

Resources for Families and those with Special Needs

Here are some specific to Plano:

My Possibilities: mypossibilities.org

Special Strong: specialstrong.com

Plano Adapted Recreation: Plano.gov/408/adapted-recreation

Preston wood Special Needs ministry: <http://www.prestonwood.org/connect/kidz/special-needs>

Chase Oaks special needs ministry: <https://www.chaseoaks.org/special-needs/>

Legacy Church Special Needs ministry: <https://www.legacychurch.org/specialneeds>

Jack Carter Park All-Abilities Park: Plano.gov

Star catchers - Therapeutic Arts: <https://northtexasperformingarts.org/starcatchers/>

REACH: reachcils.org/locations/plano

Plano ISD Resources Link Page: <https://www.pisd.edu/domain/12729> (links to awesome, FREE resources ranging from help with rent costs, food drives, mental health, learning resources, etc.)

Articles with Great Links and Descriptions for Special Needs Resources:

10 Resources for Families of Children with Special Needs:

<https://www.care.com/c/stories/6620/10-helpful-special-needs-organizations/>

Special Needs Resources:

<https://destinationdfw.com/special-needs-resources/>

Frisco, Tx:

Stonebriar Community Church Anthem Art Class:

<https://my.stonebriar.org/portal/giftanthemart>

Anthem art class is a painting class for adults with special needs. Students express themselves creatively while they learn Bible truths, independent living skills, and social skills. Classes cost \$60 for a six-week session.

New students pay a one-time supply fee of \$30. Classes are held weekly on Tuesdays from 9:45 a.m. - 1 p.m.

There is currently a waitlist for this class. If you wish to be a new student in this class, email

darlah@stonebriar.org.

Stonebriar Community Church GIFT Workshop: <https://my.stonebriar.org/portal/giftworkshop>

Dads, bring your son or daughter with special needs (ages 14 and older) and build a memorable project together. This workshop is led by Roy Williamson, Associate Pastor-Care Ministries. Cost ranges from \$10-\$20. Held on Saturdays from 2- 4 p.m.

Contact Darla Hill darlah@stonebriar.org to be notified of the next event.

GIFT Fit (Stonebriar Community Church Frisco, Tx): <https://my.stonebriar.org/portal/giftfit>.

GIFT Fit is a 45-minute fitness class for those with disabilities age 14 and older. It is held at 10 a.m. on Saturdays.

A certified special needs fitness trainer leads students through fun exercises that build strength, endurance, and brain function. If you'd like to try a class, contact Darla Hill at darlah@stonebriar.org.

Online Resources:

Joni and Friends: <https://www.joniandfriends.org/>

Camp Blessing "Camp at Home 2020" FREE RESOURCES:

<https://campblessing.org/campathome/>

The Ranch: <https://theranch.org/>

Harkla: <https://harkla.co/blogs/special-needs>

Pals Congratulations Project: <https://www.congratulationsproject.org/>

Pals Programs: <https://www.palsprograms.org/>

(offers GREAT camp experiences for those with special needs; great to have for the future when possible to meet in person for camps!)

Spread the Love Organization: <https://joinspreadthelove.wixsite.com/website-2>.

(AWESOME organization that writes notes of encouragement to those with special needs! You can sign up your child to receive notes if you would like! Highly recommend!)

Learning Resources:

PISD Learning from Home Resources: <https://www.pisd.edu/Page/22616>

Links to NUMEROUS FREE websites to help your child learn.

IXL: <https://www.ixl.com/>

Lighthouse Learning Resources: <https://www.lhlearningresource.com/>

Teaching Special Thinkers: <https://teachingspecialthinkers.com/read/>

Counseling Resources:

Starry Counseling Services: FREE Counseling services due to COVID-19

<https://www.starry.org/Site/Services/Counseling-Program/>. Offering video or phone counseling services!

STARRY Counseling services are available at no cost to families with children up to 17 years old (or youth older than the age of 17 who are still enrolled in high school in Texas). Counseling services include individual, group, and family counseling as well as parenting classes.

LifePath Systems: <https://www.lifepathsystems.org/covid-19-update>

LifePath Systems offers services for those with Intellectual and Developmental Disabilities including:

- Respite care services
- Home care services
- Counseling and training services
- Therapies including OT, PT, Speech

There are certain requirements to receive these services/funds, so visit their website for specific details if you are interested in these services!

Community and Family Guidance Center: <https://www.childrenandfamilies.org/>.

- Offering Telehealth services: 214-351-3490 or emailing at telehealth@childrenandfamilies.org
- Clinic-based services: 214-351-3490 or 1-866-695-3794
- 4031 West Plano Pkwy, Suite 211 Plano, Texas 75093
- Accepts insurance and sliding scale
- Open 9 a.m. - 5 p.m.

SMU Center for Family Counseling Telehealth: <https://www.pisd.edu/Page/22646>.

FREE Telehealth Counseling Services to those in the PISD Community. Call 469-752-3098 to schedule an appointment.

