

# **Resources for Children with Special Needs & their Families**

## **Westchester County, New York**

By Jennifer Kahn Ruoff, LMSW, MS.Ed  
(updated 10/31/13)

### **ACTIVITIES:**

#### **DANCE, GYMNASTICS and THEATER:**

##### **Gymcats**

(914) 965-7676

Yonkers, NY

Teenage class for special needs and integrated classes as well.

##### **Jess Because, Inc.**

(914) 462-2493 or [info@jessbc.org](mailto:info@jessbc.org) , [www.jessbc.org](http://www.jessbc.org)

Classes located at the Westchester Institute for Human Development.

Theater, music, improv, movement classes for children and adults with developmental disabilities and theater and museum outings on Sundays.

##### **Miss Patti's Art Smart**

5 Anderson Lane

Goldens Bridge, New York (646) 234-5995 or [patti@nyartsmart.com](mailto:patti@nyartsmart.com)

Art, music and dance classes for children 6 months through 6 years.

##### **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/ [info@steffinossen.org](mailto:info@steffinossen.org)

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

## **Westchester Creative Arts Therapy Services**

Music and art therapy for people with special needs

1291 Saw Mill River Rd. Yonkers, NY

John Mahoney at [wcats.john@gmail.com](mailto:wcats.john@gmail.com) or Nancy Landy at [wcats.nancy@gmail.com](mailto:wcats.nancy@gmail.com) and 914-476-7662

## **Westchester Gymnastics and Dance**

Judy Anker, 5 Skyline Drive Hawthorne, New York (914)592-2324

**Sunday morning gymnastics classes for children with special needs.**

## **HORSEBACK RIDING:**

### **Happy Trotters**

Specializing in Hippotherapy

Melissa Jarzynski, MSPT (914) 874-6932, [www.happytrotters.com](http://www.happytrotters.com)

The White Barn 955 Peach Lake Rd. North Salem. Ages 18 mo.-adolescents. Any disability.

### **Pegasus**

Pleasantville, Bedford Hills, North Salem, [www.narha.org](http://www.narha.org)

Therapeutic horseback riding for children with special needs.

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

Ridgefield, Connecticut

(203) 438-4694 or [www.wewillrideinc.com](http://www.wewillrideinc.com)

## **MARTIAL ARTS:**

### **Aikido and Yoga**

4 Gray Rock Rd. Scarsdale, NY 10583, 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

[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.

### **Bruce Chung Tae Kwon Do**

(914) 835-0665 and [www.brucechung.com](http://www.brucechung.com)

250 Halstead Ave. Harrison, NY 10528

Helping our special needs children be the best they can be. Mommy and me classes and special needs classes.

## **Fusion Martial Arts**

Hawthorne, New York (914) 495-3150 and [www.fusionmartialarts.org](http://www.fusionmartialarts.org)  
Integrated classes and Summer Camp program in a nurturing, supportive environment. Open to all kids 4 and up.

## **KI Martial Arts**

Sensei Vladimir Zolottev, (914) 961-1111, 125 A Marbledale Rd. Tuckahoe.  
[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. Children work on focus, control, balance, memory, discipline, fitness and coordination in constructive, goal related training. All levels and ages welcome.

## **UMAC (United Martial Arts Centers)**

450 North State Road Briarcliff Manor, New York (914) 945- 7100  
Director: Laura Giacovas, MS Ed in special education and black belt in Taekwondo. Taekwondo for children with special needs to develop physically, mentally and socially. [info@umacbriarcliff.com](mailto:info@umacbriarcliff.com)

## **MUSIC:**

### **Heartsong**

Bronxville and White Plains (914) 725-9272, (914)420-9952  
[www.heartsong.org](http://www.heartsong.org)

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

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

Tina Brescia, Director  
216 Central Ave. White Plains, New York (914) 761-3900, [tbrescia@musiced.org](mailto:tbrescia@musiced.org)  
Music therapy programs for children and adults with and without disabilities.

## **Rose Hill Music Academy**

666 Columbus Ave. Thornwood, New York (914)747-2585 [www.rosehillmusic.net](http://www.rosehillmusic.net)  
Private music and instrument lessons for people with or without special needs.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 478-3730, [JRuoff@optonline.net](mailto:JRuoff@optonline.net)

## **Westchester Creative Arts Therapy Services**

Music and art therapy for people with special needs.

[wcats.john@gmail.com](mailto:wcats.john@gmail.com) and [wcats.nancy@gmail.com](mailto:wcats.nancy@gmail.com)

John Mahoney and Nancy Landy (914) 476-7662

1291 Saw Mill River Rd. Yonkers, NY

## **RECREATION DEPARTMENTS:**

### **Greenburgh Special Education Recreation**

Noel Broccoli, Director of Special Recreation

11 Olympic Lane Ardsley, New York (914) 693-8985 ext. 128

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.**

Nancy Bellini, Program Director, [nbellini@noreastspecialrec.org](mailto:nbellini@noreastspecialrec.org)

63 Bradhurst Avenue

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

Weekend, summer camp in Thornwood, New York and after school recreational programs for people 4 years through senior citizens with special needs.

### **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 recreational programs for children with disabilities ages 5 and up. They hold weekend programs, school vacation respite programs, after school programs, rec. and respite, summer day camp and wheelchair basketball. Summer programs also for 16-22 year olds.

### **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**

Tara Conte-Giglio (914)377-6438

285 Nepperhan Ave. Yonkers, NY

Dance and music therapy, art, girl scouts, theater arts, pet therapy, tee-ball, special Olympics swimming and Project Friendship.

### **SPORTS:**

**AYSO VIP Soccer League**, John Maltby at [john@jmaltby.com](mailto:john@jmaltby.com)

Ages 5-18 with special needs. AYSO VIP website has more information.

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

Danny Bernstein (914) 304-4052 or [danny@byardsports.com](mailto:danny@byardsports.com)

South Broadway 75, Suite 453, White Plains, New York

Basketball and soccer for boys and girls ages 5-15 with special needs. Programs are held at SUNY Purchase. 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.

### **Challenger Little League**

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

### **Challenger Soccer**

Run through AYSO at [AYSO324.org](http://AYSO324.org)

### **New Rochelle Little League Challenger Division**

Shelly Klein (914)632-4916

30 Trinity Place New Rochelle, NY

Children 5-21 Little League.

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

Stephen Madey, Executive Director

(914)813-8007 and [www.MLWNY.ORG](http://www.MLWNY.ORG)

A modified baseball program at Ridge Road park in Hartsdale, New York for children of all ages with disabilities.

## **SWIM INSTRUCTION:**

### **Angelfish Therapy, LLC**

Ailene Tisser, MA, PT (203) 969-6431 and Cindy Freedman, MOTR, CTRS (203) 364-1544 or [www.AngelfishTherapy.com](http://www.AngelfishTherapy.com)

Aquatic therapy in several locations in Connecticut and White Plains, New York  
Private, semi-private and small group with either an OT or PT.

### **Aqua Tots Westchester**

Owners: Aileen Crampton Bucciero and Fiona Crampton Kearney  
(914) 694-3289 or [www.aquatotal23.com](http://www.aquatotal23.com), info@aquatots123.com  
West Harrison, NY

### **Gerald Cox**

(914) 720-7875 or clubfit.com or letslearn@myswimforkids.com  
White Plains, NY

### **Pace University Aquatics Program**

Kate Palladino (914) 773-3280 or [www.pacesettersathletics.com/aquatics](http://www.pacesettersathletics.com/aquatics)  
861 Bedford Rd. Pleasantville, NY, kpalladino@pace.edu  
Adapted aquatics program for a wide range of disabilities.

### **Judy Anker**

[lswim1086@aol.com](mailto:lswim1086@aol.com)

### **Aqua Zone**

Noel Broccoli, Greenburgh Parks and Rec. 914-693-8985 ext. 128  
Theodore Young Community Center. Ages 5-21.

## **YOGA:**

### **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.

### **Yoga for Special Needs at Well Child**

Patty Chang Anker, Certified Yoga Instructor (917) 543-3966 or

[anker@verizon.net](mailto:anker@verizon.net)

59 Main St. Dobbs Ferry, New York, [Hudsonvalleywellchild.com](http://Hudsonvalleywellchild.com)

Private and small classes for children 5-11 with ADHD, anxiety, sensory integration difficulties, tics, LD combining movement, breathing, play, focus, balance, coordination, motor planning, body awareness and self-esteem.

### **Yoga for Special Needs at WonderKids**

Kira Morton, Yoga Certified Instructor, [info@wonderkidstherapycenter.com](mailto:info@wonderkidstherapycenter.com)

470 Mamaroneck Ave. Suite 204

White Plains, New York

(914) 421-8270 and [www.wonderkidstherapycenter.com](http://www.wonderkidstherapycenter.com)

Classes for children of all ages with special needs.

## **OTHER RECREATIONAL PLACES:**

### **Cerebral Palsy of Westchester**

1186 King St. Rye Brook, NY (914) 937-3800 ext. 627

Saturday Explorers for ages 5-15 from 10-2:00 twice monthly on the autism spectrum to increase socialization.

Kiyoko Brown Lekotek Center at CPW offers adapted equipment and software, computer facilitation, focus on the joy of playing and learning, monthly family play sessions.

Wheelchair basketball for ages 10-21.

### **HERO**

(914) 251-0804 Janet Lefkowitz, [hero-ny@hero-ny.org](mailto:hero-ny@hero-ny.org), [www.hero-ny.org](http://www.hero-ny.org)

Adapted tennis, dance, music and pet therapy for all ages in Purchase, NY.

## **JCC of Mid-Westchester**

SNAAC (Special Needs Academic and Arts Center)

Charley Moskowitz, LMSW

999 Wilmot Rd.

Scarsdale, New York (914) 472- 3300 Ext. 361 and [www.jccmidwestchester.org](http://www.jccmidwestchester.org)

Daily programs for children pre-k through 8<sup>th</sup> grade with special needs: sports, music, theatre, computers, karate, social skills, art, science. Also adult special needs programs available. Sibling group, father's group, grandparent's group and parent's support groups also available.

## **JCC on the Hudson**

371 S. Broadway , Mindy Cohen.

Tarrytown, New York (914) 366- 7898 and [www.Jcconthehudson.org](http://www.Jcconthehudson.org)

After school and school vacation enrichment programs for children with developmental and physical disabilities grades K-6 and social skills groups, sibshops for siblings of children with special needs, recreational programs for 6-12 year olds with learning or developmental disabilities. Also, adult programs for the physically challenged. Inclusion karate and Jewish culture classes as well.

## **WJCS and JCC on Hudson**

**Location:** 371 S. Broadway, Tarrytown, NY 10591 (JCC Building)

**Dates:** Saturdays, 1:30 - 3:30pm, on-going

**Age Range:** High school students

**Description:** A social club for high-school teens with autism spectrum disorders and/or developmental disabilities. Participate in fun activities, including field-trips, snack and chat, interaction with peers, and learning about social behaviors in a supported environment.

**Contact:** Contact Mindy Cohen at 366.7898 or Patricia Grossman at 949.7699x355.

## **Parents Place, Inc.**

3 Carhart Avenue, White Plains, NY room 102

Pam Ancowitz, Director (914) 948-5187 [parentsplace@TheGuidanceCenter.com](mailto:parentsplace@TheGuidanceCenter.com)

A 2 hour drop in center for birth through 5 years on Mondays, Tuesdays, Thursdays and Saturdays for singing, art, play, snack and the opportunity to talk with social workers and other parents. One Sunday per month from 2-4 is Family Day for children with Autistic Spectrum Disorder and their immediate families.



Parents Place also runs a parent support group for parents of children with Autistic Spectrum Disorder.

## **Rosenthal JCC of Northern Westchester**

(914) 741-0333

600 Bear Ridge Rd. Pleasantville, NY

Parent support groups meets monthly in morning and evening. Trailblazer afterschool program for children with special needs, Gymbuddies monthly inclusion open gym with teen mentors, Rise Above weekly theater program, weekly curriculum-based social skills groups and Saturday Night Chillin' for tweens and teens to have a community outing together and learn socialization skills while having fun. Trailblazer program at Camp Discovery in Croton provides support and structure with a shadow in this inclusion model for camp.

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

Serving residents in northern, mid and southern locations of Westchester

Rose Rothe, Executive Director

(914) 243- 0583, [sparc@optonline.net](mailto:sparc@optonline.net), [www.sparcinc.org](http://www.sparcinc.org)

Recreation, social and therapeutic programs for children, teens and adults with developmental, learning and associated special needs. Programs Monday-Saturday on school calendar and summer. 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, Wacky Art, Film Production Workshop, Cooking Fun, Intro to Golf, Athletics and Lunch club, Dinner Friends, horseback riding, music and trips, etc. Private consultations for home music, art and recreational therapies. Sibling groups also.

## **The Home Program**

34 South Broadway Suite 411

White Plains, New York 10601

(914) 949- 3751 or [www.thehomeprogram.org](http://www.thehomeprogram.org)

Behavior management consultation services, in-home training to address sleeping, toileting, mealtime, compliance and community behavior.

## **Wagon Road Camp**

The Children's Aid Society

Vince Canziani, Director (914) 238- 4761 and [www.childrensaidsociety.org](http://www.childrensaidsociety.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. They have heated cabins.

## **Westchester Foundation for Autism**

Rick Ditrio, President

(914) 741- 5019 and [www.WFAutism.org](http://www.WFAutism.org), wfa@wfautism.org

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

## **YWCA of White Plains (North Street)**

### **Special Programs Department**

Jim Sullivan, Director (914) 949- 6227 ext. 108

Sunday recreation for ages 4-21 from 12-4, August vacation camps, school vacation camps for children with autism, PDD, CP, MR. Swimming, piano and guitar lessons available. Family respite and support also available.

## **CAMPS:**

Internet information on camps for children with Autistic Spectrum Disorder:

[www.mclean.harvard.edu/cns/camp/welcome.htm](http://www.mclean.harvard.edu/cns/camp/welcome.htm)

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

[www.nichey.org/pubs/genresc/camps.pdf](http://www.nichey.org/pubs/genresc/camps.pdf)

<http://www.cshcn.org/resources/campcalendar.cfm?intro=yes>

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

Camps for children with emotional disabilities:

[www.mysummerncamps.com/camps/emotional-problems-camps.html](http://www.mysummerncamps.com/camps/emotional-problems-camps.html)

Camps for kids with Asperger's: [www.aspires-relationships.com/links\\_camps.htm](http://www.aspires-relationships.com/links_camps.htm)

Order a directory of camps and summer programs for youths with special needs in the Metro New York area for approximately \$25.00. Lists more than 300

programs: **Publications/Department B, Resources for Children with Special Needs, 116 E. 16<sup>th</sup> St. 5<sup>th</sup> Floor New York, NY 10003**

## **Camp BaShemesh**

Mindy Cohen, Camp Director and Lisa Feinman, Assistant Executive Director  
JCC on the Hudson, [www.jccontheudson.org](http://www.jccontheudson.org)  
Summer day camp for children with special needs.

## **Fordham University Summer Reading Skills Programs**

David Soloway, Program Director (800) 978-9596 Yonkers, New York  
Phonics, comprehension, fluency for ages 4 and up.

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

(212) 263- 0760 and [www.AboutOurKids.org](http://www.AboutOurKids.org)

Summer 8 week all day program for ages 7-11 with one staff member for every one to two children. Located at the Riverdale Country School. Focus on sports skills and teaching good sportsmanship as well as listening, sharing, compromise, teamwork and empathy, how to handle everyday social challenges, how to follow rules and the importance of compliance at school and home.

## **Our Victory Day Camp**

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

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

Summer 7 week day camp for ages 5-12 with attention deficit and learning disabilities. 3:1 ratio, groups of 9 focus on social skills and traditional day camp activities.

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

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

Kris Connolly, manager of adaptive programs

SNAP Program for people with special needs (mostly autistic)

Family resort with programs, even 1:1 assistance, for families with special needs.

## **Westfield Day School**

23 Purdy Ave. Rye, NY (914) 967-2530 & [wdsinfo@optonline.net](mailto:wdsinfo@optonline.net)

Summer program for grades 7-12 with academics and elective courses for grades 7-12 with academic and emotional support. Also a day treatment program for grades 6-12.

### **TRAVEL MADE EASIER:**

Jetsetbabies.com

Babysaway.com

Arrange to rent baby/kid stuff before you travel.

### **HAIRCUTS:**

#### **Snip its**

450 Central Park Avenue

Scarsdale, New York (914)574-5320

#### **Fun Cuts**

2100 Boston Post Road

Larchmont, New York (914) 834- 5300

#### **Chloe Sikirica**

(914) 924-1249 , 526 Broadway, Hastings-on-Hudson, NY 10706

N.Y. State Licensed Hairdresser who has experience and patience with children with special needs. By appointment only.

#### **Happy Cutz**

Laura Cote, [cutz@gmail.com](mailto:cutz@gmail.com)

She will come to your home to cut your difficult child's hair.

### **NATURAL FOODS:**

#### **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.

#### **Ciao!**

(914) 779-4646

Eastchester family friendly Italian restaurant offers gluten-free pizza and pastas.

### **Comfort Lounge**

(914) 478-0666

Hastings-on-Hudson restaurant offers organic, kid-friendly gluten-free chicken fingers, pastas and chocolate brownies.

### **Glutenfree.com**

### **Maud's Tavern**

(914) 478-2326

Hastings-on-Hudson restaurant offers 13 gluten-free entrees.

### **Miss Roben's**

P.O. Box 1149

Frederick, MD 21702

1-800-891-0083 and [www.missroben.com](http://www.missroben.com)

Mail order company specializing in allergy free foods (gluten, wheat, dairy, egg, soy and corn free).

### **Mrs. Green's Natural Market**

Scarsdale, New York (914) 472- 9675

Eastchester, New York (914) 472- 0111

Katonah, New York (914) 232- 7574

Larchmont, New York (914) 834- 6667

Mount Kisco (914) 242- 9292

Yorktown Heights (914) 962- 4462

Mahopac, New York (845) 628- 0533

Briarcliff Manor, New York (914) 762-8100

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

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

Many variety of cupcakes with or without any ingredient.

### **Nikki's Kitchen**

Nicole at (347)365-9283

Special foods for special kids. Food made to order.

### **Organic Connection**

981 Rte. 22 Brewster, New York (845)279-2290

[www.organicconnection.net](http://www.organicconnection.net)

fresh and frozen fruit, vegetables, meat and poultry. Delivery available.

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

Mailorder wheat-free and gluten-free foods.

### **Three Dogs Gluten-Free Bakery**

Karen Miller, Owner (914) 762-2121 or [www.threedogsgfbakery.com](http://www.threedogsgfbakery.com)

510 North State Rd. Briarcliff Manor, New York

Fresh-baked items daily. Many items also dairy free and/or soy free.

### **Trader Joes**

727 White Plains Road Scarsdale, New York (914) 472- 2988

1260 Boston Post Road Larchmont, New York (914) 833- 9110

215 N. Central Avenue Hartsdale, New York (914)997-1960

### **Whole Foods**

110 Bloomingdale Rd. White Plains, New York (914) 288- 1300

Gluten Free food list: [Triumphdining.com](http://Triumphdining.com)

### **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)

Dr. Penny Resnick-Graulich

(914) 633-4440 and [www.drpennydentistforkids.com](http://www.drpennydentistforkids.com)

77 Quaker Ridge Rd. New Rochelle, New York.

## **RELIGIOUS RESOURCES:**

### **Church of the Magdalene**

525 Bedford Road (route 448)

Pocantico Hills, New York

Mary Weiner; (914) 592-2784

Catholic Mass service for special needs families; first Sun. of every month at 1:00.

### **Matan: The gift of Jewish Learning for Every Child**

Deena Spindler, Director of Programming

(914) 472- 3300 ext.345 or [Deena@matankids.org](mailto:Deena@matankids.org) and [www.matankids.org](http://www.matankids.org)

Self contained Jewish religious school classes for ages 5-15 with issues such as autism, developmental disabilities, severe learning disabilities and behavioral problems. Classes are on Sunday mornings at the JCC of Mid Westchester in Scarsdale, New York. Family Jewish holiday celebrations as well.

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

Linda Lieff Altabef at (914) 666- 2292 or [liefflady24011@aol.com](mailto:liefflady24011@aol.com)

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

Multi-sensory enrichment program of Jewish learning for children with speech, language and learning delays. 12:3 student teacher ratio. Program includes music, art and dance. Classes are Sunday mornings at the Mount Kisco Hebrew Congregation.

### **Our Lady of Fatima Church**

5 Strathmore Rd. Scarsdale, New York (914) 472-6604

Irene Kohller or Rita Deutsch, Religious Education and Special Education

### **Other Religious Information contacts:**

Irene Lustgarten, Director of the Board of Jewish Education in Westchester.

Linda Sgammato, Director of special religious education for the catechetical office, the Department of Education for the Roman Catholic Archdiocese of New York.

### **Temple Beth Abraham**

25 Leroy Avenue, Tarrytown, NY (914) 613-1770

Pamela Barkley, Director of Education

Self-contained and small classes for children with learning disabilities, autism and other special needs. Children can be mainstreamed whenever possible.

## **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**

Call Esti at (914) 693-6100 or 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.

## **Tikvah Greenburgh Hebrew Center**

515 Broadway Dobbs Ferry, NY (914)693-5121

Weekly self-contained class for children with autism and developmental disabilities. Curriculum includes music, art, Bible study and Jewish education.

## **Woodlands Community Temple**

Learning Center for kids with learning disabilities and autistic spectrum.

## **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 Jewish teenagers with learning, cognitive or emotional challenges are teamed up with high school peer mentors in the classroom and field trips. Social action, Israeli dance, art expression and holiday programs are available.

## **RESOURCES:**

### **Autism Family Center/ Westchester Jewish Community Services**

Lee Englander, Program Coordinator, at (914) 761-0600 ext. 228 or  
[lenglander@wjcs.com](mailto:lenglander@wjcs.com)

Family center for information and referrals. Parent support groups. Breakfast and supper clubs for 18+ with Asperger's Syndrome. Parent mentoring, grandparent support group, mother/daughter nights.

### **Canine Companions for Independence**

Ronald Knell, Executive Director, State University of New York at Farmingdale.

A national organization that provides highly trained assistance goes to people with disabilities other than blindness. (800) 572-BARK or [www.cci.org](http://www.cci.org).

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### **Chappaqua Public Library**

195 South Greeley Avenue  
Chappaqua, New York  
(914) 238- 4779

Excellent resource center for parents of children with disabilities.

### **Child Care Council of Westchester**

(914) 761- 3456

Extensive information on childcare providers, programs, agencies, schools and camps.

### **Early Childhood Direction Center**

Nan Seefeldt, Resource Referral and Community Outreach Coordinator  
(914) 493-1358

Located at WIHD in Valhalla, NY

Information and referrals for parents with children with disabilities from birth to age 5.  
Open 8-5, M-F. Free and confidential.

### **EPIC Parent Center/ Parent Information Resource Center (PIRC)**

1061 North Broadway, Townhouse 2<sup>nd</sup> floor

Yonkers, New York

(914) 966- 2338 or [www.epicforchildren.org](http://www.epicforchildren.org).

Director: Jane Zucker, Westchester Regional Manager: Yvonne Prescod

Free parenting skills workshops and parent training.

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

Madeline Lombardi at (914)995-5238 or [mala@westchestergov.com](mailto:mala@westchestergov.com)

Support groups, respite activities, family recreational activities, and educational workshops for families with children with social, emotional and behavioral difficulties.

### **GROW, Inc.**

P.O. Box 1692

White Plains, New York 10602

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

Westchester based advocacy organization on behalf of persons with developmental disabilities.

**Claudia Spaziante**, FSS Coordinator Hudson Valley DDSO (914) 332-8958 and [claudia.spaziante@opwdd.ny.gov](mailto:claudia.spaziante@opwdd.ny.gov).

Claudia provides support and services funded by OPWDD specifically for individuals with developmental disabilities living at home. Advocacy, crisis services, case management/service coordination, in and out of home respite care, family training and recreation services are funded.

### **Holistic Learning Center**

Susan Versames (914)793-9100 or [www.holisticLC.com](http://www.holisticLC.com)

571 A White Plains Rd. Eastchester, NY

Social skills groups for ages 3-4 and 7-8, parent support group, yoga for parents and technology learning center for help with auditory processing, visual sequencing and reading comprehension. They also offer Camp After Camp Program.

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

Nancy Guberti (914) 725-6801 or [nancy@coachforhealthyliving.com](mailto:nancy@coachforhealthyliving.com) or [www.coachforhealthyliving.com](http://www.coachforhealthyliving.com)

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

At Westchester Institute for Human Development

Valhalla, New York

(914) 493-7665 or [www.wihd.org](http://www.wihd.org) or [nbrickel@wihd.org](mailto:nbrickel@wihd.org)

### **Montefiore Autism Center**

6 Executive Boulevard

Yonkers, NY

(914)375-4898

Director, Michelle Dunn, PhD

Social skills, cognitive and linguistic interventions, counseling and advocacy help for individuals with autism, communication disorders or learning disability.

### **Navigating the Spectrum**

(914)826-5300

Workshops, conferences and support groups for families with special needs and educators.

## **ParentLink**

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

Advocacy group for parents of children with Autistic Spectrum Disorder and Asperger's Syndrome. Monthly support group meetings at Westchester Medical Center in Valhalla, New York for support, information and resources.

## **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.

## **Parent-to-Parent**

(914)493-2635 and [www.parenttoparentnys.org](http://www.parenttoparentnys.org)

Westchester Institute for Human Development 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.

## **Westchester ARC**

Sharisse Hunter, (914) 495-4592

Counseling and training in-home for families needing help managing behaviors of individuals, 7-18 years old with development disabilities. Free.

## **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.

## **Project Lifesaver**

Nancy D'Auria, Project Coordinator

(914)683-7530 or [ndauria@hebrewhome.org](mailto:ndauria@hebrewhome.org)

Bracelets equipped with GPS.

## **EmSeeQ Band** at [www.emfinders.com](http://www.emfinders.com)

Bracelets equipped with technology that triangulates through cell phone networks to guarantee immediate recovery. When the caregiver activates the device,

medical information and specific location of the child are reported to the nearest 911 dispatch center.

## **RESOURCE PHONE NUMBERS & INTERNET ACCESS:**

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

Free downloads for educational programs for children with Autism/Asperger's Syndrome.

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

Autism friend finder program

### **[www.autismkey.com](http://www.autismkey.com)**

### **[www.got-autism.com](http://www.got-autism.com)**

Westchester County Autism website

[www.westchestergov.com/mentalhealth/autism](http://www.westchestergov.com/mentalhealth/autism)

### **Autism Society of America**

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

**[www.autismSpeaks.org](http://www.autismSpeaks.org)** and 888-AUTISM2 (888-288-4762)

### **Apraxia Information**

### **[www.apraxia.cc](http://www.apraxia.cc)**

### **[www.apraxia-kids.org](http://www.apraxia-kids.org)**

Excellent websites to learn more about Apraxia, Dyspraxia and Sensory Integration.

### **Childtherapytoys.com**

Large collection of resources for child and play therapists

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

(914) 278- 3020 and [www.chadd.westchester.org](http://www.chadd.westchester.org)

### **Council for Exceptional Children**

(703) 620- 3660 and [www.cec.sped.org/](http://www.cec.sped.org/)

### **Developmental Delay Resources**

Patricia Lemer, Executive Director (301) 652- 2263 and [www.devdelay.org](http://www.devdelay.org)

### **Learning Disabilities online**

### **[www.Ldonline.org](http://www.Ldonline.org)**

Hundreds of articles about disabilities, remediation, IEP's, legal rights on this award-winning site.

**National Alliance for Autism Research**

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

**National Information Center for Children and Youth with Disabilities (NICHCY)**

800- 695- 0285 and [www.nichcy.org](http://www.nichcy.org)

**National Center for Learning Disabilities**

212- 545- 7510 and [www.LD.org](http://www.LD.org)

**National Parent Network on Disabilities**

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

**National Vaccine Information Center**

[www.909shot.com/](http://www.909shot.com/)

**Information about vaccines and mercury**

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

**New York State Education Department**

914- 245- 0010 and [www.nysed.gov/vesid](http://www.nysed.gov/vesid)

**Office of Vocational and Educational Services for Individuals with Disabilities (VESID) (914) 946-1313**

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

**Sensory Integration International**

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

**Sensory Stories**

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

**Sensory Friendly Films- AMC Entertainment**

[www.autism-society.org/sensoryfilms](http://www.autism-society.org/sensoryfilms)

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

seamless, tagless, soft clothing for sensory kids.

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

Child and Adolescent Bipolar Foundation

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

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Mental Health Association of Westchester

[www.special-minds.com](http://www.special-minds.com)

toll free 866-810- 1909

Resource of over 3,000 books, videos, dvds, games, activities, software for ADD, Autism, Asperger Syndrome, Dyslexia, Sensory Integration Dysfunction, Social Skills, Speech and Language Development, OCD, Anger Management, Self Control, CP, Tourette Syndrome, MR, plus more.

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

Resources, tips and links and forum to share experiences and seek support.

**Student Advocacy Services, Inc.**

(914) 347- 3313

Special Education Law and Regulations at:

[www.special-ed-law.com](http://www.special-ed-law.com)

**The Department of Education** also has special education law at:

[www.ed.gov/offices/osers/IDEA/](http://www.ed.gov/offices/osers/IDEA/)

**IDEA** is the Individuals with Disabilities Education Act.

[www.ideapractices.org/aboutus.htm](http://www.ideapractices.org/aboutus.htm)

**Westchester/Putnam Legal Services**

(914) 949- 1305

**Westchester County Department of Community Mental Health**

(914) 285- 5256

[www.trainland.tripod.com](http://www.trainland.tripod.com)

Information on PECS (Picture Exchange Communication System), Autism, diet, research links.

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

**Yale Child Study Center**

<http://info.med.yale.edu/chldstdy.autism/>

## **SOCIAL SKILLS GROUPS:**

Chatterbugz

Michelle Laraia, special education teacher (914) 302-2122, Yorktown, NY  
[www.chatterbugz.com](http://www.chatterbugz.com) & [chatterbgz@aol.com](mailto:chatterbgz@aol.com). Groups for ages 3-9.

Dramatic Pragmatics

Barbara Laufer, Director (914) 305-1210, Rye, NY

Greenwich Autism Program

Dr. Sue Izeman (203) 629- 1880 ext. 327 and [www.Izeman@ARCGreenwich.org](http://www.Izeman@ARCGreenwich.org).  
Play-based small group instruction (3-4 children) for children with Asperger's and High Functioning Autism of all ages.

Dr.'s Susan Goldman and Eliot Goldman (212) 642-5877

623 Warburton Ave. Hastings-on-Hudson, NY

Groups specializing in ADHD and social skills training.

Laurie Gruenberger, Psy.D.

1 Bridge Street, Irvington, New York (646) 256- 0900

Social Skills groups for kindergarten through 12<sup>th</sup> graders focusing on recognizing feelings, making friends, managing anger/frustrations and building self-esteem. Individual and family therapy available and psychological/neuropsychological assessment available.

Jackie Knectel, Ma, ccc-slp

(914) 421-8270

Wonder Kids 470 Mamaroneck Rd. Suite 204 White Plains, New York

Language-based social skills groups for preschool and elementary age children.

Kurious Kids- WJCS Milestones

Contact Susan Miron (914) 922-9333 ext. 13 or [smiron@wjcs.com](mailto:smiron@wjcs.com)

Social skills groups for ages 2 ½ to 5.

Robert Milich, Ph.D

(914) 271- 5326

Croton-on-Hudson, New York

Groups for children of all ages with a focus on building self-esteem for children with a variety of issues.

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### Scarsdale-Edgemont Family Counseling Center

Social skills groups for ages 5-16 to help with developing friendships, turn-taking, responding to teasing, identifying emotions. Groups of 4-8 led by clinical psychologist Ilana Rosenberg.

Susan Rose, Ph.D

(914) 381- 3331

Mamaroneck, New York

Social skills groups for high functioning children ages 3 through 14 with autism, Asperger's Syndrome and PDD. Groups focus on listening skills, maintaining eye contact, reciprocal conversation and identifying the emotional response of others.

### Sociable Kidz

1600 Harrison Ave, Suites 307 D, Mamaroneck, NY

(914) 505-3295 & [www.sociablekidz.com](http://www.sociablekidz.com)

Social skills groups for ages 4-15 taught by certified teachers. Grouped according to age with 3-5 per group. Raffles, legos, arts and crafts.

### Social Butterflies

Lauren Rosenshein, speech pathologist (914)382-7103 [www.socialbutterflies6.com](http://www.socialbutterflies6.com)

Allison Haft Galluccio, special educator (914)382-7091

Social skills groups for ages 3-10 years with social/emotional and communication delays, ADHD, Oppositional Defiant Disorder, high-functioning Autism, Asperger's, Sensory Integration and Social Anxiety. Offers sibling participation, karate, cooking, science and community field trips.

### Social Skills 4 Kids

Lorraine Castle, Certified School Psychologist

(914) 358-5657 or [LorraineC@socialskills4kids.com](mailto:LorraineC@socialskills4kids.com) or

[www.socialskills4kids.com](http://www.socialskills4kids.com)

73 Westlake Drive, Valhalla, NY

### 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 Kids Connection

Pat Rowan, LMSW (914)736-7898 Croton-on-Hudson, New York

Groups for children ages 7 through adolescent.



Therapy with a Twist

Wendy Ludlow, LCSW (646) 213-0294 or [www.therapywithatwist.com](http://www.therapywithatwist.com)

North Riverdale.

Registered Play Therapist Supervisor and certified Cognitive-Behavioral Prescriptive Play Therapist. Groups for children with ADHD, PDD, Asperger's, OCD, dissociative disorders, bi-polar, behavioral problems and selective mutism.

Transitioning to Adulthood when you're on the Autism 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. Co-ed group ages 16-24.

Westchester Division of Weill Medical College of Cornell University

New York-Presbyterian Hospital (914) 997-5957

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

Social skills groups for children with peer relationship problems. Each group is run by a co-therapy team with expertise in Attention-Deficit Hyperactivity

Disorder and other childhood disorders. Children are grouped by age and level.

Westchester Group Works at Full Circle Family Care

Michelle Maidenberg, Ph.D, MPH, LCSW-R Clinical Director

(914) 421-1500 and [mmaidenberg@westchestergroupworks.com](mailto:mmaidenberg@westchestergroupworks.com)

1241 Mamaroneck Avenue

White Plains, NY [www.westchestergroupworks.com](http://www.westchestergroupworks.com)

A variety of therapy groups for children and adolescents.

Westchester Jewish Community Services (WJCS)

Patricia Grossman, LCSW (914) 949-7699 ext.355 and [pgrossman@wjcs.com](mailto:pgrossman@wjcs.com)

Programs geared to provide support and skills for individuals with Autistic Spectrum Disorders and their family members. Groups for children 6-9 years, 10-13 years old and 13-16 years old and a 21 and older group. Parent support groups meet concurrent with the social skills groups.

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.

“WC KIDS CLUB”

World Cup Nursery School, Chappaqua, New York  
Joan Weinstein (914) 941-0753 and Marni Gross (203) 775-9681  
WCKidsclub@gmail.com

Groups for children 3 ½ 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, Speech Language Pathology, PC (914) 488-5282  
Briarcliff Manor, New York and [www.whereIcanbeme.com](http://www.whereIcanbeme.com)  
Social skills and Art Classes for children 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.

Pilar Wellansky, Psy.D

Friendship Builders Groups  
400 Bedford Rd.

Pleasantville, New York (914)773-0680

Weekly therapeutic groups for children in 1<sup>st</sup> grade through high school who have trouble making and keeping friends and difficulty managing feelings. Also a weekly Summer mini camp therapeutic program with indoor and outdoor activities.

WCEED

(914)593-0593 or [www.wceed.com](http://www.wceed.com)

503 Grasslands Rd. Valhalla, New York

Social skills groups run by speech and language pathologist and special education teacher for preschool age children and Handwriting without Tears groups.

**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) 478-3730 and [JRuoff@optonline.net](mailto:JRuoff@optonline.net).**

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

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