, community-based resource, advocacy, and training center dedicated to improving the quality of life for people with disabilities.

## **Westchester Parenting Center**

Patricia Goodman, (914) 693-0210, [www.westchesterparentingcenter.com](http://www.westchesterparentingcenter.com)

[drpgoodman@gmail.com](mailto:drpgoodman@gmail.com), Ardsley, NY

Parent-Child Interaction Therapy is an Evidence-based treatment for children 2-8 with disruptive behaviors. Treatment is usually 12-20 weeks with one 90 min. session per week. Parent(s) are coached while interacting with child through play.

### **[abaresources.com](http://abaresources.com)**

Free downloads for educational programs for children with Autism using the principles of applied behavior analysis.

### **[autismbiomed.com](http://autismbiomed.com)**

This site is maintained by volunteers, for the convenience of caregivers and medical professionals looking for scientific references to support the use of biomedical interventions for autism.

AutismSpeaks.org

### **[autism-society.org/](http://autism-society.org/)**

[apraxia-kids.org](http://apraxia-kids.org). Learn more about Apraxia, Dyspraxia and Sensory Integration.

### **CHADD of Westchester** (children with Attention Deficit Disorders)

(914) 278- 3020 and [chadd.net/376](http://chadd.net/376), [Westchester-putnamvacinity@chadd.net](mailto:Westchester-putnamvacinity@chadd.net)

Support group, speakers and community resources.

### **Developmental Delay Resources**

Patricia Lemer, Executive Director (412) 450-0373 and [www.devdelay.org](http://www.devdelay.org)

Integrating conventional and holistic approaches to learning and behavioral problems. Resources on conferences, books, media, research.

### **Learning Disabilities online**

[Ldonline.org](http://Ldonline.org)

Hundreds of articles about disabilities, remediation, IEP's, legal rights.

Benefit and Eligibility Navigation for people with intellectual and developmental disabilities for OPWDD, SSI, SSDI: WIHD at 914-493-1027

Legal Services of the Hudson Valley

LSHV.org/ 1-877-574-8529

Dedicated to providing free, high-quality counsel in civil matters where basic human needs are at stake for low-income individuals and families who cannot afford an attorney.

Mental Health Association of Westchester

[www.mhawestchester.org](http://www.mhawestchester.org)

Advocacy, community education and direct services.

**National Center for Learning Disabilities**

[NCLD.org](http://NCLD.org) Resources about LD.

**Understood.org** is their site that is a resource for parents through personalized support by other parents. **FriendsofQuinn.com** is their online community that offers information and support for young adults with learning differences.

**New York State Education Department**

[www.nysed.gov/](http://www.nysed.gov/) General info. 518-474-3852

**ACCESS-VR** 1-800-222-5627, helps find jobs for people for developmental disabilities.

**Prader Willi Syndrome Association:** <http://www.pwsausa.org/>

Facts, Medical info, advocacy, research info and support.

[Safeminds.org](http://Safeminds.org)

To end the autism epidemic by promoting environmental research and effective treatments. Research, education, advocacy and outreach.

**Sleephelp.org**

[softclothing.net](http://softclothing.net)

seamless, tagless, soft clothing for sensory kids.

**StudentAdvocacy.net/** (914) 347- 3313

[therapro.com](http://therapro.com) or 1-800-257-5376

Therapy resource for families and professionals.

**[Tuck.com](http://Tuck.com)**

A library of resources related to sleep disorders and information about sleep and special needs.

[wrightslaw.com/](http://wrightslaw.com/)

The best website with 1000's of links to information about special education law, advocacy and information. They also publish the The Special Ed Advocate.

**Info and online groups for people with ASD and supporters:**

GRASP.org, WrongPlanet.net and TheAutcast.com



## **SOCIAL SKILLS / THERAPY GROUPS:**

### ASD Groups Westchester

Transitioning to Adulthood when you're on the Spectrum

Robin Kaufman, Ph.D and Lauren Greiner, Ph.D at (914) 497-1590 or [asdgroupswestchester@gmail.com](mailto:asdgroupswestchester@gmail.com). The group focuses on independent living skills, self advocacy skills, interpersonal relationships, stress management, dating.

### Child Family Institute

(914) 361-5283 [ChildFamilyInstitute.com](http://ChildFamilyInstitute.com). Scarsdale, Mt. Kisco, Greenwich

Groups for Dialectical Behavioral Therapy (DBT)

Positive Parenting for parents of children with ADHD

Social Anxiety Mastery and Skills for Success (SAMSS) combines CBT skills and social skills training in groups for ages: 8-10, 10-12, 13-15, 15-17, 18-23, 23-30.

### Clubhouse Stars

[www.clubhousestars.com](http://www.clubhousestars.com), (914) 674-1940. Ardsley, NY. 6-8 week programs.

Maryanne Reda, certified special ed teacher with many years experience.

Mindful Kids Yoga for Ages 4-6 and 7-11, Playgroup-Ages 3-5, Social Stars-Ages 5-9, Clubhouse Girls-Ages 9-13.

A multi-sensory curriculum, incorporating art, interactive games, music, and yoga.

### Confident Kid Club

Contact Person: Carmella Crowley, 914-523-2328

[ccrowley@confidentkidclub.com](mailto:ccrowley@confidentkidclub.com), [confidentkidclub.com](http://confidentkidclub.com)

Sensory - play based social skills groups are for children ages 3–10 years with a range of challenges including but not limited to children with ADHD, Autism Spectrum Disorders, shyness and social anxiety and kids who simply need some additional scaffolding to be successful making and maintaining friendships.

Groups are run by two certified special education teachers, each with over 25 years teaching experience with a 8:2 child to teacher ratio. Located in Pelham, NY.

### Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

155 White Plains Rd. #200 Tarrytown, NY (914) 631-4618, [columbiadoctors.org](http://columbiadoctors.org).

OCD Boot Camp group treatment with separate groups for children, adolescents and adults. School anxiety groups for adolescents 14-17 and parent groups.

### Dramatic Pragmatics

Barbara Laufer, Director (914) 305-1210, [Dramaticpragmatics.com](http://Dramaticpragmatics.com), Rye Brook, NY

Social language groups, parent workshops, college transition groups.

**Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)**

Laurie Gruenberger, Psy.D.

1 Bridge Street, Irvington, NY (646) 256-0900, [lauriegruenberger@gmail.com](mailto:lauriegruenberger@gmail.com)  
Social Skills groups for K-12<sup>th</sup> graders focusing on recognizing feelings, managing anger/frustrations and building self-esteem. Individual and family therapy for children, adolescents and adults and parent counseling/support.

Michelle Maidenberg, Ph.D, MPH, LCSW-R, CGP President and Clinical Director  
Westchester Group Works, 600 Mamaroneck Ave, Suite 400 Harrison, NY  
[WestchesterGroupWorks.com](http://WestchesterGroupWorks.com), [drmaidenberg@westchestergroupworks.org](mailto:drmaidenberg@westchestergroupworks.org),  
[michellemaidenberg.com](http://michellemaidenberg.com). (914) 301-9474,

Co-Founder and Clinical Director Thru My Eyes Foundation, [ThruMyEyes.org](http://ThruMyEyes.org).  
Individual, couple, and family therapy specifically designed to meet the therapeutic needs of children, teens, young adults and adults using Cognitive-Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Eye Movement Desensitization Reprocessing (EMDR), Structural Family Therapy and Mindfulness.

New Frontiers in Learning

646-558-0085, [info@nfil.net](mailto:info@nfil.net)

Teen group focusing on the shared experiences of 8<sup>th</sup> through 10<sup>th</sup> graders struggling with anxiety and executive functioning deficits.

Another group called **Social Scene 2.0** is a program designed for young adults who want to increase their social opportunities. Each cohort develops goals together as a group, covering topics such as healthy relationships, initiating conversation, reading body language, and more. The group also travels to various social events based on group interest to practice skills in the real world environment.

Bob Milich, Ph.D

(914) 271- 5326. Croton-on-Hudson. Groups for children of all ages with a focus on building self-esteem for children with a variety of issues.

Susan Rose, Ph.D

(914) 381-3331, [S.Rose@Wawwhite.org](mailto:S.Rose@Wawwhite.org). Mamaroneck and NYC

Social skills groups for ages 3-14 with autism spectrum disorders. Groups focus on listening skills, reciprocal conversation, eye contact and identifying the emotions of others. Individual psychotherapy and family counseling as well.

Scarsdale-Edgemont Family Counseling Service

Scarsdale, NY (914) 723-3281, [sfsinc.org](http://sfsinc.org)

Social skills groups to help with developing friendships, turn-taking, responding to teasing, identifying emotions. Parent support groups and education, crisis interventions, individual and peer counseling.

Socialization and Life Skills Group for Asperger's Syndrome and High Functioning Autistic Adults

Focus on: Employment issues, college coaching and supports, socialization and self-advocacy, dating and relationships.

Patricia Rowan, LMSW at 914-736-7898, [patrowan@bestweb.net](mailto:patrowan@bestweb.net)

Susan Cortilet, MS, LMHC at 845-406-8730, [susan.cortilet@gmail.com](mailto:susan.cortilet@gmail.com)

The Children's School for Early Development

Anne Marie Sabrsula (914) 347-3227 ext. 151 or [asabrsula@westchesterarc.org](mailto:asabrsula@westchesterarc.org)

Social skills groups for ages 5-7 with autism/PDD.

The Collaborative Center for learning and development

203-409-0069 or [collaborativecenter.org](http://collaborativecenter.org)/ 78 Harvard Ave. Stamford, Ct.

Groups for preschool, school age, teens and young adults for social skills, anxiety/resiliency, executive functioning/study skills, behavior support, parent resources and summer programs.

Weill Cornell Medicine/New York Presbyterian, Westchester Division

Jo Hariton, Ph.D, Child & Adolescent Group Therapy Coordinator

(914) 997-5957, [JHariton@med.cornell.edu](mailto:JHariton@med.cornell.edu). White Plains

**Co-ed middle school and high School Groups** for those with peer relationship problems and anxiety, mood or ADHD diagnosis. Run by Dr. Hariton and Dr. McKenzie.

**Secret Agent Society group** created and run by Dr. Renae Beaumont with Dr. Hariton. Spy-themed CBT program for children 8-12 who have difficulty making and keeping friends including those who may have anxiety, ADHD, and/or an autism spectrum disorder. A computer game is provided for the children to play at home which reinforces the skills taught. Parent and school component as well. Dr. Beaumont at [rbb2002@med.cornell.edu](mailto:rbb2002@med.cornell.edu) or 917-362-4089.

Westchester County Tourette Syndrome Association

Parenting group helps parents and caregivers with issues related to raising kids with TS. Friendship Group is for children in 5<sup>th</sup> through 8<sup>th</sup> grade.

Lauren Preskin at [lpreskin@gmail.com](mailto:lpreskin@gmail.com) or 917-439-6335.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

“WC KIDS CLUB”

World Cup Nursery School, Chappaqua, New York

Joan Weinstein (914) 420-7479

WCKidsclub@gmail.com

Groups for children 4 to 7 years old. Six children per group to facilitate positive peer interactions and improve their language skills in social situations. Groups led by a certified and licensed speech pathologist and certified special education teacher.

Where I Can Be Me

Isa Marrs, MA CCC-SLP, Executive Director (914) 488-5282 whereicanbeme.com

Briarcliff Manor, New York

Social skills classes for ages 2-17 with language delays/disorders, learning disabilities, behavioral challenges (with or without special needs), children who have trouble making and /or keeping friends or socializing with friends or family.

**Jennifer Kahn Ruoff is a New York State Licensed Social Worker, also with a master's degree in special education. She is a special education advocate and education consultant. She helps parents navigate the special education system while getting the right services and resources for their children to maximize their educational, behavioral and social-emotional potential in school, at home and in the community. She can be reached at (914) 282-4404 and Jennifer@Ruoff.us.**

**This is not a complete list and this list is not an endorsement of any information herein.**