

Paradise Hills Community Preschool

Raccoons

COMMUNITY RESOURCE AND SAFETY BROCHURE



Hello, PHCP Families!

We would like to share with you some valuable community, child, and family resources which you may find useful for your child and family. Sometimes, families need a helping hand with the many challenges that families face, including food security, housing, social services, community centers, youth programs, local counseling resources, and more. These programs and services can provide respite, hope, and happiness to you and your family, especially during these trying times. Many programs are free or low cost and can connect you to a world of support. You are not alone.

Developmental Assessment, Disability Supports and Community Resources

Abrazos Family Support Services

supports infants through adults with developmental disabilities and offers services like family infant toddler early intervention, respite care, family living services and applied behavior analysis. Vimore info.

Child Find – What is Child Find?

The Individuals with Disabilities Education Act (IDEA) provides for the identification and evaluation of students ages 3-21 who are suspected of having a disability. The Child Find program primarily evaluates students ages 2 ½ to 5 years old. Children may be referred by parents, medical personnel, social workers, school employees or others with whom they have direct contact. Children are initially screened and then referred for a multidisciplinary evaluation, if appropriate. The process starts when a referral for screening is made by calling

the number listed next to the appropriate school district listed above. School districts are responsible for evaluating any student that lives in their district and is suspected of having a disability, whether or not they are attending a school program within their district. An appointment is made and a Child Find screening is then conducted. Child Find typically offers screenings to preschool aged children who are suspected of having a delay or impairment in one or more of the following areas:

- Speech
- Language
- Hearing
- Concepts/Cognitive Development
- Social Emotional Development
- Self-Help Skills
- Motor Skills
- Vision



Evaluations for ages 3-4 are done through Albuquerque Public Schools- contact info: 505-224-8600 Ext. 22906 or Mailing address: P.O. Box 25704 Albuquerque, NM 87125-0704 Contact Diagnostic Technician – There are 3 Diagnostic Centers families may be assigned to for screening: SE/SW, NW or NE. If a child is found eligible for special education services, the Individual Education Plan (IEP) team will then develop an individualized program of services to meet the needs of the child.



To find more information on early childhood professional development, training and technical assistance, consumer education resources on child development, and child care and home visiting referrals, visit NewMexicoKids.org.



For access to more community resources in your area, please visit SHARE New Mexico at <https://sharenm.org>. SHARE New Mexico is New Mexico's largest, most up-to-date and comprehensive community information website. SHARE is for individuals and organizations who are working to improve quality of life for New Mexicans. Built by and for New Mexicans to share information and resources and support collaboration for change, SHARE is your trusted resource for information.

Child Find - What is Child Find? (con't)

Education for Parents of Indian Children with Special Needs (EPICS) is a non-profit entity providing training, advocacy and support to families of Native American children with disabilities and special healthcare needs. EPICS houses the Community Parent Resource Center (CPRC) and the NAPTAC. For more information call 505-797-6630 or toll free 888-499-2070, or visit their website: www.epicsnm.org

KidPower Therapy Associates, Inc — The Premiere Sensory Integration Clinic in New Mexico

KidPower Therapy specializes in pediatric intervention and family-centered treatment of children from birth to twenty-one years-of-age. Kidpower therapists have combined experience in sensory integration, neurodevelopmental treatment, language processing, articulation therapy, aquatic therapy, and other developmental approaches. KidPower therapists treat a range of diagnoses, including:

- sensory processing disorders
- developmental dyspraxia
- developmental delays
- speech and language delays
- articulation disorders
- autism spectrum disorder
- torticollis
- neurological disorders
- traumatic brain injury
- trauma backgrounds
- congenital disorders and syndromes
- ongoing developmental monitoring of premature or medically at risk infants and children

Address: 3530 Pan American Freeway NE, Suite D, Albuquerque, New Mexico 87107 Phone:(505) 888-4469 Website: <http://www.kidpowertherapyassociates.com/home.html>



Loving Thunder Therapeutic Riding

Loving Thunder Therapeutic Riding, located in Rio Rancho and Corrales, provides horsemanship lessons for all abilities, with a special focus on providing services and support for children and adults with special needs, veterans, children in foster care, and typically developing children. Riding lessons, grooming, saddling, and horse care are all incorporated into the Loving Thunder Horsemanship program. Address: Given by appointment only due to privacy. Phone: 505-554-9493. Website: <https://lovingthunder.com>

Mandy's Special Farm, Adaptive Horseback Riding

Mandy's Farm provides a variety of services for individuals and families living with disability. Horseback riding can provide opportunities for individuals with and without disabilities to build physical strength, confidence, and explore new social-emotional skills. With adaptive riding classes available to community members of all ages and abilities, Mandy's Farm provides safe, affordable, and individualized classes for anyone to enjoy. Address: 346 Clark Rd SW, Albuquerque, NM 87105. Website: <https://www.mandysfarm.org/program/horseback-riding/>

"Life is a sensory experience. During every moment of our life we experience the world through our varied sensory systems. Sensory experiences drive our behavior and contribute to the organization of our thoughts and emotions." — Teresa A. May-Benson

Parents Reaching Out (PRO)

PRO provides support, training and tools for families of and youth with disabilities or complex medical needs. Our goal is to help family members and youth become their own best advocates in the areas of early childhood, education and healthcare.

Phone: 505-247-0192 or toll free 800-524-5176

Website: www.parentsreachingout.org

Mailing Address:
2501 Yale Blvd SE Suite 200
Albuquerque, NM 87106



Parents Reaching Out

Skyline Therapy Services

Skyline Therapy Services provides physical, occupational, and speech and language therapy to children. Since 1982, Skyline has been committed to helping children achieve their greatest potential of independence using a transdisciplinary model of intervention. Skyline therapists specialize in incorporating equine movement as a treatment tool with our other standard tools/strategies and are nationally recognized for their skills in this area. Address: 1090 Mountain Valley Rd, PO Box 2225, Edgewood, NM 87015. Phone: 505-281-1811. Email: skylinetherapyoffice@gmail.com. Website: <https://www.skylinetherapyservices.com>.

The Treehouse

The Treehouse is a behavioral health agency that is constantly evolving to better provide Trauma Informed and Neurodiversity Affirming Care. The Treehouse team specializes in providing exceptional play therapy for children and believes in offering high quality services to all humans. Many members of the Treehouse team are neurodivergent individuals or are parents of children with unique medical needs, autism, and learning differences who are present to offer acknowledgement, support, and trust to best meet the needs of you, your child and family. Address: 901 Rio Grande Blvd. NW Suite H-160, Albuquerque, NM 87104. Phone: 1-505-278-0807. Website: <https://www.treehousenm.com>

UNM Center for Development and Disability (CDD)

is New Mexico's University Center for Excellence in Developmental Disabilities Education, Research and Service (UCEDD). It is connected with Child Find and also offers other programs for autism, clinical evaluations/programs, early childhood at <https://hsc.unm.edu/cdd/>

Shelter, Housing, Clothing, and Nutritional Supports

Alamosa Health and Social Service Center

The City of Albuquerque's Alamosa Center staff provides emergency food, utility assistance, and seasonal services and activities to residents of the Southwest Mesa (South Valley and Westside) areas of Albuquerque. Year-Round Services include TEFAP Food Boxes, Emergency Diapers, Notary Public,

Information & Referrals to other collaborating agencies. Utility and Rental Assistance (Based upon available funds). Seasonal services including aid with toys and food is also offered. Please call for specific program and service eligibility requirements. Address: 6900 Gonzales SW, Albuquerque NM 87121. Phone: (505) 836-8800. Website: <https://www.cabq.gov/family/services/health-social-services/alamosa>

Barrett Foundation, Inc

Barrett House provides shelter and supportive services to women and children experiencing homelessness. As one of our volunteers said, "These are the women and children who don't have a safety net to catch them." Barrett House creates an opportunity for them to get a safety net in place by providing them a place where they receive shelter, three meals a day and supportive services. They also receive referrals to resources, benefits and other community programs to assist them in becoming "housing ready." Address: 10300 Constitution Ave. NE, Albuquerque, NM 87112. Phone: 505-246-9244 OR Direct Shelter: 505-243-4887. Email: communityengagement@barrettfoundation.org. Website: <https://www.barrettfoundation.org>.

City of Albuquerque Family and Community Services

assists individuals and families in meeting their housing, educational, recreational, health care and other needs. They have information on community centers, youth programs, early childhood education, and housing assistance (including child care, employment services, eviction prevention, meals, and more). Visit <https://www.cabq.gov/family> for more, or call 505-768-2000 or admin at 505-768-2860.

The CREI (Community Recreational Initiatives Division)

focuses on community centers which offer programs for children, youth and seniors and includes facilities with amenities like gyms, computer labs, etc., youth programs, food/meal programs, jobs and internships, facility usage/rentals, and special events. Visit <https://www.cabq.gov/family/crei>

Child and Family Development focuses on early head start programs from 0-3 years and provides child development and family support services. There is also a list of preschool and NM Pre-K Center Locations. They offer:

- High Quality Care and Education
- Home-Based and Center-Based Services
- Parenting Skills
- Home Visiting Available

- Facilitation for Family Self-sufficiency
- Comprehensive Services Including Referrals
- Breakfast, Lunch, and Afternoon Snack Provided

Visit <https://www.cabq.gov/family/child-and-family-development> for more info.

Live Well Albuquerque

focuses on behavioral health issues, general information on understanding of mental health, and community feedback forms. There are resources such as directories for services, crisis hotlines, and general information on topics such as mental health, depression, and suicide. There are reference pages for mental health and listings of events as well. Visit <https://www.cabq.gov/family/live-well-albuquerque> for more.

The City of Rio Rancho

also has community services and facilities available. Visit <https://www.rnm.gov/16/Parks-Recreation-and-Community-Services> for more info or call 505-891-5015.

Food is Free Albuquerque (FIFABQ)

Food is Free ABQ aims to harness the millions of pounds of private food abundance present within our very own community and distribute it to those forgotten by our current food system. They work with other companies such as Roadrunner Food Bank to distribute food. Visit <https://www.fifabq.org/> for more info.

Heading Home

Heading Home is a New Mexico non-profit that provides emergency housing, permanent supportive housing services and prioritized street outreach to people experiencing homelessness. Families Heading Home provides supportive housing and case management services for families experiencing homelessness. Phone: 505-344-2323. Email: info@headinghome.org. Website: <https://headinghome.org>

Locker #505

Locker #505 student clothing bank is a 501 (c) (3) nonprofit organization that has established a student-focused facility where children can try on and choose outfits that they feel good

about wearing. Having appropriate school clothing allows children to concentrate on their school work, not their clothing. It also helps keep children, who might not go to class because of their clothes, stay in school. Locker #505 serves children K-12 in the Greater Albuquerque Metro (including Sandoval, Valencia and Tarrant counties). Address: 6203 Manual Blvd NE, Albuquerque, NM 87110. Phone: (505) 294-1647. Email: director@locker505.org. Website: <https://locker505.org>

NM Women, Infant, & Children (WIC) Program

The New Mexico Women, Infants, and Children (WIC) Program is proud to offer free healthy foods, nutrition education, nursing support, and community connections to help families live their best lives in the Land of Enchantment. Specifically, the NM WIC Program serves to safeguard the health of low-income pregnant, postpartum, and nursing (breastfeeding) women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating including nursing (breastfeeding) promotion and support, and referrals to health care. For more information on eligibility and how to apply, visit <https://www.nmwic.org>.

The Pink Bus

The Pink Bus is a non-profit organization helping feed local families in need. If you are a family in need please reach out to founder Sarah Love and The Pink Bus crew, and The Pink Bus will organize a pick up or delivery. There is no 'T' in the bus, but there is 'US,' and we are here to help one another! If you are a community member that would like to make a contribution, please text for drop off location and information on the types of items we need. Phone: 505-331-2094. Email: Website: <https://www.colormeclover.com/the-pink-bus>.

Roadrunner Food Bank

Roadrunner® Food Bank of New Mexico, a Feeding America member, is the largest non-profit dedicated to solving food insecurity in New Mexico. As a food distribution hub, we provide food to hundreds of affiliated member partners around the state including food pantries, soup kitchens, shelters and regional food banks. We also distribute food through specialized programs helping children, families and seniors at schools, low-income senior housing sites, senior

centers and with and through health care partnerships. Every week 70,000 hungry children, seniors and families are reached through this statewide hunger relief network. We are working together with our partners, volunteers and contributors to end food insecurity and hunger in New Mexico. You can also apply for SNAP (Supplemental Nutritional Assistance Program) benefits on their website to receive food assistance. Visit <https://www.rrfb.org/find-help/find-food/>

The Storehouse of New Mexico

is a community resource fighting hunger. The Storehouse offers FREE food to people who need it regardless of their income. Many families fall in a gap we refer to as the 'working poor.' They earn too much to get SNAP (formerly food stamps), but a major car repair, medical bill, or reduced hours at work can have them wondering where their next meal might come from. That's where the Storehouse comes in. The Storehouse is currently open Wednesday, Fridays, & Saturdays from 9 am – 12 noon. Address: 106 Broadway Blvd SE, Albuquerque NM 87102. Phone: Email: info@storehouseNM.org. Website: <https://storehousenm.org>

Child and Family Safety and Wellbeing

Children Youth and Families Department (CYFD)

allows anyone to call in an anonymous case of abuse or neglect of a child. They also have adoption, foster care, juvenile justice services and behavior health services. Visit <https://cyfd.org/ps-overview> or call 1-855-333-SAFE to make a report of abuse and/or neglect.

Domestic Violence Resource Center- The Domestic Violence Resource Center (DVRC)

is a Trauma-Informed Agency whose main focus is to help victims of domestic violence break the cycle of abuse in their lives. Each department, Advocacy, Case Management, and Counseling are all here to provide resources, guidance, and support to help victims get to safety, become independent, and heal. DVRC staff are working to change the social norms that contribute to the continuance of violence. The collective goal of the DVRC is to help victims break the cycle of violence and heal in order to have healthy relationships in the future. All services

at DVRC, Inc. are free, confidential, and always handled by trained professionals. Address: 625 Silver SW, Suite 190, Abq, NM 87102. Phone: (505) 843-9123. Website: <https://dvrcnm.org>

NM CYFD Child Care Assistance Program

subsidizes the cost of child care for families at or below 400% of the federal poverty level that are working, in school, or searching for employment. Beginning May 1, 2022, the New Mexico Early Childhood Education and Care Department (ECECD) is waiving child care assistance copayments for any family that qualifies for the program. To find out if you qualify and get assistance to apply, call or visit a Child Care Services Bureau field office. Visit <https://www.nmeccd.org/child-care-assistance> for more information.

New Mexico Early Childhood Education and Care Department (NMECED)

offers information for parents and early childhood professionals. They offer prenatal, infant, toddler, and Pre-K programs. Check eligibility for child care assistance and learn more at <https://www.nmeccd.org/>

PB&J Family Services

Being a parent is a difficult task. PB&J offers support and education to all parents that want to be the best parent that they can be! PB&J offers an array of supports to children and families, including New Mexico PreK extended day program, a parenting program for parents of children ages 0-5 years, children's support groups for children K-8th Grade, services for children and families impacted by incarceration, and a variety of other home and community-based services. There are three locations which can be found on the PB&J website: <https://www.pbjfamilyservices.org>. For inquiries, email: info@pbjfamilyservices.org.

UNM Postpartum Care

provides assistance for new mothers with issues such as breastfeeding, mental health, parenting questions, postpartum recovery, and more. <https://unmhealth.org/services/womens-health/maternity/postpartum.html>

Family and Child Mental Health Support

All Faiths Children's Advocacy Center

is a behavioral health agency specializing in the treatment of families, children and their caregivers who are struggling due to issues of divorce, homelessness, child abuse/neglect, family violence or other crises. They focus on the prevention, intervention, investigation and treatment of childhood trauma while providing children and their caregivers safety and a road to healing and recovery. There are two locations in NE Albuquerque which can be found on the website: <https://www.allfaiths.org>. Phone: 505-271-0329.

Kassy's Kause

brings awareness to perinatal depression (during pregnancy) and provides resources to connect you with therapists, birthing services, visiting programs and community services. Visit <https://www.kassyskause.org/resources> for more info.

Open Skies Healthcare

offers provides counseling services including personal, family, and marriage counseling. Comprehensive Community Support Services (CCSS) ages 3-late adulthood, Respite Services ages 3-17, Behavior Management Services (BMS) ages 3-21, and Treatment Foster Care ages 3-17. Phone: (505) 345-8471 Located at:

707 Broadway Boulevard NE Suite 401
Albuquerque, NM 87102
Website: <http://openskieshealthcare.org/default.htm>

Small Steps Child Counseling

works with children prenatal to 18 years old and their primary caregivers using a comprehensive array of highly effective treatments. Small Steps approaches focus on building upon your family's existing strengths and capacities to help you grow, learn, and thrive socially, emotionally, and developmentally through your primary relationships and natural communities. In addition to their work with school-age children, adolescents, and older teens, Small Steps clinicians also specialize in providing Infant/Early Childhood Mental Health services to support and serve the youngest members of our society and their primary caregivers.

Address: 1101 Medical Arts Ave NE Building 3, Albuquerque, NM 87102. Phone: 505 933-4639. Email: smallstepschildcounseling@gmail.com. Website: <https://www.smallstepschildcounseling.com>

Community Academic, Recreational, and Mentorship Opportunities

The Boys and Girls Club

provides safe places where kids can be themselves and participate in fun programs that build their skills for school, the workforce and life. For parents, the Club is a support system you can count on — providing mentors, meals and meaningful life experiences for youth both after school and during the summer. Boys & Girls Clubs of Central New Mexico offers programming and mentorship to members 5-18 to enable them to reach their full potential as productive, caring, responsible citizens. Address: 202 Central Ave SE, 3rd Floor, Albuquerque, NM 87102. Phone: 505-881-0777. Email: info@bgccnm.org. Website: <https://www.bgccnm.org>.

Horizons Albuquerque

improves life opportunities for children from under-served families by addressing their academic needs through a summer academic and enrichment program and year-round, wrap-around, supportive services for students and their families. Students attend a tuition-free, intensive, six-week summer program on the campus of an Albuquerque area independent school and receive additional support throughout the school year. Your child can begin his or her Horizons journey as early as the summer after kindergarten and return to the program each year through high school, building lasting relationships with teachers and peers, and developing life skills essential for success. Phone: 505-407-4417. Email: info@horizonsalbuquerque.org. Website: <https://www.horizonsalbuquerque.org>.

Keshet Dance and Center for the Arts

consists of movement artists who find their truest selves in the art of dance. Keshet strives to remove the boundaries between "dance" and "community," and can usually be found sharing movement, mentorship, and laughter with each other; with visiting artists; with students of all ages, abilities and spaces; and

with communities near and far. Keshet also provides Community Engagement classes including, but not limited to, senior activity centers, pre-schools, high school dance teams, homeschool groups, and City of Albuquerque — library classes. Address: 4121 Cutler Ave NE, Albuquerque, NM 87110. Phone: 505-224-9808. Email: info@keshetarts.org. Website: <https://keshetarts.org>.

NDI New Mexico

is collaborating with Allegra Lillard to present her Dance For Joy curriculum and teacher training. This curriculum and approach to teaching young children creates a joyful and nurturing learning environment while building a solid movement foundation for children. Classes for older children are also offered though the public schools as well as training and workshops to support the whole child. Children in Albuquerque, Rio Rancho, Santa Fe, Pecos, Pojoaque, and the Española Valley, receive 15-30 weekly classes throughout the school year and finish their program with exciting culminating performances. Address: The Hiland Theatre (Albuquerque Dance Studio), 4800 Central Ave SE, Albuquerque, NM 87108. Phone: 505-872-1800. Website: <https://ndi-nm.org>.

New Mexico Infant Self Rescue (ISR) Swim

"Not One More Child Drowns," is the foundation of everything ISR does and is the driving force behind ISR's staff and independent ISR Instructors. Always putting safety first, ISR emphasizes competence, which leads to confidence, and provides the foundation for a lifetime of enjoyment in and around the water. Your ISR Instructor will customize your child's lesson experience to focus on the ISR skills that are developmentally appropriate for your child and your family's aquatic activities. Scholarships for ISR are available upon inquiry. Please contact Michelle Seebinger, Albuquerque/Rio Rancho ISR instructor, for more information. Phone: 505-261-9923. Email: m.seebinger@infantswim.com. Website: <https://www.infantswim.com>.



Swim with Miss Dyna: Getting Their Little Feet Wet

Miss Dayna teaches her children and families water safety and survival skills with a focus on foundational skill progression. Dayna specializes in working with parents who have young children, providing programs that focus on water safety and how to confidently and effectively interact with their children in the water. Online courses coming soon for your convenience. Email hello@swimwithmissdayna.com for more information. Website: <https://www.swimwithmissdayna.com>.

YMCA of Central New Mexico

is a place where you can learn a new skill or hobby, foster connections with friends through our lifelong learning programs or bring your loved ones closer together through our many family-centered activities. At the YMCA, children and teens learn values and positive behaviors and can explore their unique talents and interests, helping them realize their potential. Some of the opportunities offered through the YMCA include child care, education and leadership opportunities, swim, sports and play, and camp. In addition, the YMCA offers educational resources to families of PreK children so that they are prepared for kindergarten by age 5. Address: (Main) 4901 Indian School Rd NE Albuquerque NM 87110. Phone: 505-595-1515, option 3. Email: Website: <https://ymcacnm.org>.

Neuroaffirming Children's Books for Your Family Library

The Big Umbrella

What's it about?

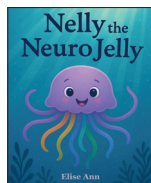
A big umbrella welcomes everyone underneath, regardless of their appearance or characteristics, showing there's always room for more in this metaphorical tale about inclusion and acceptance.



Nelly the NeuroJelly

What's it about?

A children's book about Nelly, a neurodivergent jellyfish who moves differently and thinks uniquely, helping kids understand and celebrate brain differences.



Every Brain is Beautiful

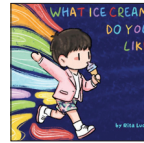
This book follows four best friends—Puppy, Kitty, Bunny, and Teddy—who share both similarities and differences. It teaches children about neurodiversity while promoting empathy and inclusivity.



What Ice Cream Do You Like?

What's it about?

Using an ice cream metaphor, this story helps children ages 3–9 understand that everyone thinks and feels differently, fostering empathy and acceptance of neurodiversity.



Stim-Tastic

What's it about?

Twin siblings Jade and Jayden explore different ways of stimming with friends, learning to embrace and celebrate neurodivergent self-expression through rocking, flapping, and tapping.



Congratulations, You're Autistic!

What's it about?

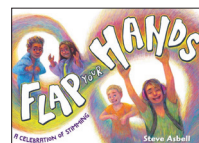
A positive, affirming picture book that celebrates diverse ways of being autistic, exploring different ways to play, think, and exist while supporting neurodiversity understanding.



Flap Your Hands

What's it about?

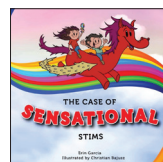
This book is about four neurodivergent kids who use body movements called stims to help regulate their emotions.



The Case of Sensational Stims

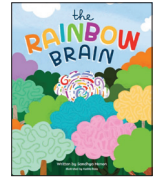
What's it about?

This story follows siblings Joey and Elise as they solve problems together, teaching children and adults about autism and neurodiversity through an inclusive and empowering narrative.



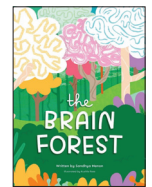
The Rainbow Brain

This book explores what it's like to have both autism and ADHD, highlighting how the two often go together. It invites readers to understand a "rainbow brain," appreciate the unique way it thinks, and embrace self-acceptance—recognizing that you are perfect just the way you are.



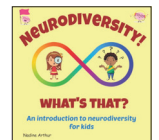
The Brain Forest

A mother and son explore the diversity of brains, celebrating neurodiversity and building a strengths-based society.



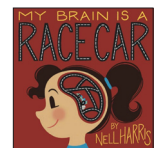
Neurodiversity: What's That?

A fun introduction to neurodiversity, written by a neurodivergent mum aiming to improve the self-esteem and confidence of children.



My Brain is a Race Car

Using car racing metaphors, this guide helps children understand neurodivergent brain processes, offering self-regulation tools and fostering conversations about individual experiences and management strategies.



Are you wondering about an evaluation or therapeutic supports for your child?

Center of Being — Dr. Lindsay Lennertz

Support for the Wellbeing of Children, Teens, Adults, and Families.

2727 San Pedro Dr. NE Suite 105

Albuquerque, NM 87110.

Main Phone: 505.278.0447

Evaluations/Assessments: 505.221.6834

