

# SIGN UP TODAY!

## 2018 Winter semester Inclusion offering at The J

### Welcoming. Community. Respect.

Inclusion at the JCC means welcoming all, regardless of age, faith, ethnicity, need or ability. This belief helps make us a strong and supportive community and upholds the Jewish – and universal – values of welcoming guests, kindness, respect, and communal responsibility. Individual differences are to be celebrated and can only further enrich the JCC community.

We are encouraging those with special needs to participate in various programs, whether within our traditional classes or in our specialized programs. If you wish to join any class or program, please contact Liza Fahey at 203.487.0946 or lfahey@stamfordjcc.org to discuss the details of what the class or program offers and if it is a good fit for you and your child's needs and abilities.

### Inclusion Classes for the Winter Semester

#### NEW! Exploring Science Through Our SENSES

Ages 3 – 5

Messy play is a key component to developing children's fine and gross motor and coordination skills. Through the children's seven senses we will explore different ways to help them learn and grow. We will be creating and working with different textures and materials each week. Whether it's making Play-Doh, calming bottles, or gooey slime, the children will have fun experiencing their seven senses – taste, smell, sight, touch, hearing, vestibular (balance), proprioceptive (joint movements) – in their own way.

To register, contact Hannah Goldstone at 203.487.0980 or hgoldstone@stamfordjcc.org.



Tuesdays, 4:30 – 5:15 p.m.

Jan. 16 – Mar. 20 (No class Jan. 30, Feb. 20)

Member \$160 / Community \$200 (8 sessions)

#### NEW! Ready, Set, Move

Ages 5 – 8

Does your child like climbing and jumping through obstacle courses? This class will allow children to engage their muscles by moving through obstacle courses and yoga positions. Classes will focus on balance, coordination, core engagement and strength, to increase fine and gross motor skills. To register, contact Hannah Goldstone at 203.487.0980 or hgoldstone@stamfordjcc.org.



Wednesdays, 4:30 – 5 p.m.

Jan. 10 – Mar. 14

Member \$150 / Community \$200 (10 sessions)



JCC  
Stamford

Jewish Community Center of Stamford

1035 Newfield Avenue | Stamford, CT 06905  
stamfordjcc.org | 203.322.7900

#### Music, Movement, and Yoga

Ages 3 – 5 (parents may stay)

This practice is fun and interactive! Through meditation, movement and chants, instructors provide techniques to work on improving concentration, mindfulness, self-control, and relieving anxiety, as well as improving hand-eye coordination and thoughtful breath. Classes are kept small in order to modify and accommodate any individual needs. To register, contact Hannah Goldstone at 203.487.0980 or hgoldstone@stamfordjcc.org.

W Sundays, 10 – 10:45 am

Jan. 21 – Mar. 18 (No class Feb. 18)

Members \$160 / Community \$200 (8 sessions)

#### R&R (Recreate & Relate)

Grades 6 – 8, and High School/Young Adult

R&R is an active social program that meets at the JCC during the academic year. Activities include cooking, theater performances, varied sports events, pool parties, volunteering, and much more. Not only are these activities fun, they also enhance team-building skills in a structured and safe environment. The goal of R&R is learning to work together! To register, please contact Liza Fahey at 203.487.0946 or lfahey@stamfordjcc.org.

Grades 6 – 8

Wednesdays, 4 – 5:30 p.m.\* and Sundays, 12 – 2 p.m.\*

Jan. 10, Jan. 21, Feb. 7, Feb. 18, Mar. 7, Mar. 18

Member \$120 / Community \$150 (6 sessions)

#### High School and Young Adult

W Sundays, 1 – 3 p.m.\*

Jan. 14, Jan. 28, Feb. 11, Feb. 25, Mar. 11, Mar. 25

Member \$120 / Community \$150 (6 sessions)

\*Register early if you need the JCC van to pick your child up from the Stamford Public Schools on school days! Admission fees to all Sunday trips must be paid separately.

#### Classic Cooking

High School and Young Adult

Teens and Young Adults will collaborate on fun recipes while learning basic cooking skills and kitchen safety. After preparing food together they will sit down to enjoy the food while conversing with one another with the support of the inclusion coordinator. To register, please contact Liza Fahey at 203.487.0946 or lfahey@stamfordjcc.org.

Thursdays, 5 – 6:30 p.m.

Jan. 18 – Mar. 29 (No class Feb. 15)

Members \$150 / Community \$200 (10 sessions)

Each week participants will be assigned an ingredient to bring to the class.

#### ArtWorks: Arts for Healing

High School and Young Adult

In a small group setting, artists of various ages and abilities express themselves through art. The class also helps to improve communication skills (expressive and receptive) and social interaction, enhance motor function, stimulate emotional development, and foster self-expression. Materials including paint, clay, collage, drawing pens, markers, pastels, and charcoal give group members a wide variety of choices for personal expression. The group leader is a professional artist and art therapist. To register, contact Liza Fahey at 203.487.0946 or lfahey@stamfordjcc.org.

W Sundays, 9:30 – 10:10 a.m.\*

Jan. 14 – Mar. 25 (No class Feb. 18)

Member \$200 / Community \$250 (10 sessions)

#### JUMPSTART

Serving 2-year-olds with special needs

Part of our family of early childhood education programs, JumpStart is a therapeutic classroom experience for 2-year-olds with special needs.

The JumpStart classroom follows the pattern of a typical nursery school classroom, offering invaluable social and educational experiences in a group setting. For more information, please contact JumpStart Director Jane Faherty at 203.487.0980 or jfaherty@stamfordjcc.org.

#### HAND IN HAND (YAD B'YAD)

Hand in Hand (Yad B'Yad) is a division of Day Camps@ The J, offering a unique summer experience for rising Pre-K – 8<sup>th</sup> graders with a variety of needs including, but not limited to, communication and learning differences, ADD/ADHD, social anxiety, sensory motor integration challenges, and those on the spectrum. The mission of this program is to improve each child's ability to develop positive relationships and make social connections in his or her community and with peers, as well as create a fun inclusionary summer experience!

#### Save the Date for this Inclusion event:

Thursday, April 26

7 – 9 p.m.

**SPECIAL EDUCATION LAW AND YOUR CHILD'S RIGHTS:**  
Navigating Parents Through the Process of Obtaining an Appropriate Education