

# **Special Needs Resource Guide Westchester County, New York**

By Jennifer Kahn Ruoff, LMSW, MS.Ed  
Special Education Advocate  
(updated 12/23/2024)

This is not a complete list and this list is not an endorsement of any information herein.

## **HORSEBACK RIDING:**

### **Access Equestrian, Inc.**

Denise Avolio, Program Director. 914-234-9000, [www.accessequestrian.org](http://www.accessequestrian.org).  
Bedford, NY and Bronxville, NY  
Adaptive Riding and horsemanship for individuals with physical, cognitive, emotional and/or behavioral challenges.

### **Endeavor Therapeutic Horsemanship, Inc.**

556 Croton Lake Rd. Bedford Corners, NY 914-241-0211, [endeavorth.org](http://endeavorth.org)

### **Pegasus Therapeutic Riding**

[www.Pegasusstr.org](http://www.Pegasusstr.org) 845-669-8235. Locations in Brewster, Greenwich and Darien.  
Therapeutic horseback riding for children with special needs.

### **Stable: Equine Assisted Therapy and Learning**

Bronxville, NY and Riverdale, NY, [stabletherapyandlearning.com](http://stabletherapyandlearning.com)  
Hippotherapy and classes for all ages for autism and ADHD.

## **MARTIAL ARTS and FITNESS:**

### **Aikido and Yoga: Still Mind Aikido**

Aikido: Steve Kanney 914-648-0492, 398 S. Central Ave. Scarsdale, NY  
[www.scarsdaleaikido.com/children-special-needs.html](http://www.scarsdaleaikido.com/children-special-needs.html)

Yoga: Kim Gold 914-648-0493

Classes for children on the autism spectrum, ADHD, hearing deficits, anxiety disorders and/or medical challenges.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **Breakthrough Fit Co**

914-358-4575 / 281 S Central Ave, Hartsdale, NY [janie@breakthroughfitco.com](mailto:janie@breakthroughfitco.com)  
[www.breakthroughfitco.com](http://www.breakthroughfitco.com)

Breakthrough Fit Co is a training facility with 1:1 and small group personal training for ages 12 and up. We create an inclusive and adaptive community of health and wellness for all populations, including but not limited to Autism, Down Syndrome and Cerebral Palsy. We are OPWDD/Self-Direction approved.

## **Edge Martial Arts**

145 Palisade Street #L1, Dobbs Ferry, NY / 914-488-4003

Sensei: Eric Radoman, [info@edge-ma.com](mailto:info@edge-ma.com)

Martial Arts classes for special needs students with instructors experienced with children with behavioral, emotional and/or physical disabilities. Students will work to achieve goals in a safe and healthy environment.

## **Fit For All NY**

914-694-4841, 1133 Westchester Ave. White Plains, NY, [fit4allny.com](http://fit4allny.com) Fitness center services including 1:1, group and virtual sessions for personal training, massage and dietician for neurotypical and neurodivergent populations.

## **KI Martial Arts**

Sensei Vladimir Zolottev, 914-961-1111, 50 North Ave. New Rochelle, NY.

[senseivladimir@KImartialartsusa.com](mailto:senseivladimir@KImartialartsusa.com) and [www.KIMartialArtsUSA.com](http://www.KIMartialArtsUSA.com)

Karate and Tae Kwon Do for children with special needs in adaptive classes and specialized instruction. Children work on focus, control, balance, memory, discipline and coordination in constructive, goal related training.

## **MUSIC:**

### **Heartsong**

White Plains 914-358-5613, [www.heartsong.org](http://www.heartsong.org)

Music therapy, art therapy, dance/movement therapy for children and adults with all special needs. Summer and school vacation programs. Children are grouped together by functioning level with 8 children per class.

## **Music Therapy Institute of the Music Conservatory of Westchester**

musicconservatory.org

216 Central Ave. White Plains, New York 914-761-3900

Music therapy programs for children and adults with and without disabilities.

## **Rock on Music School**

David Meyers, dmeyers12531@gmail.com, 914-489-0520, rockonmusicschool.com

Special needs guitar and music lessons in your home.

## **RECREATION DEPARTMENTS:**

### **Greenburgh Special Education Recreation**

GreenburghNY.com/ 11 Olympic Lane Ardsley, New York 914-989-1815

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, camp and Saturday night recreation nights in the community.

### **North East Westchester Special Recreation, Inc.**

63 Bradhurst Ave. Hawthorne, NY, 914-347- 440 , [www.northeastspecialrec.org](http://www.northeastspecialrec.org)

Year-round recreational activities for all ages. Summer camp for ages 4-20 with special needs. After school recreational programs such as music, art, cooking, special Olympics training, teen community trips to foster socialization.

### **NorWest**

3131 E. Main St. Mohegan Lake, NY 914-737- 4797 and [www.nor-west.org](http://www.nor-west.org). Year-

round therapeutic community-based recreational programs for children and adults. Weekend programs, school vacation respite programs, after school programs, transportation, rec. and respite, summer day camp and wheelchair basketball for Cortlandt, Peekskill, Ossining and Yorktown.

### **Southeast Consortium for Special Services**

740 W. Boston Post Rd. Ste 301 Mamaroneck, NY 914-698-5232 [www.secrec.org](http://www.secrec.org)

Provides a wide range of sports, drama and social activities for kids, teens and adults with special needs. A self-contained and inclusion camp for ages 5-12.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **Yonkers Department of Recreation**

YonkersNY.gov 914-377-6438, 285 Nepperhan Ave. Yonkers, NY

Camp Pride is a day camp for developmentally disabled children, adolescents and adults striving to provide a safe environment where campers can express themselves and encounter new experiences.

Project Friendship programs include: Bowling, karate, yoga, sports, art, dance and music therapy, girl scouts, theater, pet therapy, Special Olympics, Special Olympics Swimming and a Young Adult Club.

## **SPORTS:**

### **Able Athletics**

ableathletics.org, Westchester and CT.

Sports programming (including wheelchair lacrosse) for ages 5-21 designed to meet every child at their unique developmental stage. Coaches and volunteers are guided by occupational and physical therapists to ensure every athlete is met with the appropriate adaptations and support.

### **AYSO VIP Soccer League**

Ayso.org/play/VIP. Soccer for ages 5-18 with special needs.

### **Backyard Sports Cares, Inc.**

Danny Bernstein 914-304-4052, byardsportscares.org/bys-plus.html Basketball and soccer for ages 5-15 with special needs. Groups focus on coordination, athletic development, building confidence, proper behaviors and group cooperation. Trained teachers and coaches handle each child's needs.

### **The Miracle League of Westchester**

914-522-1547 and [www.MLWNY.ORG](http://www.MLWNY.ORG), Ridge Rd. Park, Hartsdale, NY

A modified baseball program for children and adults of all ages with disabilities.

### **Top Soccer Program**

[www.usyouthsoccer.org](http://www.usyouthsoccer.org)

Westchester Youth Soccer League for children with special needs. The program is designed to bring the opportunity of learning and playing soccer to anyone with a mental or physical disability.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **SWIM INSTRUCTION:**

### **Swim Angelfish**

Ailene Tisser, MA, PT 203-969-6431 and Cindy Freedman, MOTR, CTRS (203) 545-0024 or SwimAngelfish.com, Locations: Sleepy Hollow, Bedford, Port Chester, White Plains, Stamford, Greenwich, Wilton.

Private and semi-private aquatic therapy sessions by licensed PT's and OT's.

### **Pace University Aquatics Program**

Kate Palladino 914-773-3280, kpalladino@pace.edu 861 Bedford Rd. Pleasantville, NY. Adapted aquatics program for a wide range of disabilities.

## **OTHER RECREATION:**

### **Creative Yogashine**

Vitalah Simon, Dance Therapist, yogashine@verizon.net

Valhalla, New York 914-769-8745 and [www.yogashine.com](http://www.yogashine.com)

Yoga (group and individual) for children ages 3 and up with emotional, developmental and physical disabilities.

### **Green Chimneys Community Outreach Center**

965 Route 22, Brewster, NY, 845-279-1467, 24-hour crisis hotline 845-279-2588  
Safe environment for youth ages 14-20 to hang out, play pool, watch movies, free internet, homework help, peer support groups, art, snacks, free pizza, video games, counseling, referral services, volunteer opportunities, resume and job application assistance.

**HERO** 914-251-0804. [www.herony.org](http://www.herony.org)

Adapted tennis, karate, dance, music, movement/song, arts and crafts and pet therapy for tots, youth, adolescents and adults.

### **JCC of Mid-Westchester**

SNAAC (Special Needs Academic and Arts Center)

999 Wilmot Rd. Scarsdale 914-472- 3300, [www.jccmw.org](http://www.jccmw.org)

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

Special needs programs: sports, swim, music, theater, computers, karate, tai chi, social skills groups, gymnastics, ballet, art, science, Saturday Night Social, Sunday/Funday. Adult special needs programs available. And support groups.

### **No Limits Performing Arts Studio**

11 Clearbrook Rd. Elmsford, 914-741-5678, nolimitsperformingartsstudio.com  
Located in The Play Place, they offer dance and performing arts classes for all ages in a fun and comfortable environment.

### **Steffi Nossen School of Dance**

914-328-1900 / [www.steffinossen.org](http://www.steffinossen.org) / 216 N. Central Avenue, White Plains, NY  
Center for Movement Adaptive Dance Programs give children and adults with cognitive and physical disabilities like Autism, Down Syndrome, Cerebral Palsy and Parkinson's their own classes to build self-confidence, coordination and to have fun. Movement is modified so that everyone can participate and achieve success.

### **Shames JCC on the Hudson**

371 S. Broadway, Tarrytown 914-366-7898 and [www.ShamesJCC.org](http://www.ShamesJCC.org) Super Sunday is a recreational, drop-off, program geared towards children on the autism spectrum or related developmental disabilities ages 5-13. In partnership with Super Soccer Stars and Scribble Art with a 2:1 staff ratio.

Almost Home Plus, grades K-6, after school program for children who need extra support due to cognitive, emotional, and/or behavioral differences.

Vacation Sensations Plus, for ages 5-12 with a 2:1 staff ratio, with ASD or related disability. Provides programming during school vacations.

### **SPARC, Inc. (Special Program and Resource Connection)**

914-243- 0583, [www.sparcinc.org](http://www.sparcinc.org), Yorktown Heights, NY

Serving residents all over Westchester. Recreation, social and therapeutic programs for children, teens and adults with developmental, learning and other special needs. 12 month programming. 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, Exploring Art, Film Production, cooking, golf, athletics, Dinner Friends, bowling, horseback riding, music, trips, and more.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **Surfing**

[SurfersWay@gmail.com](mailto:SurfersWay@gmail.com), surfersway.org 830 East Chester Street, Long Beach, NY  
Surfer's Way is a non-profit organization designed to offer children with special needs the opportunity to experience the exhilaration and liberation of surfing. They offer free surf outings during the summer at Riverside Beach in Long Beach, NY.

## **Wagon Road Camp**

The Children's Aid Society

914-238- 4761 and [www.childrensaidnyc.org](http://www.childrensaidnyc.org), Chappaqua, New York Overnight respite program servicing children 7- 17 years old with physical and developmental disabilities. Open weekends and school holidays October- May and for one week in August. They offer arts, crafts, athletics, nature, cooking, horseback riding, music and drama. Heated cabins.

## **YWCA White Plains & Central Westchester**

515 North St. White Plains, NY 914-949- 6227 ext. 108

Therapeutic recreation for ages 4-21 and adult: swimming, art, music. August and school vacation camps. Friday night pizza, movies, games with family and friends. Family respite and support available. Special Olympics training.

## **SUMMER PROGRAMS:**

<http://www.campexperts.com/ContactUs.aspx?S=CU>. They will tailor your needs to the camps they recommend.

[www.mysummercamps.com/camps/Special\\_Needs\\_Camps/Developmental\\_Disabilities/index.html](http://www.mysummercamps.com/camps/Special_Needs_Camps/Developmental_Disabilities/index.html)

## **Fordham University Reading Programs for Children and Adults**

(800) 964-8888, [Fordham.edu](http://Fordham.edu). Open 7 days a week in Yonkers, Pleasantville, West Harrison, New Rochelle.

## **NYU Program for Attention-Deficit/Hyperactivity Disorder**

516-358-1811 and [nyulangone.org/csc](http://nyulangone.org/csc) . Therapeutic evidence –based summer program for ages 6-9 on the campus of the College of New Rochelle. For children

with ADHD and behavior disorders. Provides social, academic and recreational enrichment. Parent training component involved.

**Scarsdale Edgemont Family Counseling Services** 914-723-3281, [sfcsinc.org](http://sfcsinc.org), Adventure Based Counseling for ages 11-14 go on day trips mountain biking, rock climbing, and water adventures that build confidence and self-esteem.

### **Smugglers' Notch Resort in Vermont**

SNAP (Smugglers Notch Adaptive Programs) provides therapeutic recreation for children and adults of all abilities in a supportive environment at this family resort. Art, disc golf, guided hiking, kayaking, mini golf, nature time, sing along, swimming, water sliding. 1:1 assistance available.

**Union for Reform Judaism (URJ)** [www.eisnercranelake.urjcamp.org](http://www.eisnercranelake.urjcamp.org)

## **FOOD ALLERGY INFO:**

### **Botanika Café**

Ridgefield, Ct. All food is gluten free and vegan.

### **By The Way Bakery**

914-478-0555, [btwbakery.com](http://btwbakery.com) Hastings-on-Hudson, Pleasantville, Greenwich  
This entire bakery is gluten and dairy free and delicious. They have varieties of cakes, muffins, cookies, brownies and even Challah.

### **Enjoy Life**

[Enjoylifefoods.com](http://Enjoylifefoods.com)

All Enjoy Life products (variety of chocolate chips, cookies, bars, chips and more) are free-from the eight most common food allergens: wheat, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. In addition, products are made in allergen-free facility, so there's no chance of contamination.

[www.glutenfreePassport.com](http://www.glutenfreePassport.com)

### **[WWW.PamelasProducts.com](http://WWW.PamelasProducts.com)**

Mail order wheat-free and gluten-free foods.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)



## **Popojito**

Scarsdale, NY. Mexican restaurant 100% gluten free.

## **PEDIATRIC DENTISTS FOR SPECIAL NEEDS:**

Dr. Wayne Turk 914-472- 9090 and [www.scarsdalepediatricdental.com](http://www.scarsdalepediatricdental.com) 777 White Plains Rd. Scarsdale, New York

Briarcliff Pediatric Dentistry Dr. Renuka Bijoor 325 Highland Ave. Briarcliff Manor, NY [www.briarcliffpediatricdentistry.com](http://www.briarcliffpediatricdentistry.com)

## **RELIGIOUS RESOURCES:**

### **Kulanu Hebrew School at Scarsdale Synagogue**

Scarsdale, NY, 914-725-5175, [bit.ly/kulanufamilychild](http://bit.ly/kulanufamilychild)

Grades 4-6 with LD, social challenges and ADHD. Small class sizes and individualized resources.

### **LEV: Learning from the Heart**

914-666- 2292 or [liefflady24011@aol.com](mailto:liefflady24011@aol.com) or [www.levlearning.org](http://www.levlearning.org).

Multi-sensory enrichment program of Jewish learning for children with speech, language and learning delays. Class size is limited to 8 children. Program includes music, art and dance. Sunday mornings at the Mount Kisco Hebrew Congregation.

**Annunciation - Our Lady of Fatima Parish** Special Needs Religious Education 914-779-2374 [www.annunciation-fatima.com/religious\\_education](http://www.annunciation-fatima.com/religious_education), [doreen.napolitano@annunciation-fatima.com](mailto:doreen.napolitano@annunciation-fatima.com)

### **Rhythms of Grace**

Worship and Faith for families with special needs. And monthly music program. The Church of St. Barnabas. The Reverend Lindsay Lunnum, Assistant Rector 914-591-8194. Irvington, NY.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **Temple Beth El of Chappaqua**

220 South Bedford Rd. Chappaqua, NY 914-238-3928 Rachel Rosin Saturday AM music service for children with special needs.

## **The Friendship Circle**

914-693-6100 or [youth@chabadrt.org](mailto:youth@chabadrt.org)

The program matches children with special needs with teenage mentors for weekly bonding experiences in a full range of Jewish and social experiences.

## **Woodlands Community Temple**

[school@wct.org](mailto:school@wct.org), 914-592-7070, 50 Worthington Rd. Greenburgh, NY

The program includes a Learning Center Coordinator, an individual hired to liaison with parents and oversee the individualized learning plan of students with special needs. Also have occasional sensory/special needs friendly shabbat services.

## **Yad B'Yad (Hand-in-Hand) Congregation Kol Ami**

914-949-4717, 252 Soundview Ave. White Plains, NY

Synagogue inclusion program for teenagers (13-21) with learning, cognitive or emotional challenges are teamed up with middle and high school peer mentors in the classroom and field trips. Besides academic and life skill curriculum taught to students there are also weekly social action, Israeli dance, improv/drama expression, yoga, cooking, youth group involvement and holiday programming. Membership to temple is not required, and students are given opportunities to

## **RESOURCE CENTERS:**

### **Center for Autism and the Developing Brain**

[NYP.org/autism](http://NYP.org/autism), New York-Presbyterian Westchester Division, White Plains Serves all ages with autism and other brain development disorders.

Comprehensive integrated clinical care, parent support groups, family education, counseling, treatment planning and multidisciplinary therapeutic services.

### **Cerebral Palsy of Westchester**

1186 King St. Rye Brook, NY 914-937-3800 ext. 627, [cpwestchester.org](http://cpwestchester.org) Many programs for children teens and adults. Teen and young adult social club.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

Adapted equipment and software, computer facilitation, focusing on the joy of playing and learning, monthly family play sessions. Wheelchair basketball for ages 10-21.

### **Community Support Network (CSN)**

Valhalla, NY, 914-493-9119, 1-877-810-2422, [csn@wihd.org](mailto:csn@wihd.org)

The *Community Support Network* (CSN) at Westchester Institute for Human Development is the Hudson Valley's resource for individuals with disabilities, their families, and the professionals supporting them. Our experts are knowledgeable about all of the disability systems serving individuals with disabilities across the lifespan and are available to help YOU. We provide resources, training, direct services, and support and guidance to families, schools, agencies, and individuals themselves on disability related issues and topics.

**Early Childhood Direction Center** 914-493-2902, [ecdc@wihd.org](mailto:ecdc@wihd.org), WIHD.org, Located at WIHD in Valhalla, NY The Early Childhood Direction Center (ECDC) is a free, confidential, and neutral information, referral, technical assistance, and training center for parents of children from birth to age five with known or suspected special needs.

### **Einstein/Montefiore Autism Evaluation & Treatment Center**

Executive Plaza, Yonkers, NY. 914-375-4880

Provides interdisciplinary medical and neuropsychological evaluations and educational referrals for preschool, school age and adolescents on the autism spectrum. And social skills.

### **Family Ties of Westchester, Inc.**

[Familieswestchester.org](http://Familieswestchester.org) 914-995-5238

System of Care is used for children with emotional challenges that is family driven, child centered, culturally competent and focuses on the strength of the child and family. Support groups, advocacy services, parent coaching and connection to community resources in times of crisis and beyond.

### **Gigi's Playhouse**

914-479-5566, 720 Saw Mill River Rd. Ardsley, NY [gigisplayhouse.org/](http://gigisplayhouse.org/)

The only nationwide network of Down Syndrome Achievement Centers.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **GROW, Inc.**

Helpline 914-493-1318 and [Info@grow-ny.org](mailto:Info@grow-ny.org) or [www.grow-ny.org](http://www.grow-ny.org)  
State-wide family advocacy network organization on behalf of persons with intellectual and developmental disabilities. It is an independent coalition of families and guardians.

## **Hudson Valley DDSO** 914-332-8957/ [ira.rothstein@opwdd.ny.gov](mailto:ira.rothstein@opwdd.ny.gov)

[www.disabled.westchestergov.com](http://www.disabled.westchestergov.com) or [www.opwdd.ny.gov](http://www.opwdd.ny.gov)

220 White Plains Rd. 6th floor Tarrytown, NY

Advocacy, crisis services, case management/service coordination, in and out of home respite care, family training and recreation services are funded.

## **Hudson Valley Special Education Parent Center**

At Westchester Institute for Human Development

Valhalla, NY 914-493-7665 or [hvsepc.org](http://hvsepc.org) or 914-493-8119 Resources, consultations, trainings about the special education process, IEP's and 504's, educational laws, transition to adulthood and improving communication with child's school team. All services are free.

## **Parent-to-Parent** [www.ptopnys.org](http://www.ptopnys.org). 914-493-2635. Part

WIHD 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.

## **Parent Support Network**

Contact [pammosk@gmail.com](mailto:pammosk@gmail.com), [Westchesterpsn@ymhproject.org](mailto:Westchesterpsn@ymhproject.org)

Free, confidential, informal, monthly parent support groups for those raising children who struggle with anxiety, depression and/or emotional dysregulation.

## **Support Group for families of adults with High functioning Autism**

Location at Westchester ARC in Hawthorne. [www.FAAHFA.com](http://www.FAAHFA.com) or Bonnie Kaplan at [parenttalk@gmail.com](mailto:parenttalk@gmail.com), Judith Omidvaran at [judyomid@aol.com](mailto:judyomid@aol.com) and 914-528-3871.

**UJA: J-1-1 Hotline:** Connect with resources/support for older adults and their caregivers, financial and employment services for special needs, support for

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

children with disabilities, serious illness and mental health services for teens and families. Also Jewish day camp info, holiday services 877-852-6951.

### **Westchester ARC**

The Gleeson-Israel Gateway Center 265 Saw Mill River Rd. Hawthorne, NY.  
914-949-9300/ [arcwestchester.org](http://arcwestchester.org) Supports children, teens and adults with intellectual and developmental disabilities, and ASD and their families with support groups, workshops, early childhood services, evaluations, counseling, social skills training, residential opportunities, and employment training. Recreation, respite, guardianship assistance, crisis help.

### **Westchester Foundation for Autism**

866-529-8090 and [www.WFAutism.org](http://www.WFAutism.org)  
Social events, educational and recreational programs and family support services for families with children with autism and related developmental delays.

### **Westchester Jewish Community Services Autism Center:**

914-761-0600 ext. 228 or WJCS.com  
Family center for information and referrals and educational advocacy. Parent support groups. Social and recreational groups for adolescents on the Spectrum and for 18+, Supper Club for 18–35-year-olds. Project Lifesaver: GPS bracelets.

### **Westchester Parenting Center**

Patricia Goodman, 914-693-0210, [www.westchesterparentingcenter.com](http://www.westchesterparentingcenter.com)  
[drpgoodman@gmail.com](mailto:drpgoodman@gmail.com), Ardsley, NY  
Parent-Child Interaction Therapy is an Evidence-based treatment for children 2-8 with disruptive behaviors. Parent(s) are coached while interacting with child through play.

### **Job/Independence Help**

New York State Education Department [www.nysed.gov/](http://www.nysed.gov/)  
General info. 518-474-3852

**ACCESS-VR** 1-800-222-5627, helps find jobs for people for developmental disabilities.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

## **Center for Career Freedom**

914-288-9763, 185 Maple Ave. Suite 124 White Plains

Computer classes, learn at your own pace, interactive remote classes too. To empower persons with and without mental, physical and developmental disabilities so that they may find rewarding employment. Ages 18+.

## **Compass Project**

Part of the Jewish Child Care Association (JCCA)

917-682-2149, 914-761-0600 ext. 225. [jccany.org/compass](http://jccany.org/compass)

Helps teens and young adults with learning differences, executive functioning and social communication challenges and autism spectrum disorders. Helps young people make a successful transition from high school, college or unemployment to the workplace and independent adulthood. Counseling, social and recreation programs, career assessments, internship opportunities, vocational assistance through ACCES-VR, college support and independent living programs.

**FriendsofQuinn.com** is an online community that offers information and support for young adults with learning differences.

**Job Path:** Helps people with autism and developmental disabilities join the workforce, live independently and live fulfilling lives. Partners with NYC to sustain customized employment opportunities. <http://www.jobpathnyc.org>

## **New Frontiers in Learning** [www.nfil.net](http://www.nfil.net),

646-558-0085

Coaching and individualized academic and social supports for students in middle school, high school and college. Summer programs with daily excursions to NYC and year-round help for transitioning to college successfully. Virtual editing, writing support and coaching available.

## **O'Brien CMC**

[obriencmc.com](http://obriencmc.com). Virtual reality technology coaching program assisting individuals of all abilities increase their work skills and be prepared for the workforce.

## **Project Search Career Training Program for Students with Autism**

Carol Gearing 914-495-4620 or [cgearing@arcwestchester.org](mailto:cgearing@arcwestchester.org)

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

Transition to Adulthood Help Links:

Renters Rights for People with Disabilities

Managing Your Child's Transition to Adulthood

Guide to Remodeling a Home for Adults with Special Needs Vocational Training for Adults with Special Needs

**Westchester Independent Living Center, Inc.** White Plains, NY , 914-682-3926, [Contact@wilc.org](mailto:Contact@wilc.org), wilc.org. Not-for-profit, community-based resource, advocacy, and training center dedicated to improving the quality of life for people with disabilities.

**Yes She Can** [www.YesSheCanInc.org](http://www.YesSheCanInc.org) , Girl Again Boutique 4 Martine ave, White Plains, NY. A nonprofit job skills training program dedicated to help young women with autism develop job skills leading to employment and greater independence.

## **Other Resources:**

### **In NYC:**

The Intrepid Sea, Air and Space Museum offers Access Programs for children, teens and adults with developmental disabilities. <http://www.intrepidmuseum.org/access.aspx> to get information on dates, times and themes. Also, the American Museum of Natural History offers the Discovery Squad programs for children with autism spectrum disorders. <http://www.amnh.org/plan-your-visit/accessibility/autism-spectrum>

### **Independence Day Clothing**

[Independencedayclothing.com](http://Independencedayclothing.com) NO TAGS, NO ZIPPERS, NO BUTTONS, NO WORRIES, SENSORYFRIENDLY & REVERSIBLE APPAREL, GPS

### **National Park Pass**

[www.store.usgs.gov/pass/access.html](http://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.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

**Trails Without Limits**, Westchester Countywide;  
thewpf.org/trailswithoutlimits. Nature is for everyone. Those with mobility issues can explore trails with a guide in an all-terrain trackchair.

[abaresources.com](http://abaresources.com) Free downloads for educational programs for children with Autism

[autism-society.org/](http://autism-society.org/) [apraxia-kids.org](http://apraxia-kids.org). Learn about Apraxia, Dyspraxia and SI

**Canine Companions for Independence**, Medford, NY (800) 572-2275,  
cci.org. Provides highly trained canine assistance to people with disabilities other than blindness.

**CHADD of Westchester** (children with Attention Deficit Disorders) 914-278-3020 and [chadd.net/376](http://chadd.net/376), [Westchester-putnamvacinity@chadd.net](mailto:Westchester-putnamvacinity@chadd.net)  
Support group, speakers and community resources.

**Learning Disabilities online:** [Ldonline.org](http://Ldonline.org) articles about disabilities, remediation, IEP's, legal rights.

Benefit and Eligibility Navigation for people with intellectual and developmental disabilities for OPWDD, SSI, SSDI: WIHD at 914-493-1027

Legal Services of the Hudson Valley: [LSHV.org/](http://LSHV.org/) 1-877-574-8529  
Dedicated to providing free, high-quality counsel in civil matters where basic human needs are at stake for low-income individuals and families who cannot afford an attorney.

**Mental Health Association of Westchester** [www.mhwestchester.org](http://www.mhwestchester.org):  
Advocacy, community education and direct services.

**Prader Willi Syndrome Association:** <http://www.pwsausa.org/> Facts, Medical info, advocacy, research info and support.

[Safeminds.org](http://Safeminds.org)  
To end the autism epidemic by promoting environmental research and effective treatments. Research, education, advocacy and outreach.

[softclothing.net](http://softclothing.net) seamless, tagless, soft clothing  
for sensory kids.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)



**StudentAdvocacy.net/** 914-347- 3313

[therapro.com](http://therapro.com) or 1-800-257-5376

Therapy resource materials for families and professionals.

[wrightslaw.com/](http://wrightslaw.com) The best website with 1000's of links to information about special education law, advocacy and information. They also publish the The Special Ed Advocate.

**Info and online groups for people with ASD and supporters:** [GRASP.org](http://GRASP.org)  
and [WrongPlanet.net](http://WrongPlanet.net)

Tourette Syndrome Association Inc. 405 Tarrytown Rd. Suite 374, White Plains,  
914-378-5025 <http://tsa-usa.org>.

**Super Interesting:** Mesa, Arizona is the first Autism Certified City in the US. Certified by the International Board of Credentialing and Continuing Education Standards.

## **SOCIAL SKILLS / THERAPY GROUPS:**

ASD Groups Westchester, Westchester ARC-The Gleeson-Israel Gateway Center. Hawthorne, NY. Socialization and Life Skills Group  
[asdgroupswestchester@gmail.com](mailto:asdgroupswestchester@gmail.com). Focuses on employment, self-advocacy, college coaching and supports, socialization, dating.

Child Family Institute, 914-361-5283 ChildFamilyInstitute.com. Scarsdale, Mt. Kisco, Greenwich. Groups for Dialectical Behavioral Therapy (DBT), Positive Parenting for parents of children with ADHD  
Social Anxiety Mastery and Skills for Success (SAMSS) combines CBT skills and social skills training in groups for ages: 8-10, 10-12, 13-15, 15-17, 18-23, 23-30.

Clubhouse Stars [www.clubhousestars.com](http://www.clubhousestars.com), 914-674-1940. Ardsley, NY.  
Maryanne Reda, certified special ed teacher. Multi-sensory curriculum social skills groups for ages 3-13 with a range of concerns including, but not limited to: shyness/ social anxiety, impulsiveness, making and maintaining friendships, flexibility and cooperating.

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

Columbia University Clinic for Anxiety and Related Disorders (CUCARD) 155 White Plains Rd. #200 Tarrytown, NY 914-631-4618, [columbiadoctors.org](http://columbiadoctors.org). CUCARD Westchester Anxiety Day Program offers comprehensive treatment for adolescents whose lives are severely impaired by anxiety or OCD.

Dramatic Pragmatics, 914-305-1210, [Dramaticpragmatics.com](http://Dramaticpragmatics.com), Rye Brook, NY  
Social language groups, parent workshops, college transition groups.

Laurie Gruenberger, Psy.D. 1 Bridge Street, Irvington, NY, 646-256-0900, [lauriegruenberger@gmail.com](mailto:lauriegruenberger@gmail.com). Social Skills groups focusing on recognizing feelings, managing frustrations and building self-esteem.

Michelle Maidenberg, Ph.D., MPH, LCSW-R, 914-301-9474  
600 Mamaroneck Ave, Suite 400 Harrison, NY [WestchesterGroupWorks.com](http://WestchesterGroupWorks.com),  
Co-Founder and Clinical Director Thru My Eyes Foundation, [ThruMyEyes.org](http://ThruMyEyes.org).  
Individual, couple, and family therapy for children, teens, young adults and adults using Cognitive-Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Eye Movement Desensitization Reprocessing (EMDR).

New Frontiers in Learning, 646-558-0085, [info@nfil.net](mailto:info@nfil.net). Teen groups for those struggling with anxiety and executive functioning. Some groups travel to social events to practice skills in real world environments.

Bob Milich, Ph.D , 914-271- 5326. Croton-on-Hudson. Groups for children of all ages with a focus on building self-esteem for children with a variety of issues.

Susan Rose, Ph.D., Director Child and Family Center, 917-751-8142, [S.Rose@Wawhite.org](mailto:S.Rose@Wawhite.org). Mamaroneck, NYC. Social skills groups for ages 3-14 with autism spectrum disorders. Focus on listening skills, reciprocal conversation and identifying the emotions of others. Also individual therapy throughout the lifespan.

Weill Cornell Medicine/New York Presbyterian, Westchester Division  
Dr. Barbara Flye, [bflye@med.cornell.edu](mailto:bflye@med.cornell.edu), White Plains. Child & Adolescent Group Therapy for those with peer relationship problems, anxiety, mood or ADHD

WC KIDS CLUB, World Cup Nursery School, Chappaqua, NY  
Joan Weinstein, [WCKidsclub@gmail.com](mailto:WCKidsclub@gmail.com). Groups for children 4 to 6 years old.  
Six children per group to facilitate positive peer interactions and improve language

Created by Jennifer K. Ruoff, LMSW, MS.Ed (914) 282-4404, [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us)

skills in social situations. Groups led by a certified and licensed speech pathologist and certified special education teacher.

Where I Can Be Me, Isa Marrs, MA CCC-SLP, 914-488-5282  
whereicanbeme.com, Briarcliff, NY. Social skills groups for ages 2-17 with language delays/disorders, LD, behavioral challenges and children who have trouble making and /or keeping friends.

**Jennifer Kahn Ruoff is a New York State Licensed Master Social Worker, also with a master's degree in special education. She is an 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. She also works with parents and students assisting with the college search, application and transition process. She can be reached at 914-282-4404 and [Jennifer@Ruoff.us](mailto:Jennifer@Ruoff.us) and JenniferRuoff.com**

**This is not a complete list and this list is not an endorsement of any information herein.**