

# FDLRS Action

## Parent Services Resource Guide for Families



**A Florida Department of Education  
Discretionary Project serving  
Lake, Orange, Osceola, Seminole, and Sumter Counties**

# Florida Diagnostic and Learning Resource System Action Resource Center

Serving Lake, Orange, Osceola, Seminole,  
and Sumter counties



**3130 Edgewater Drive  
Orlando, FL 32804**

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**(800) 262-1596**

**FAX (407) 317-3680**

**Website: [fdlrsaction.org](http://fdlrsaction.org)**

Sandra Chamber-Collins  
Senior Administrator

“The Florida Diagnostic and Learning Resources System is funded by the State of Florida, Department of Education, Division of Public Schools and Community Education, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B; IDEA Part B, Preschool; and State General Revenue funds.”

# Table of Contents

<b>About Us</b> .....	4
<b>Autism</b> .....	6
<b>Child Care and 4-C</b> .....	6
<b>Deaf /Hard of Hearing and Blind /Visually Impaired</b> .....	7
<b>Disability Advocates</b> .....	8
<b>Downs Syndrome</b> .....	8
<b>Early Intervention Services</b> .....	9
<b>Education</b> .....	9
<b>ESE Information</b> .....	12
<b>Health</b> .....	13
<b>Mental Health</b> .....	14
<b>Support Agencies / Groups</b> .....	15
<b>Community Services</b> .....	17
<b>Contact Us</b> .....	20

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## About Us

The **Florida Diagnostic & Learning Resources System (FDLRS)** provides an array of instructional support services to exceptional student education programs in school districts statewide.

The four central functions of each FDLRS Associate Center are child find, parent services, human resource development, and technology.

The 19 FDLRS Associate Centers serve Florida's 67 school districts and collaborate with districts, agency and support personnel, communities, families, and other educational personnel providing support services for educators, parents, school administrators, and students with exceptionalities.

FDLRS provides support for the following programs and services for individuals working with exceptional education students, families, and support agencies:

- Assist in the location, identification, evaluation and initiation of appropriate education or other needed services for children and youth, birth through 21 years of age who have, or are at risk of developing, special or unique needs and are not enrolled in public school.
- Plan collaboratively with school districts, exceptional student education departments, staff development offices, and other professional development entities to provide information, professional development, and technical assistance and follow-up related to effective instructional strategies and service delivery models for the education of children and youth who are exceptional or have unique needs.

- Assist districts and families who have children who are exceptional or have special or unique needs to develop effective partnerships allowing shared responsibility to improve the education of all children and youth.
- Assist and support district professional staff and families of students with disabilities in the appropriate use of assistive and instructional technology, assistive technology related services, universal design principles, and technology that enhances learning and communication.

Statutory authority for implementing FDLRS Associate Centers is located in Section 1006.03, Florida Statutes. To learn more about the FDLRS Network visit [www.fdlrs.org](http://www.fdlrs.org).

\*Map available at [fdlrsaction.org](http://fdlrsaction.org)

# Autism

## **Autism Speaks**

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

## **Autism Society of Greater Orlando (ASGO)**

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

## **Center for Autism & Related Disabilities (CARD)**

[www.ucf-card.org](http://www.ucf-card.org)

## **Interactive Autism Network (IAN)**

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

## **Lake County Autism Association**

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

## **Online Asperger Syndrome Information and Support (OASIS @ MAAP)**

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

# Child Care and 4 - C

## **Early Learning Coalition**

Lake County ..... [www.elclc.org](http://www.elclc.org)

Orange County ..... [www.elcoforangecounty.org](http://www.elcoforangecounty.org)

Osceola County..... [www.elcosceola.org](http://www.elcosceola.org)

Seminole County..... [www.seimnoleearlylearning.org](http://www.seimnoleearlylearning.org)

Sumter County ..... [www.elc-naturecoast.org](http://www.elc-naturecoast.org)

## Child Care and 4 - C cont'

### Head Start / Early Head Start

Lake County .....	(352) 357-7070
Orange County .....	(407) 836-6590
Osceola County.....	(321) 219-6200
Seminole County.....	(321) 275-0059
Sumter County .....	(352) 754-2464

## Deaf / Hard of Hearing, Blind / Visually Impaired

### Deaf and Hearing Services of Lake and Sumter Counties

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

### Florida Coordinating Council for the Deaf and Hard of Hearing (FCCDHH)

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

### Florida School for the Deaf and Blind (FSDB)

[www.fsdb.k12.fl.us](http://www.fsdb.k12.fl.us)

### Hands and Voices

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

### Lighthouse Central Florida

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

## Disability Advocates

**Agency for Persons with Disabilities (APD), State of Florida**

[www.apd.myflorida.com](http://www.apd.myflorida.com)

**Central Florida Parent Center, Project AWARE**

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

**Central Florida Self-Determination Advocacy Council**

407-332-9937

407-339-4103

407-699-4419

**Disability Rights Florida**

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

**Family Care Council of Florida (FCCF)**

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

**Family Network on Disabilities of Florida (FNDFL)**

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

## Downs Syndrome

**Down Syndrome Association of Central Florida (DSACF)**

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

**Down Syndrome Foundation of Florida**

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



## Early Intervention Services

### Early Steps (birth - 3 years old)

Orange, Osceola, & Seminole.....407-317-7430 ext. 2121

Lake and Sumter ..... 1-800-439-6417

### Preschool Screenings & Evaluation (3 - 5 years old)

Lake County ..... 352-253-6790

Orange County ..... 407-317-3503

Osceola County..... 407-891-1178

Seminole County..... 407-320-9406

Sumter County ..... 352-795-2315

## Education

### School District's ESE Departments

Lake .....[lake.k12.fl.us/Domain/21](http://lake.k12.fl.us/Domain/21)

Orange.....[www.ocps.net/CS/ESE](http://www.ocps.net/CS/ESE)

Osceola.....[www.osceola.k12.fl.us/depts/ESE/](http://www.osceola.k12.fl.us/depts/ESE/)

Seminole ..... [www.scps.k12.fl.us/esss](http://www.scps.k12.fl.us/esss)

Sumter.....[www.sumter.k12.fl.us/Departments/ESE.html](http://www.sumter.k12.fl.us/Departments/ESE.html)

### Orange County Public Schools Parent Support Team

[www.ocps.net/cs/ese/parentambassador/Pages/default.aspx](http://www.ocps.net/cs/ese/parentambassador/Pages/default.aspx)

407-317-3200 ext. 2614

### Florida Inclusion Network (FIN)

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

### Florida School for the Deaf and Blind (FSDB)

[www.fldb.k12.fl.us](http://www.fldb.k12.fl.us)

## Education cont'

### Florida Standards

[www.fldoe.org/pdf/lafs.pdf](http://www.fldoe.org/pdf/lafs.pdf) (Reading)

[www.fldoe.org/pdf/mathfs.pdf](http://www.fldoe.org/pdf/mathfs.pdf) (Math)

### Florida Virtual School

[www.flvs.net](http://www.flvs.net)

### General Education

Discovery Education

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

Funbrain

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

Khan Academy

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

Kidport

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

Macmillan Dictionary

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

PBS Kids

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

PBS Kids - All Games

[www.pbskids.org/games/alltopics.html](http://www.pbskids.org/games/alltopics.html)

Vocabulary Spelling City

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

Zoo Burst

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

### Math

AAA Math

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

Cool Math 4 Kids

[www.coolmath4kids.com](http://www.coolmath4kids.com)

Counting Change Site (Grades 2 - 5)

[www.www.apples4theteacher.com/change-game.html](http://www.www.apples4theteacher.com/change-game.html)

### **Math cont'**

Enjoyable Math Games (Grades 8 - 12+)

[www.coolmath.com/home.htm](http://www.coolmath.com/home.htm)

General Math Games and Lessons (Grades K - 8)

[www.coolmath4kids.com](http://www.coolmath4kids.com)

Helping Your Child with Mathematics (Grades K - 12)

[www.math.com/parents/atrics/funmath.html](http://www.math.com/parents/atrics/funmath.html)

Interactive Algebra Games (Grades 7 - 12)

[www.active-maths.co.uk/algebra/games/](http://www.active-maths.co.uk/algebra/games/)

Interactive Geometry Bingo (Geometric Shape Recognition) (Grades 3 - 7)

[www.aplusmath.com/cgi-bin/games/geomatho](http://www.aplusmath.com/cgi-bin/games/geomatho)

Math Aids

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

Math.Com The World of Math Online

[www.dr.math.com](http://www.dr.math.com)

Math Play - Free Online Math Games

[www.math-play.com](http://www.math-play.com)

Math Playground

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

Multiplication.Com

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

Tangram Puzzles (Grades K - 2)

[www.apples4theteacher.com/tangrams.html](http://www.apples4theteacher.com/tangrams.html)

Variety of Interactive Mathematics Games (Grades K - 8)

[www.mathcats.com/explore.html](http://www.mathcats.com/explore.html)

### **Project 10 Transition Education Network**

[www.project10.info](http://www.project10.info)

### **Reading**

A Story Before Bed

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

Dosiety.Com

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

## Education cont'

### Reading cont'

Just Read, Florida!

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

Learning Chocolate - Vocabulary Learning Platform

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

Road to Grammer

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

Star Fall

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

Story Online

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

Storyline Online

[www.storylineonline.net](http://www.storylineonline.net)

Suessville

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

Sylvan Book Adventure

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

### Science

Kids Sites

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

Sheppard Software

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

Student Science

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

### Social Studies

Culture Quest World Tour

[www.ipl.org/div/cquest](http://www.ipl.org/div/cquest)

Fact Monster

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

Kid Info - Homework Helper

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

## Education cont'

### **Social Studies cont'**

National Geographic Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

### **UCF Academy Toni Jennings Institute (TJEEI)**

[tjeei.ucf.edu](http://tjeei.ucf.edu)

## ESE Information

### **A Parent's Guide to Access Points, Access Course, and Resources**

[www.fldoe.org/ease/pdf/OnlineParentGuide.pdf](http://www.fldoe.org/ease/pdf/OnlineParentGuide.pdf)

### **Getting Ready for Your Child's IEP Meeting**

[www.fldoe.org/ease/pdf/iep-card.pdf](http://www.fldoe.org/ease/pdf/iep-card.pdf)

### **Parent and Teacher Guide to Section 504**

[www.fldoe.org/ease/pdf/504bro.pdf](http://www.fldoe.org/ease/pdf/504bro.pdf)

### **School District's ESE Departments**

Lake ..... [lake.k12.fl.us/Domain/21](http://lake.k12.fl.us/Domain/21)

Orange..... [www.ocps.net/CS/ESE](http://www.ocps.net/CS/ESE)

Osceola..... [www.osceola.k12.fl.us/depts/ESE/](http://www.osceola.k12.fl.us/depts/ESE/)

Seminole..... [www.scps.k12.fl.us/esss](http://www.scps.k12.fl.us/esss)

Sumter..... [www.sumter.k12.fl.us/Departments/ESE.html](http://www.sumter.k12.fl.us/Departments/ESE.html)

# Health

## **Access Florida**

[www.myflorida.com/accessflorida/](http://www.myflorida.com/accessflorida/)

407-317-7000

## **Children's Medical Services**

[www.cms-kids.com](http://www.cms-kids.com)

## **County Health Departments**

Lake..... [www.lakechd.com](http://www.lakechd.com)

Orange..... [www.orchd.com](http://www.orchd.com)

Osceola..... [www.osceolahealth.org](http://www.osceolahealth.org)

Seminole..... [seminolecohealth.com](http://seminolecohealth.com)

Sumter..... [www.floridahealth.gov/chdSumter](http://www.floridahealth.gov/chdSumter)

## **Florida Department of Children and Families (DCF)**

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

## **Florida Department of Health**

[www.floridahealth.gov](http://www.floridahealth.gov)

## **Florida Kid Care**

[www.floridahealth.gov/AlternateSites/KidCare/](http://www.floridahealth.gov/AlternateSites/KidCare/)

## **UCF Communication Disorders Clinic**

[www2.cohpa.ucf.edu/clinic/](http://www2.cohpa.ucf.edu/clinic/)

## Mental Health

### **Mental Health Association of Central Florida**

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

### **National Alliance of Mental Illness of Greater Orlando (NAMIGO)**

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

### **National Federation of Families for Children's Mental Health (FFCMH)**

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

### **SEDNET - Multiagency Network for Students with Emotional / Behavioral Disabilities**

Lake and Sumter Counties ..... 352-797-7022 ext. 213

Orange and Osceola Counties ..... 407-897-6440 ext. 2254

Seminole County ..... 321-633-1000 ext. 321

[www.sednetfl.info](http://www.sednetfl.info)

## Support Agencies / Groups

### **Agencies for Persons with Disabilities**

Central Region / Field 7 ..... 407-245-0440

(Brevard, Orange, Osceola, and Seminole counties)

[apdcares.org/area/7/](http://apdcares.org/area/7/)

Central Region / Field 13 ..... 352-330-2749

(Citrus, Hernando, Lake, Marion, and Sumter counties)

[apdcares.org/area/13/](http://apdcares.org/area/13/)

[apdcares.org](http://apdcares.org)

### **Best Buddies**

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

## Support Agencies / Groups cont'

**Brain Injury Association of Florida (BIAF)**

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

**Bright Feats**

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

**Central Florida Brain Injury Support Group**

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

**Children and Adults with Attention Deficit Disorder (CHADD)**

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

**Family Cafe**

[www.familycafe.net](http://www.familycafe.net)

**Florida Alliance for Assistive Services & Technology (FAAST)**

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

**Florida Developmental Disabilities Council (FDDC)**

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

**Florida Respite Coalition**

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

**Florida Youth Council (FYC)**

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

**Learning Disabilities Association of Florida (LDA\_ FLA)**

[www.lda-florida.org](http://www.lda-florida.org)

**Nathaniel's Hope**

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



## Support Agencies / Groups cont'

### **Orange/Seminole County Special Education Monthly Support Group**

[cflparents.org/infobylocation/CentralFlorida/OrangeCountyResources.htm#Support\\_Groups](http://cflparents.org/infobylocation/CentralFlorida/OrangeCountyResources.htm#Support_Groups)

### **Orlando Bipolar Support**

[www.meetup.com/Greater-Orlando-Bipolar-Support](http://www.meetup.com/Greater-Orlando-Bipolar-Support)

### **Tourette Syndrome Association of Florida (TSA-FL)**

[www.tsa-fl.org](http://www.tsa-fl.org)

### **Very Special Arts of Florida (VSA-FL)**

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

## Community Resources

For community resources including, but not limited to housing, clothing, food, medical, and employment services.

### **2-1-1 Resource Directory (All Counties)**

For rapid free information on community resources or services, call 2-1-1, a resource with a variety of services and information. 2-1-1 is sponsored by United Way

### **Lake County Resource Guide**

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

### **Osceola County Resource Guide for Families 2013**

[www.communityvision.org/Documents/2013ResourceGuide.pdf](http://www.communityvision.org/Documents/2013ResourceGuide.pdf)

### **Seminole County Parents Guide (Families in Transition)**

[cmfmedia.org/web/wp-content/uploads/2010/02/fit\\_parent\\_resource\\_guide.pdf](http://cmfmedia.org/web/wp-content/uploads/2010/02/fit_parent_resource_guide.pdf)

## Contact Us

**FDLRS Action Resource Center**  
3130 Edgewater Drive Orlando, Florida 32804  
407-317-3660 or 1-800-262-1596

### **FDLRS Action Staff Contact Information**

#### **Child Find / Parent Resource Specialist**

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#### **Parent Resource / Child Find Specialist**

Anjanette McGee-Cason

[anjanette.mcgee-cason@fdlrsaction.org](mailto:anjanette.mcgee-cason@fdlrsaction.org) 407-317-3674

#### **Learning Resource Specialists**

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**Center Support Services**

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407-317-3673

**Database Coordinator**

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407-317-3662

**Media Resource Support**

Cathy Hoefling

[cathy.hoefling@fldrsaction.org](mailto:cathy.hoefling@fldrsaction.org)

407-317-3672

**Registration Resource Support**

Marykay Johnson

[marykay.johnson@fldrsaction.org](mailto:marykay.johnson@fldrsaction.org)

407-317-3675

**Senior Administrator**

Sandra Chamber-Collins

[sandra.chamber-collins@fldrsaction.org](mailto:sandra.chamber-collins@fldrsaction.org)

407-317-3661

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





## Notes

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