

# THE PARENT MENTOR

# MINUTE

DECEMBER 2024

A MONTHLY NEWSLETTER OF THE ESC LORAIN COUNTY PARENT MENTOR PROGRAM



## HOLIDAY HARMONY PRACTICAL TIPS FOR MANAGING MELTDOWNS

The holidays are quickly approaching, bringing different people, sounds, and irregular schedules! We wanted to share one useful resource for all ages and stages! In [this](#) article, OT Toolbox provides helpful tips and tricks for handling meltdowns. We have selected a few that we will use ourselves ... and some for our own kids! Have a wonderful holiday season and we will see you in 2025!



## GIFTS THAT GIVE BACK FIND MEANINGFUL GIFTS WHILE SUPPORTING INCLUSIVE EMPLOYMENT

Check out this [list](#) containing products made by people with differing abilities and the Ohio businesses and organizations that proudly employ them. This Holiday Gift giving Guide was developed by the Cuyahoga Board of DD.

## INCLUSIVE SHOPPING SPOTLIGHT

We wanted to share a few local and out-of-state businesses supporting job opportunities for students of all abilities.

### FAROH'S FINEST CHOCOLATES

Supporting Jobs for Autism

Faroh's Candy is located at Broadway Eats and Treats on the first floor of the Ariel Broadway Hotel 301 Broadway Avenue, Lorain, Ohio.

Hours of Operation:

Tuesday and Wednesday: 12:00 to 4:00 /

Thursday and Friday 12:00 to 6:00 /

Saturday: 10:00 to 12:00

Closed Sunday and Monday

### SUSANNA'S CAFÉ

Located in the heart of Midtown at the new Cleveland Foundation headquarters, Susanna's Café not only offers delicious, locally sourced meals but also provides employment opportunities to individuals with intellectual and developmental disabilities. For the address and more information click [here](#).

### TWO & COMPANY

This coffee shop in Chagrin Falls enables people of every ability to find happiness and success in the workplace. To purchase gift cards for the cafe or visit a visit to the boutique click [here](#).

### H-BOMB TIES

Inspired by Harrison (The H-Bomb), a boy with Down syndrome, each order helps create work training opportunities for a differently-abled individual like Harrison. For more information and to order click [here](#).



Paula Drummer

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Lorain County: Elyria, Firelands, Keystone,  
Sheffield-Sheffield Lake and Wellington

Erie, Huron and Sandusky Counties: Bellevue, Norwalk  
and Monroeville



Kendis Bender

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Lorain County: Amherst, Avon, Avon Lake,  
Columbia, Lorain, Midview, North Ridgeville,  
Oberlin

## LOCAL RESOURCES AND EVENTS

### WINTER BOWLING - AVON LAKE

Are you looking for something fun to do on a Saturday? Champions Winter Bowling bowls every Saturday from 12:30 to 2 p.m. at Spevock's Nautical Lanes in Avon Lake. The cost is \$12, and includes bowling, shoes, pizza, and soda. Friends and family can bowl for the same low price. No sign-up, just show up!

### HOLIDAY LIGHTS DISPLAY - LAGRANGE

Take a drive to the Lorain County Metro Parks Carlisle Reservation for the annual Holiday Lights Display from November 29th through December 22nd. This mile-long drive-through features our classic lighted features, such as Santa's castle and the carousel. For more information and to find other events held at the Lorain County Metroparks, click [here](#).

### ZOO LIGHTS - AKRON

The Akron Zoo is hosting a sensory night on December 12th from 5:00 pm - 9:00 pm for Zoothing Wild Lights! This special date welcomes guests with different abilities to enjoy Wild Lights without the crowds, loud music, and flashing lights! For more information click [here](#).

### CHILDREN'S THEATER - CLEVELAND

The Talespinner Children's Theatre is presenting A YEAR WITH FROG AND TOAD. All performances are sensory-friendly with accessible performances with additional access tools on December 14th and 15th. All tickets Pay-What-You-Choose! For more information click [here](#).

### FAMILY FRIENDLY THEATER - AVON

The Svetle Signers will perform "Once Upon a December" at the French Creek Theatre in Sheffield on December 21st at 7:00 pm. The Svetle Signers is a community group that is inclusive to individuals of all abilities, focusing on theatrical performance. This FREE performance begins at 7:00 pm. For more information about this organization visit their [website](#).

### CHRISTMAS EVE SERVICE - BAY

The special needs ministry team at Bay Presbyterian Church is hosting a Christmas Eve service on December 24th at 2:00 pm with your family in mind. Enjoy a 45-minute, interactive service with music and the Christmas story. The lights will be kept up and the sound down to create a comfortable setting for all. Participants are welcome to get up, dance, walk, vocalize, or sing without judgment from others. For more information click [here](#).

## ONLINE RESOURCES WEBINARS AND VIRTUAL SESSIONS

### BEHAVIOR CHAT

#### TOOLS FOR TAMING FOR BIG EMOTIONS

Learn strategies to motivate your child toward positive behavior. Come prepared with questions and learn how to use the tools in our Behavior Toolkit to help your child. This highly recommended workshop will be held on December 16th at 6:30 pm. Click [here](#) to register.

### PARENT CONNECTION MEETING

#### MOTHER TO MOTHER

This month's Mother 2 Mother Parent Connection Meeting on December 12th, 2024, from 6 PM to 7 PM will feature Katherine Antall, MS, Human Sexuality Specialist from the Cuyahoga County Board of Developmental Disabilities. She will discuss critical topics like sexuality, safety, and relationships for individuals with disabilities. To register click [here](#).

## LOOKING AHEAD UPCOMING EVENTS IN 2025

The annual "A Night to Shine" will be held at various locations throughout Northeast Ohio on Feb. 7, 2025. It's a wonderful event for those with special needs! It really is their time to SHINE!

The event is open to those aged 16 and older. There are several locations in and around Lorain, Erie, Huron and Sandusky counties hosting A Night To Shine.

We have narrowed our list to include some of the nearest ones.

Abiding Faith Bible Church, Columbia Station  
Christ Church, Columbia Station  
The Chapel, Sandusky  
Anchor Church, Avon Lake  
Bay Presbyterian Church, Bay Village.  
Church of the Open Door, Elyria

For more information on the event and the history of A Night To Shine, click [here](#).