

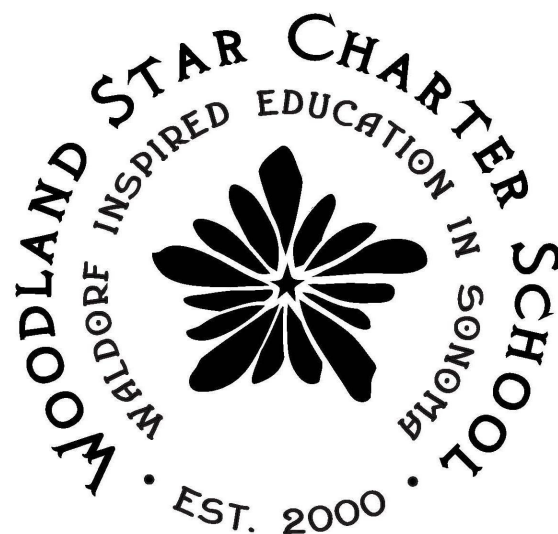
Print Resources

These books have been helpful to many parents. There is also an extensive list of books on the Literature for Kids website
<http://litkidz.com/books/waldorf>.

Mel Levine, 2002, *A Mind at a Time and All Kinds of Minds*
Mel Levine, 1994, *Educational Care*
Mel Levine, 2003, *The Myth of Laziness*
Barbara Ingersoll and Sam Goldstein, 1993, *Attention Deficit Disorder and Learning Disabilities: Realities, Myths and Controversial Treatments*
Miklowitz & Goldstein, 2010, *Bipolar Disorder: A Family Focused Treatment Approach*
Myla and Jon Kabat-Zinn 1997, *Everyday Blessings: The Inner Work of Mindful Parenting*
Pam and Pete Wright, 2002, *From Emotions to Advocacy*
Cohen-Posey, 1995, *How to Handle Bullies, Teasers, and other Meanies*
Martin Selg, *Learned Optimism: How to Change Your Mind and Your Life*
Martin Selig, *The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience*
Catherine Maurice, *Let Me Hear Your Voice: A Family's Triumph Over Autism*
Greenberger and Padesky, *Mind Over Mood: Change How You Feel by Changing How You Think*
Sally Shaywitz, 2003, *Overcoming Dyslexia*
Sam Goldstein and Nancy Mather, 1998, *Overcoming Underachieving*
Susan Hall and Louisa Moats, 2002, *Parenting a Struggling Reader*
Patricia Quinn and Judith Stern, 1991, *Putting on the Brakes, a Young People's Guide to Understanding ADHD*
Susan Hall and Louisa Moats, 1999, *Straight Talk about Reading*
Russell a. Barkley, 2000, *Taking Charge of ADHD*
David Karp, *The Burden of Sympathy: How Families Cope with Mental Illness*
Douglas A. Riley, 1997, *The Defiant Child*
Kathleen Nosek, 1995, *The Dyslexic Scholar*
Ross W. Greene PHD, 2014, *The Explosive Child*
Larry Silver, 1998, *The Misunderstood Child*
Rhoda Cummins and Gary Fisher, *The Survival Guide for Kids with LD*
Kim John Payne, *The Soul of Discipline*
Kim John Payne, *Simplicity Parenting*

October 26, 2017

WE CARE: Community, Achievement, Relationships, Environment



Student Services at Woodland Star

The mission of the Student Services Department is to provide quality services to students with disabilities in the least restrictive environment while acknowledging and valuing individual differences and fostering individual achievement.

When a student is identified as having a handicapping condition, parents often have questions about the disability and how to support their child to achieve his or her goals and objectives. Parenting children with exceptional needs presents unique challenges, stresses and rewards, and you may need help navigating the "system" of special education. There are many resources available locally and via the internet which can assist parents in understanding a variety of special needs. Here is a partial listing of local support services, classes, websites, and print resources that can be of assistance to you. Of course, our special education team is also available as a support to you.

Woodland Star Charter School - Student Services

17811 Arnold Drive, Sonoma, CA 95476 (707) 996-3849 ext 8623

Local Services and Organizations

Nina S. Gorbach, Marriage & Family Therapist, MS, LMFT 707-996-5180, nsgorbach@comcast.net

Nina Gorbach has a Masters in Counseling Education and is a Licensed Marriage & Family Therapist, currently in private practice in Sonoma where she has lived since 1994. She provides support and coaching for middle school age children, teens, young adults and families. Nina has a BA in Fine Arts from UC Berkeley and holds diplomas in Waldorf Education from Emerson College, Sussex England and in the art of Eurythmy from Dornach, Switzerland. She is a certified Curative Eurythmist. Founder of WillMar Center for Bereaved Children. Special areas of focus are grief, loss and trauma, developmental challenges and life transitions.

Addressing cognitive, emotional and behavioral aspects of the human being, Nina uses expressive arts, mindfulness meditation, and positive communication skills to help youth and families create healthy, happy lives. Respect and reverence for each individual is at the heart of her work.

Lou Leal, Vision Therapist at Vision Training (707) 939-6605 or louleal@sbcglobal.net

I work with children and adults to correct eye coordination problems. These problems cause difficulties with reading and eye comfort. Common inefficiencies are loss of place reading, forgetting what is read, and difficulty maintaining attention to close work. Common symptoms are eyes watering while reading, eyes stinging, and headaches around eyes, forehead, and temples. In children there can be certain behavior caused by the brain not being able to keep the eyes together in tracking print. This behavior includes resisting having to read, rubbing the eyes, and slowness in reading and completing assignments.

Child Parent Institute (CPI) - (707) 585-6108

Child Parent Institute, formerly California Parenting Institute, is a parent education and children's mental health agency, serving families throughout Sonoma County since 1978. Our continuum of care includes child therapy, family resource assistance, parent education, facilitated supervised visitation, therapeutic and recreational creative arts programming, and a non-public school (New Directions) providing adolescent special education/mental health services. We advocate for policies that support families and protect children.

Tutors:

Carlos Gonzalez, Waldorf Trained, math and language arts tutor.

707-694-7500 or abczarlos@netscape.net

Kate Williams, writing workshops for middle and high school, Tuesdays 4-6,

Wednesdays 4:30-6:30. 707-815-9289 or williamsofsonoma@comcast.net

Websites

These are just a few of the many very helpful websites available on the internet. Most have great information regarding research, education and parenting issues related to learning disabilities, attention deficit disorder, and a variety of other disabilities.

<http://www.matrixparents.org/> Matrix Parent Network Resources Center

<https://sonomalibrary.org/locations/sonoma-valley-regional-library>

<http://www.sonomaselpa.org/> Sonoma County Selpa (Special Education Local Plan Area)

<https://dyslexiaida.org/> - International Dyslexia Association

<http://www.wrightslaw.com/> - Wrightslaw Special Education - Legal issues and news

<http://www.ldonline.org/> - Learning Disabilities online

<http://www.nclld.org/> - National Center for Learning Disabilities

<http://www.chadd.org/> - Children and Adults with AD/HD

<https://add.org/> - world's leading adult ADHD organization

<https://www.additudemag.com/> ADDitude Magazine about AD/HD

www.mulberry.com

<http://ibpf.org/> - International Bipolar Foundation

<http://www.autism-society.org/> - Autism Society

<http://aspennj.org/> - Asperger Autism Spectrum Education Network

<http://www.allianceforpublicwaldorfeducation.org/> - Alliance for Public Waldorf Education, Promote and support the development of high quality Public Waldorf Education

<https://waldorfeducation.org>

<https://www.centerforautism.com/home.aspx> - California State Federation, Council for Exceptional Children

<http://www.ldaca.org> - Learning Disabilities Association of California