

February Fridge Post 2010

Mark Your Calendars for these Upcoming Events!

Red Carpet Ball—Saturday, February 27, 2010
 DSAOC Summer Picnic—Saturday, June 26, 2010

For more information about DSAOC events
 visit www.dsaoc.org

Seminars

Least Restrictive Environment

Wednesday, February 24 from 6pm to 9pm

One of the most difficult decisions a parent makes is deciding on the most appropriate placement for their child. It is also the decision that most often causes conflict when working with a child's IEP team.

We will be offering parents the opportunity to learn from other parents who have their children placed in a variety of educational settings in Orange County. While there is no one setting that is best for all children with Down syndrome, learning about the continuum of options can help empower a parent when they are faced with this choice.

During this presentation we will be sharing about experiences with private school, home school, special day class, inclusion, and everything in between.

Be sure to sign up early for this presentation by calling 714-540-5794, or register online at the DSAOC website www.dsaoc.org/events-register

Sixth Annual Red Carpet Ball

For teens and adults with Down syndrome 15 yrs and older

"Adventures in Wonderland"

Don't be Late For A Very Important Date

Saturday, February 27

From 7:00pm to 11:00pm

Follow the White Rabbit to:

New Location

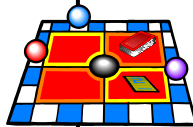
DoubleTree Hotel
 201 East MacArthur Blvd.
 Santa Ana, CA 92707

\$30 per person / \$50 per couple

Price will increase to \$40 per person / \$60 per couple
 after February 12

Know someone with Down syndrome 15 yrs or older that did not receive an invitation in the mail?

Please contact Kristin Abbas at 714-540-5794 or at kabbas@dsaoc.org



Parent Networks

0 to 3 Parent Support Group

Thursday, February 4 (7:00pm -9:00pm)

Make friends and share the challenges, milestones and triumphs, as you raise your child.

Expectant parents also welcome.

Child care is not provided, but your little one with Down syndrome is welcome to come along with you.

Grupo de Apoyo Arcoiris

Spanish Language Support Group

Viernes, Febrero 26 (10:00am-12:00pm)

Somos padres de familia como ustedes dedicados a nuestros hijos trabajando unidos para ofrecerles una vida plena de gozo, amor, aprendizaje y bienestar.

Lugar: Dayle McIntosh Center Para mas informacion llame a
 13272 Garden Grove Blvd. Alicia Sanchez 714-540-5794 o
 Garden Grove, CA 92843 Maria Pecina 714-558-5401.



Hosted Programs

My Yoga with Julie

This class is just for you! We will exercise your body, mind, and spirit in a fun and mostly peaceful group atmosphere!

Class dates: Mondays

Fee payable to the instructor.

Times:

3:00—3:30 by appointment

3:45—4:15 ages 5 thru 12; \$90 for 6 week series (\$18 each)

4:30—5:15 ages 13 and up \$100 for 6 week series (\$20 each)



Activities

DSAOC Teen Club

For teens with Down syndrome ages 12-17

Friday, February 19 from 7pm to 9pm
 At the DSAOC Center.

Join your friends for game and movie night at DSAOC!

Parents: Come prepared to share your ideas on how we can make teen club even better!

Please RSVP to Kristin Abbas at 714-540-5794 or kabbas@dsaoc.org.

We ask that siblings not attend this event.

*A responsible adult must remain on-site during Teen Club.