Resources for High School Students with Special Needs & their Families
Westchester County, New York
Prepared by the Life’s Bridges Program
Funded by OPWDD & Westchester Disabled on the Move, Inc.

This is a list of services in Westchester County for high school students with developmental disabilities. This list is not meant to be comprehensive and it is not an endorsement of any of the services listed. It is intended solely as a basic resource of the known options in the county.

For More Information or To Give an Update or Suggestion
Contact Us At:

Westchester Disabled On the Move
984 North Broadway
Yonkers, New York, 10701
www.wdom.org
Tel: (914) 968-4717

Special Thanks To:
Jennifer Kahn Ruoff LMSW, MS.Ed
ACTIVITIES:

Dance, Gymnastics and Theater:

Westchester Gymnastics and Dance
Judy Anker
5 Skyline Drive
Hawthorne, New York (914)592-2324

Martial Arts:

Aikido and Yoga
4 Gray Rock Rd. Scarsdale, NY 10583, Aikido: Steve Kanney (914) 648-0492
www.scarsdaleaikido.com/children-special-needs.html
Yoga: Kim Gold (914) 648-0493
www.scarsdaleaikido.com/childrens-yoga-eastchester.html
Self-contained and integrated classes for children on the autism spectrum, ADHD, anxiety disorders and/or medical challenges. 1:3 ratio. Needs based fee scale, some programs are free.

KI Martial Arts
Sensei Vladimir Zolottev, (914) 961-1111 and
senseivladimir@KIMartialArtsUSA.com and  www.KIMartialArtsUSA.com 125 A
Marbledale Rd. Tuckahoe, NY
Karate and Tae Kwon Do for children with special needs in adaptive classes. Children work on focus, control, balance, memory, discipline, fitness and coordination in constructive, goal related training. All levels and ages welcome.

UMAC (United Martial Arts Centers)
450 North State Road Briarcliff Manor, New York (914) 945- 7100
Director
: Laura Giacovas, MS Ed in special education and black belt in Taekwondo. Taekwondo for children with special needs to develop physically, mentally and socially.
info@umacbriarcliff.com

Music & Art

Music Therapy Institute of the Music Conservatory of Westchester
Tina Brescia, Director
216 Central Ave. White Plains, New York (914) 761-3900 or
tbrescia@musicded.org
Music therapy programs for children and adults with and without disabilities.. Fees charged.
Heartsong
Music, art and dance and movement programs for children, adolescents and adults with all special needs. Summer and school vacation programs. Children are grouped together by functioning level with 8 children per class. Free.

Rose Hill Music Academy
666 Columbus Ave. Thornwood, New York (914) 747-2585 www.rosehillmusic.net
Private music and instrument lessons for people with and without special needs.

Westchester Creative Arts Therapy Services
Music and art therapy for people with special needs. Saturday program for children and young adults. wcats.john@gmail.com and wcats.nancy@gmail.com
John Mahoney and Nancy Landy (914) 476-7662. 16 Villard Ave. Hastings, NY

Recreation Departments Affiliated With Towns

Greenburgh Special Education Recreation
Noel Broccoli, Director of Special Recreation 11
Olympic Lane
Ardely, New York (914) 693-8985 ext. 128
Offers a large array of activities and outings for children with disabilities, such as Challenger basketball, horseback riding, karate, swim classes, art classes, dances, parties and camp and Saturday night recreation nights in the community.

North East Westchester Special Recreation, Inc.
63 Bradhurst Avenue
Hawthorne, New York (914) 347-4409 or www.norheastspecialrec.org Weekend, summer camp in Thornwood, New York and after school recreational programs for people 4 years through senior citizens with special needs. Fees charged.

NorWest
Christopher Morbito, Director
Cortlandt Manor, New York (914) 737-4797 and www.nor-west.org
Year-round therapeutic recreational programs for children with disabilities ages 5 and up. They hold weekend programs, school vacation programs, after school programs. Summer programs for 16-22 year olds. Fees may apply – call for more information.
Yonkers Department of Recreation
Tara Conte-Giglio (914)377-6438
285 Nepperhan Ave. Yonkers, NY
Dance and music therapy, art, girl scouts, theater arts, pet therapy, teeball, special Olympics swimming and Project Friendship. Free.

SPORTS:

New Rochelle Little League Challenger Division
Shelly Klein (914)632-4916
30 Trinity Place New Rochelle, NY
Children 5-21 Little League. Free

AYSO VIP Soccer League
John Maltby at john@jmaltby.com
Ages 5-18 with special needs. http://www.ayso324.org/

Westchester Skating Academy
Stacy Isenberg
91 Fairview Park Dr. Elmsford, NY (914) 347-8232 www.skatewsa.com
Special needs ice skating lessons. Fees charged

Swim Instruction

Angelfish Therapy, LLC
Ailene Tisser, MA, PT (203) 969-6431 and Cindy Freedman, MOTR, CTRS (203) 364-1544 or www.AngelfishTherapy.com
Aquatic therapy in several locations in Connecticut and White Plains, New York Private, semi-private and small group with either an OT or PT.

Pace University Aquatics Program
Kate Palladino (914) 773-3280 or www.pacesettersathletics.com/aquatics
861 Bedford Rd. Pleasantville, NY
Adapted aquatics program for a wide range of disabilities. Fee Charged

Gerald Cox
(914) 720-7875 or clubfit.com or letslearn@myswimforkids.com
White Plains, NY Fees Charged.

Aqua Zone
Noel Broccoli, Greenburgh Parks and Rec. 914-693-8985 ext. 128
Theodore Young Community Center. Ages 5-21.
YOGA:

Yoga for Special Needs at WonderKids
Kira Morton, Yoga Certified Instructor 470
Mamaroneck Ave. Suite 204 White Plains,
New York
(914) 421-8270 and www.wonderkidstherapycenter.com Classes
for children of all ages with special need. Fees charged

Creative Yogashine
Vitalah Simon, Dance Therapist, yogashine@verizon.net
Valhalla, New York (914) 769-8745 and www.yogashine.com
Yoga (group and individual) for children ages 3 and up with emotional, developmental and
physical disabilities.

EDUCATION

Putnam Northern Westchester BOCES
200 BOCES Drive
Yorktown Heights, NY 10598
Adult and Continuing Education Program, Vocational, Special Education
914-245-2700

Southern Westchester BOCES
7 Berkeley Drive
Rye Brook, NY 10573
Adult and Continuing Education Program, Vocational, Special Education
914-397-3820

OTHER RECREATIONAL ACTIVITIES

CAMP JOY
New Rochelle Parks and Recreation
Full day summer camp for students of Special Education
Nina Gainor 914-654-2116
Application online http://www.newrochelleny.com/parks
Fee charged. Financial assistance available

HERO
(914) 761-2130 Janet Lefkowitz
Adapted tennis, dance, music and pet therapy for all ages. Fees charged.
SPARC, Inc. (Special Program and Resource Connection)
Serving residents in northern, mid and southern locations of Westchester Rose Rothe, Executive Director
(914) 243- 0583, sparc@optonline.net, www.sparcin.org
Recreation, social and therapeutic programs for children, teens and adults with developmental, learning and associated special needs. Programs Monday-Saturday on school calendar and summer. Professionals offer creative and individualized goal-oriented activities focusing on socialization and building skills for life and leisure. Activities include: Teen Time, Young Adults Social Club, Wacky Art, Film Production Workshop, Cooking Fun, Intro to Golf, Athletics and Lunch club, Dinner Friends, horseback riding, trips, etc. Private consultations for home music, art and recreational therapies. Respite Care is also available. Fees charged.

The Home Program
34 South Broadway Suite 411
White Plains, New York 10601
(914) 949- 3751 or www.thehomeprogram.org
Behavior management consultation services, in-home training to address sleeping, toileting, mealtime, compliance and community behavior. ff@optonline.net
Fees charged.

YWCA of White Plains (North Street) Special Programs Department
Jim Sullivan, Director (914) 949- 6227 ext. 108
Sunday recreation for ages 4-21 from 12-4, August vacation camps, school vacation camps for children with autism, PDD, CP, MR. Swimming, piano and guitar lessons available. Family respite and support also available. Fees charged.

SOCIAL SKILLS GROUPS:

Confident Kid Club
Contact Person: Carmella Crowley, 914-523-2328
crowley@confidentkidclub.com, confidentkidclub.com

Dramatic Pragmatics
http://www.dramaticpragmatics.com/
Barbara Lauffer, Director
(914) 305-1210
Rye, NY
Offers Speech and Language Evaluations and Pragmatic Language Evaluations. Additional services include parent training workshops, speaking engagements, and school consultation.
Social Skills Art Classes
(914) 488-5282 Briarcliff Manor, NY
For children with behavioral challenges, language delays, learning disabilities in small classes where they learn to read and respond to social cues, read and use body language, express emotions effectively and improve sense of self.

OTHER RESOURCES:

ACCES-VR Adult Career and Continuing Education Services-Vocational Rehabilitation
914-946-1313, 5 S Broadway, White Plains, NY
Vocational rehabilitation counselors guide individuals through service programs as they reach their employment goals. Services include a vocational assessment, career planning, on the job programs, job coach services, college and university programs, trade and business schools programs, driver evaluation and training. Free.

Autism Family Center/ Westchester Jewish Community Services
(914)761-0600 ext. 228 Kristin Macaluso, Program Coordinator
Family center for information and referrals. Parent support groups. Breakfast and supper clubs for 18+ with Asperger’s Syndrome. Parent mentoring, grandparent support group, mother/daughter nights.

Canine Companions for Independence
Ronald Knell, Executive Director, State University of New York at Farmingdale. A national organization that provides highly trained assistance goes to people with disabilities other than blindness. (800) 572-BARK or www.cci.org.

CAP Client Assistance Program
518-432-7861 or 800-993-8982
Advocacy and legal services for issues regarding vocational rehabilitation services (including ACCES-VR) or independent living centers. Free

Child Care Council of Westchester
(914) 761- 3456
Extensive information on childcare providers, programs, agencies, schools and camps.

EmSeeQ Band at www.emfinders.com
Bracelets equipped with technology that triangulates through cell phone networks to guarantee immediate recovery. When the caregiver activates the device, medical information and specific location of the child are reported to the nearest 911 dispatch center.
EPIC Parent Center/ Parent Information Resource Center (PIRC)
1061 North Broadway, Townhouse 2nd floor
Yonkers, New York
(914) 966-2338 or www.epicforchildren.org.
Director: Jane Zucker, Westchester Regional Manager: Yvonne Prescod
parenting skills workshops and parent training. Free

Family Ties of Westchester, Inc.
Madeline Lombardi at (914)995-5238 or mala@westchestergov.com
Support groups, respite activities, family recreational activities, and educational
workshops for families with children with social, emotional and behavioral difficulties.

GROW, Inc.
P.O. Box 1692
White Plains, New York 10602
Helpline 493-1318 and Info@grow-ny.org or www.grow-ny.org
Westchester based advocacy organization on behalf of persons with developmental
disabilities. Claudia Spazianti (formerly Mace) coordinates the Home Care Program (914)
332-8958 through the Hudson Valley DDSO. Free.

Hudson Valley Special Education Parent Center
At Westchester Institute for Human Development
Valhalla, New York
(914) 493-7665 or www.wihd.org or nbrickel@wihd.org

Montefiore Autism Center
6 Executive Boulevard
Yonkers, NY
(914)375-4898
Director, Michelle Dunn, PhD
Social skills, cognitive and linguistic interventions, counseling and advocacy help for
individuals with autism, communication disorders or learning disability.

ParentLink
www.westchesterparentlink.org
Advocacy group for parents of children with Autistic Spectrum Disorder and
Asperger’s Syndrome. Monthly support group meetings at Westchester Medical
Center in Valhalla, New York for support, information and resources.

Parent-to-Parent
(914)493-2635 and www.parenttoparentnys.org
Westchester Institute for Human Development in Valhalla, NY
Connecting and supporting families of individuals with special needs by matching parents
with a trained support parent who has a child with a similar disability.
**National Park Pass**
www.store.usgs.gov/pass/access.html
Free lifetime access pass for any person with a disability and their caregiver to all national parks from the National Forestry & Wildlife Division.

**Project Lifesaver**
Nancy D’Auria, Project Coordinator
(914)683-7530 or ndauria@hebrewhome.org
Bracelets equipped with GPS. Fee charged.

**OPWDD Office for People with Developmental Disabilities**
Hudson Valley branch: 914-332-8960 Main Information line 866-946-9733
a person-centered approach for people with developmental disabilities that prioritizes individual choices, needs, and desires in making decisions. Services include housing, employment, job coaching, oral health, respite care. Must have Medicaid or be Medicaid eligible.

**Jennifer Kahn Ruoff**
Jennifer@Ruoff.us (914) 478-3730
New York State Licensed Social Worker, with a master's degree in special education. She is a special education advocate and education consultant. She helps parents navigate the special education system “while getting the right services and resources for their children to maximize their educational, behavioral and social-emotional potential in school, at home and in the community.”

**INTERNET RESOURCES:**

A comprehensive list of programs available in Westchester County (Some of which do not apply to children with developmental disabilities) 40+ organizations

[www.abaresources.com](http://www.abaresources.com)
Free downloads for educational programs for children with Autism/Asperger’s Syndrome.

Autism friend finder program
[www.autismkey.com](http://www.autismkey.com)

Westchester County Autism website
[www.westchestergov.com/mentalhealth/autism](http://www.westchestergov.com/mentalhealth/autism)
Autism Society of America  
www.autism-society.org

www.autismSpeaks.org and 888-AUTISM2 (888-288-4762)

Apraxia Information  
www.apraxia.cc  
www.apraxia-kids.org  
Excellent websites to learn more about Apraxia, Dyspraxia and Sensory Integration.

Childtherapytoys.com  
Large collection of resources for child and play therapists

CHADD of Westchester (children with Attention Deficit Disorders)  
(914) 278- 3020 and www.chadd.westchester.org

Council for Exceptional Children  
(703) 620- 3660 and www.cec.sped.org/

Developmental Delay Resources  
Patricia Lemer, Executive Director (301) 652- 2263 and www.devdelay.org A resource network integrating conventional and holistic approaches with particular concerns regarding sensory and nutritional issues.

Learning Disabilities online  
www.Ldonline.org  
Hundreds of articles about disabilities, remediation, IEP’s, legal rights on this award-winning site.

National Alliance for Autism Research  
www.NAAR.org

National Information Center for Children and Youth with Disabilities (NICHCY)  
800- 695- 0285 and www.nichcy.org

National Center for Learning Disabilities  
212- 545- 7510 and www.LD.org

National Parent Network on Disabilities  
www.npnd.org

National Vaccine Information Center  
www.909shot.com/
Information about vaccines and mercury
www.Safeminds.org

New York State Education Department
914- 245- 0010 and www.nysed.gov/vesid

Office of Vocational and Educational Services for Individuals with Disabilities
(ACCES/VR) (914) 946-1313

Sensory Integration International
www.sensoryint.com

Sensory Stories
www.therapproducts.com or 1-800-257-5376

Sensory Integration Resource Center
www.bpkids.org

Mental Health Association of Westchester
www.mhawestchester.org

www.special-minds.com toll free 866-810- 1909
Resource of over 3,000 books, videos, dvds, games, activities, software for ADD, Autism, Asperger Syndrome, Dyslexia, Sensory Integration Dysfunction, Social Skills, Speech and Language Development, OCD, Anger Management, Self Control, CP, Tourette Syndrome, MR, plus more.

www.specialfamilies.org
Resources, tips and links and forum to share experiences and seek support.

Student Advocacy Services, Inc.
(914) 347- 3313

Special Education Law and Regulations
at: www.special-ed-law.com

The Department of Education also has special education law at:
www.ed.gov/offices/osers/IDEA/

IDEA is the Individuals with Disabilities Education Act.
www.ideapactices.org/aboutus.htm

Westchester/Putnam Legal Services
(914) 949- 1305
Westchester County Department of Community Mental Health
(914) 285- 5256

www.trainland.tripod.com
Information on PECS (Picture Exchange Communication System), Autism, diet, research links.

www.wrightslaw.com/
The best website with 1000’s of links to information about special education law, advocacy and information. They also publish the Special Ed Advocate.

Yale Child Study Center
http://info.med.yale.edu/chldstdy.autism/

Greenwich Autism Program
Dr. Sue Izeman
(203) 629- 1880 ext. 327
www.Izeman@ARCGreenwich.org
132 East Putnam Avenue
Cos Cob CT 06807
(Fairfield County)
E-Mail address: izeman@arcgreenwich.org
The Greenwich Autism Program provides a variety of home and community based supports for families who have a child with autism or a related disorder. Services can include information and referral, assistance with challenging behavior, help in finding and participating in community activities, provision of direct instruction in the home, and parent training.

Laurie Gruenberger,
Psy.D.
1 Bridge Street
Irvington, New York
(646) 256- 0900
(914) 421-8270

The Kids Connection
Pat Rowan, LMSW (914)736-7898
Croton-on-Hudson, New York
www.Discoveringyourworld.com
Young adult groups for high functioning autism.
Therapy with a Twist
Wendy Ludlow, LCSW (646) 213-0294
http://omplay.org/
North Riverdale.
208 W 260 Bronx, NY 10471
Registered Play Therapist Supervisor and certified Cognitive-Behavioral Clients are given
the space, tools, and verbal guidance to self-develop and to learn strategies to manifest the
life they envision for themselves

Westchester Division of Weill Medical College of Cornell University New
York-Presbyterian Hospital
Jo Hariton, Ph.D., Child & Adolescent Group Therapy Coordinator
(914) 997- 5957
21 Bloomingdale Road
White Plains, NY, 10605
Social skills groups for children with peer relationship problems. Each group is run by a
co-therapy team with expertise in Attention-Deficit Hyperactivity Disorder and other
childhood disorders. Children are grouped by age and level.

Westchester Group Works
Michelle Maidenberg, Ph.D, MPH, LCSW-R Clinical Director
(914) 421-1500
mmaidenberg@westchestergroupworks.com

Full Circle Family Care
1241 Mamaroneck Avenue
White Plains, NY
www.westchestergroupworks.com
Provides clients with group and individual therapy for both children and adults.

Westchester Jewish Community Services (WJCS)
Patricia Grossman, LCSW
(914) 949-7699 ext.355
(914) 761-0600 x228
pgrossman@wjcs.com
www.wjcs.com/
Programs geared to provide support and skills for individuals with Autistic Spectrum
Disorders and their family members. Groups for children 6-9 years, 10-13 years old and 13-
16 years old and a 21 and older group. Parent support groups meet concurrent with the social
skills groups. Must have Medicaid, or Medicaid eligible.
Where I Can Be Me
Isa Marrs, Speech Language Pathology, PC
(914) 488-5282
127 Woodside Ave, 201
Briarcliff Manor, New York
www.whereicanbeme.com
Social skills and Art Classes for children with language delays/disorders, learning disabilities, behavioral challenges (with or without special needs), children who have trouble making and /or keeping friends or socializing with friends or family. Provides programs for boys, for girls, and for teenagers.

Pilar Wellansky, Psy.D
Friendship Builders Groups
400 Bedford Rd.
Pleasantville, New York, 10570
(914)773-0680
http://pilarwellansky.com/home/About_Pilar.html
Weekly therapeutic groups for children in 1st grade through high school who have trouble making and keeping friends and difficulty managing feelings. Also a weekly Summer mini camp therapeutic program with indoor and outdoor activities. Provides clients with the tools necessary to cope with everyday life.

LEGAL GUARDIANSHIP

WIHD
www.wihd.org/
914-493-8150
Westchester Institute for Human Development
Provides medical, respite care, clinical (including dental) and support services to individuals, their families and caregivers.

Arc of Westchester
914-495-4620
http://www.arcwesterchster.org/services/guardianship
Nancy Succoso. nsuccoso@westchesterarc.org 914-495-4503

PACE Law School
http://law.pace.edu/equal-justice-america-disability-rightshealth-law-clinic
Equal Justice America: Disability Rights\Health Law Clinic
Student attorneys assist families seeking guardianship of disabled adult children, and planning for the future of family members with disabilities. Free in most cases but generally, depending on practice, must have some affiliation with the firm.
Legal Services of the Hudson Valley
90 Maple Avenue
White Plains, NY 10601
914-949-1305
877-574-8529
http://www.lshv.org/
Application can be done over the phone. A Paralegal will assess whether or not Legal Services can help.

**RESPITE CARE (ALL MEDICAID)**

**Project Time-Out**
Contact Carol Kobroff, LMSW, coordinator
914-761-0600 x310;
ckobroff@wjcs.com.
http://www.wjcs.com/respite-for-caregivers-project-time-out/
A program that provides caring for either a dependent older person or a child with an intellectual or developmental disability. Respite allows caregivers the opportunity to attend to medical, social, recreational or business matters. Families are reimbursed for services.

**Special Citizens Futures Unlimited**
914-347-4331
Specialcitizens.org
Respite Care for People With Autism

**Taconic Innovations** Sandy
Ali
sandy@taonicinnovations.com
914-668-9041
In-home respite foe persons without or whom are ineligible to receive Medicaid (4-12hrs/wk). Also provides assistance to people awaiting Medicaid.

**Phelps Memorial Hospital**
914-366-3521

Select Human Services
www.Selecthumanservices.com
17-19 Marble Avenue
Pleasantville, NY, 10570
914-741-6300
Not-for-profit voluntary agency working to empower children and adults with developmental disabilities to live a life that speaks to their unique self and supports their choices, needs, wants and hopes.
RESOURCES FOR COLLEGE AND ADULTS WITH SPECIAL NEEDS:

Compass Project
Part of the Jewish Child Care Association (JCCA)
917-682-2149, 914-761-0600 ext. 225. Jccany.org/compass
Offers direction and guidance to teens and young adults with special needs with career assessment, outings and trips, life coaching, workshops, internships, birthright trip to Israel, counseling, Theater for Action to aid self expression.

Socialization And Life Skills Group For Asperger’s Syndrome And High Functioning Autistic Adults

Focus on: Employment issues, college coaching and supports, socialization and self-advocacy, dating and relationships.
Patricia Rowan, LMSW at 914-736-7898, patrowan@bestweb.net
Susan Cortilet, MS, LMHC at 845-406-8730, susan.cortilet@gmail.com

Free Support Group For Families Of Adults With Asperger’s Syndrome And High Functioning Autism

Bonnie Kaplan at Parenttalk@gmail.com

Judith Omidvaran at judyomid@aol.com

New Frontiers in Learning
www.nfil.net, 646-558-0085
Coaching and individualized academic and social supports for students in high school and college. Summer programs with daily excursions to NYC and year-round help for transitioning to college successfully. Free