

Discover the World of Videos at these Family Resource Centers



Ventura County

Oxnard

Rainbow Family Connection

(at *Tri-Counties Regional Center*)

500 Esplanade Drive, Suite 500

805-485-9643

Hours:

Monday through Friday, 9 a.m. to 5 p.m.

Tuesday, 6 to 8 p.m.

Saturday, 11 a.m. to 2 p.m.

Simi Valley

Rainbow Family Connection

(at *Tri-Counties Regional Center*)

1919 Williams Street, Suite 201

805-522-8030 ext. 263

Hours: Monday, Tuesday, Thursday

8:30 a.m. to 12:30 p.m.

Santa Barbara County

Santa Barbara

Alpha Resource Connections

(at *Tri-Counties Regional Center*)

520 East Montecito Street

805-957-9272

Hours: Monday, Tuesday

8 a.m. to 12 noon

Wednesday, 1 p.m. to 5 p.m.

Thursday, 8 a.m. to noon, 1 p.m. to 5 p.m.

Alpha Resource Center of Santa Barbara

Family First Program

4501 Cathedral Oaks Road

805-683-2145

Hours: Monday through Friday

8 a.m. to 5 p.m.

Santa Maria

Alpha Resource Connections

Family First Program

1290 West McCoy

805-347-2775

Hours: Monday, Wednesday, Thursday

9 a.m. to 3 p.m.

San Luis Obispo County

San Luis Obispo

Parents Helping Parents

(at *Tri-Counties Regional Center*)

3450 Broad Street, Suite 111

805-543-3277

Hours: Tuesday through Friday

8:30 a.m. to 4:30 p.m.

Atascadero

Parents Helping Parents

(at *Tri-Counties Regional Center*)

Hotel Park Business Center

6005 Capistrano, Suite E

805-461-7415

Hours: Tuesday through Friday

9 a.m. to 4:30 p.m.



Family Resource Center Video Libraries for Parents and Professionals



Sharing the Vision!

Tri-Counties Regional Center

520 East Montecito Street

Santa Barbara, CA 93103

Check out TCRC's Web Site!

www.tri-counties.org

Isn't it time you took advantage of this important information resource?

The Benefits of Family Resource Center Libraries

Anyone having a family member with a developmental disability will tell you that keeping up with changes in the field is a challenge. A little knowledge about developmental disabilities can go a long way. But how can anyone possibly keep abreast of all the latest trends and best practices? Here's one useful approach. Stay informed by taking advantage of the many interesting videos available at your local family resource center. There you will discover a whole library of video tapes to watch on-site or take home to view at your leisure. And remember, videos have many educational benefits:

- Almost everyone has access to a VCR.
- Videos are often more entertaining than books.
- Videos are perfect if you don't have the time or patience to read lengthy written materials.
- Video programs help you learn more easily by actually showing examples and demonstrations to illustrate main points.
- You can either view video tapes by yourself or with members of your family, parent support group, or professional team.
- Finally, have you ever tried re-winding or fast-forwarding a book?



You can find the answers you're looking for. The videos at family resource centers cover a wide range of topics addressing all developmental milestones, disabilities, and age groups. Visit the family resource center nearest you and stretch your mind.

A Partial Listing of Videos Available at Family Resource Centers



Don't miss this opportunity. Make time for a trip to your family resource center to check out the videos on the shelves and to review the full catalog of lending tapes. Or, call your resource center to ask about the specific topics that interest you. If what you want is unavailable, a friendly staff member will contact other

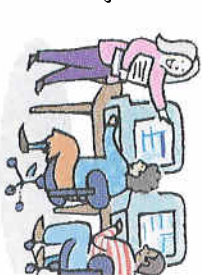
resource centers to help locate the tapes you need. They may even be able to order and purchase the video you are looking for. Family resource centers also have a limited number of videos in Spanish, as well as videos especially for children. Here are some of the instructive topics you can expect to find:

- Speech and Language Development
- Public School Inclusion
- Sexuality Education
- Helping Your Child Learn
- Attention Deficit Disorder
- American Sign Language
- Sensory Motor Therapy
- Understanding Autism
- Everyone Can Work
- Feeding the Neurologically Involved Child
- Prader Willi Series
- Parents Guide to Hydrocephalus
- Understanding Complex Partial Seizures
- Person Centered Planning
- Fetal Alcohol Syndrome
- Down Syndrome
- Cerebral Palsy
- Managing the Deafant Child
- Parent Professional Partnerships
- Mainstreaming in Child Care Settings
- Medication Management
- A Learning Disabilities Workshop



Other Services that Family Resource Centers Offer

What other supports are available at your family resource center? A complete package. Cross the threshold and you'll find a multitude of services for families of infants and toddlers. Staffed by parents of children with special needs, family resource centers help the entire community — parents and professionals — access useful information about early intervention services. In addition, Tri-Counties Regional Center now provides supplemental funding to area family resource centers to expand services to parents of consumers of all ages, including adults. Here are just a few of the many activities that family resource centers may offer:



- Libraries of books, audio tapes, pamphlets, and other educational materials
- Peer support and home visits
- Information and referral
- Public awareness
- Parent education workshops
- Support services in different languages
- Social activities for consumers and families
- Tri-Counties Regional Center scholarship funding for parents and consumers to attend community workshops and conferences
- Sibling support groups
- Internet access
- Support for "consumers" with developmental disabilities
- Annual conference for the Spanish speaking community

In short, how can you not take advantage of these rich resources?