

Philadelphia Intellectual Disability Services

A division of the Department of Behavioral Health and Intellectual Disability Services

What's Happening Next?



March 2022

Did you know?

- **March is Intellectual Disability Awareness Month!**
- **In the USA, about 6.5 million people experience intellectual disability.**
- **About 16% of the residents here in Philadelphia live with emotional, intellectual, and/or physical disabilities.**
- **People with and without disabilities can live fulfilling, exciting, and comfortable lives!**
- **The ribbon color for intellectual disability is gray! Please wear gray throughout the month to show your support.**
- **Philadelphia's theme for 2022 is "Building Brighter Futures!"**

Please join us for the following sessions:

March 1st – Safety in the Community Workshop

Time: 10:00 AM – 12:00 PM

Join PA Family Network Advisors as we plan and problem solve for the safety of your loved one with intellectual disabilities and/or autism by:

- sharing practical skills and strategies for safety at home, work, and in the community;
- identifying possible ways to apply LifeCourse Framework and Tools in useful, flexible, and simple ways;

- supporting each other by discussing steps toward a vision for remaining safe within our community while living a meaningful and good life.

Click to Join the Zoom Meeting

(same link for all Workshops and Family Forums)

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

One tap mobile:

+13126266799,,82905633941#,,,,*637984# US (Chicago)

+16465588656,,82905633941#,,,,*637984# US (New York)

Reasonable Accommodations as identified under the ADA must be requested 2 weeks in advance

For more information: www.visionforequality.org/pa-family-network or 1-844-PAFAMILY; Find us on Facebook at *Pennsylvania Family Network*

March 2nd – Lunch and Learn with the Office of the Mayor

Time: 12:00-1:00 PM

Join Amy Nieves, the executive director of the Mayor’s Commission for People with Disabilities, as she discusses the work of the commission.

Join via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/89019979770?pwd=U21PREFYdkc4Lzg2a3NSQThmSEtaUT09>

Meeting ID: 890 1997 9770

Passcode: 923349

One tap mobile

+13017158592,,89019979770# US (Washington DC)

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Dial by your location

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+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 890 1997 9770

Find your local number: <https://dbhids-org.zoom.us/j/k5GEsWsmm>

March 2nd – 3rd Advanced Waiver Workshops

Part 1: March 2nd @ 6:00 – 8:00 PM

Expand upon definitions discussed in Waiver Basics (101) workshops and learn more about the various services defined under waivers and some of their limits, requirements, and options

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

One tap mobile:

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+16465588656,,82905633941#,,,,*637984# US (New York)

Part 2: March 3rd @ 6:00 – 8:00 PM

Guide participants on researching waivers, utilizing resources and understanding your rights and responsibilities. There will be a discussion of the various waiver appendices, due process, fair hearing, and more.

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

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March 3rd – Lunch and learn with Exceptional Tours

Time: 11:00 AM – 12:00 PM

Join Telisha Feamster from Exceptional Tours, LLC to learn about this organization's accessible vacations.

“Exceptional Tours is a travel companion service supporting people with intellectual and developmental disabilities in the community and beyond. What sets us apart is our unmatched ability to make each vacation and activity experience unique to our Travelers.”

Join via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/82686640338?pwd=NWR3S2ZhcDIJT0YvZWVxOHE2UXF4QT09>

Meeting ID: 826 8664 0338

Passcode: 478029

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 826 8664 0338

Find your local number: <https://dbhids-org.zoom.us/u/kd4TOVxLEv>

March 4th – Communication Champions

Time: 1:00 – 2:00 PM

Please join us Friday, March for a dynamic discussion with Damon Ross, Senior Accessibility Advisor at Apple, Inc. Damon provides senior-level technical support for Apple customers. This is an opportunity to learn about

accessibility features for Apple devices including iPhones and iPads. You do not want to miss this event.

This will be a Zoom virtual meeting so be sure to register in advance. For more information, email Cheryl.Nichols@phila.gov.

Register here:

<https://networksfortraining.zoom.us/meeting/register/tZ0tdeGrrjkoHN3KbDRBkvsSUFx6NpPbD9ym>

March 7th – Self-Advocacy with Bill Krebs and Debbie Robinson

Time: 1:00 PM

Join Bill Krebs and Debbie Robinson from Speaking for Ourselves as they explain the self-advocacy organization's work. Bill is the Philadelphia chapter's president and Debbie is the executive director.

The major purpose of Speaking for Ourselves is to help our members run their own organization, develop leadership skills through real life experiences, learn to work together collectively to address their own issues and increase their own self-sufficiency and independence.

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/88222701857?pwd=dVNWSklZTjAzMzZvYjFLQmxPWTBSQT09>

Meeting ID: 882 2270 1857

Passcode: 746035

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+1 253 215 8782 US (Tacoma)

Meeting ID: 882 2270 1857

Find your local number: <https://dbhids-org.zoom.us/j/k3vOTHvPK>

March 7th – SIBLING Good Life Group

Time: 6:30 PM

This group of adult siblings will have the opportunity guide the group's direction, network with other siblings, talk about your lived experience, hear from experts on topics relevant to sibling life, have open and informative discussions, and plan for a future that holds true potential for you and your family.

Join via Zoom:

<https://us02web.zoom.us/j/81084127996?pwd=OEhLZlBFQkVYQnF4RU1VGkrRkp3dz09>

Meeting ID: 810 8412 7996 Passcode: 801075

One tap mobile: +16465588656,,81084127996#,,,,*801075# US (New York)
+13017158592,,81084127996#,,,,*801075# US (Washington DC)

Dial by your location:

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+1 301 715 8592 US (Washington DC)

March 8th – Using the LifeCourse Framework for Transition

Time: 10:00 AM – 12:00 PM

What happens when the bus stops coming? Do you need a vision or a plan? Join PA Family Network for an interactive workshop to discuss thought provoking questions surrounding a new day-to-day plan, obtain information and resources to be used during this time of change, address question and concerns, and utilize the LifeCourse Framework and Tools in useful, flexible and simple ways.

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVpcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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Reasonable Accommodations as identified under the ADA must be requested 2 weeks in advance

March 8th – Collaborating with Employers and Utilizing Creative Platforms to Connect People with Disabilities to Meaningful Work

Time: 3:00 – 4:30 PM

Come join the DETAC as we highlight the utilization of creative technological platforms to help grantees connect people with disabilities to competitive, integrated employment (CIE) opportunities. Grantees have a responsibility to engage with employers at various levels which can be daunting when employers are consumed with the burdens of productivity, new COVID protocols, and staffing shortages. This webinar will showcase Mentra, a talent hiring platform that intelligently matches neurodiverse individuals with employers that value their strengths. We will also hear from an employer that hires individuals with disabilities through partnering with Mentra, including an individual with lived experience who will share their journey about utilizing Mentra's platform to obtain meaningful employment.

Register here:

https://us06web.zoom.us/webinar/register/WN_xw1ECVvWSOCJk4AbaWKlsg

March 8th – Emotional Wellbeing Workshop

Time: 2:00 – 3:30 PM

Are you feeling overwhelmed by multiple challenges in your life that are negatively impacting your work? Join SPIN for a session where we can explore tips and ideas for how to build self-care into your daily routine as well as discuss your concerns with your supervisor or employer.

Register here:

https://transitionconsults.zoom.us/meeting/register/tZ0kfumrrj8sG9AsftbUayn_Y7zuqvqKfG4u

March 9th – "Community Supports in Philadelphia: A Revolutionary Change in Civil Rights"

Presenter: Jim Conroy, Pennhurst Memorial & Preservation Alliance

Time 1:00pm

In just 50 years, the nation has moved away from places like Pennhurst. And people are much better off. We know that, because the largest and longest study of movement from institution to community was done here. Moreover, few people realize the three most important lawsuits about the rights of people with disabilities all started in Philadelphia. They led to immense improvements in the civil rights of all citizens with disabilities. Things have been very tough in our system during the pandemic. But we can remember to celebrate our victories and work to get the system back on track.

Join via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/83565367567?pwd=T0dQb29mdGVoQURZYIRFR0Z5ZVY2Zz09>

Meeting ID: 835 6536 7567

Passcode: 859703

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 835 6536 7567

Find your local number: <https://dbhids-org.zoom.us/j/kb2mhLISiC>

March 10th – LifeCourse: Philadelphia Collaboration Meeting

Time: 10:00 – 11:00 AM

Join via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/83997213577?pwd=Uk43Mmk2V0tncmk1NnpsRG1pbVB4Zz09>

Meeting ID: 839 9721 3577

Passcode: 293624

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+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 839 9721 3577

Find your local number: <https://dbhids-org.zoom.us/j/kAITIa9wP>

March 11th – Learn about Registration and Waivers

Time: 10:00 – 11:00 AM

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/81429386819?pwd=QzMrc1JGY2RNdVBpRXF1QnNyWWxZUT09>

Meeting ID: 814 2938 6819

Passcode: 352991

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Dial by your location

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+1 253 215 8782 US (Tacoma)

Meeting ID: 814 2938 6819

Find your local number: <https://dbhids-org.zoom.us/u/kryg1q6BM>

March 15th – Waiver Basics* (101) Workshops

Part 1: 10:00 AM – 12:00 PM

Address the importance of having a vision of your loved one's needs to live a good life and learn basic information about how to register, apply, and access waiver services.

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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Part 2: 1:00 – 3:00 PM

Learn the basics of individual service plans (ISP) and an overview of waiver services.

Click to Join the Zoom Meeting:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVpcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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+16465588656,,82905633941#,,,,*637984# US (New York)

March 15th- Employment Forum

Time: 3:00 PM

The topic of this Employment Forum meeting will be how CIS, School District of Philadelphia, IDS and Project Search at Drexel University was successful with providing services and support to their interns during the height of the pandemic. Moreover, the challenges with pivoting from in class sessions to virtual and back to in class.

Join via Zoom:

<https://networksfortraining.zoom.us/meeting/register/tZMkc-yvqTqsG93QNWzNQ10f1tA5TrAzyEUQ>

March 16th – Family Forum Updates

Time: 6:30 – 7:30 PM

Join the PA Family Network Advisors, families and individuals with disabilities for our Family Forums to:

- discuss areas of life where supports might be needed;
- network with other families and ask questions;
- get latest updates from the Office of Developmental Programs.

Guest Speakers may be invited and topics will be announced on the Facebook page and through emails prior to the Forum.

Join Via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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March 17th – Philly Love

Essential workers have been a vital part of our lives during the COVID-19 pandemic and always! Join us in celebrating them!

Time: 4:00-5:00 PM

Join Via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/82080063519?pwd=WkpuNTNtdjZuay92cW5pZUxBYmlUZz09>

Meeting ID: 820 8006 3519

Passcode: 049359

One tap mobile

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+1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose)

Meeting ID: 820 8006 3519

Find your local number: <https://dbhids-org.zoom.us/j/kybRQgjym>

March 18th- Organizational Change

The Employment Steering Committee's Organizational Change Workgroup

Time: 12:00 Noon

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/89134283729?pwd=cFI0TURNNC9NWIV0eIdXOUFPcWVzd09>

Meeting ID: 891 3428 3729

Passcode: 212857

One tap mobile

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Dial by your location

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+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

Meeting ID: 891 3428 3729

Find your local number: <https://dbhids-org.zoom.us/j/kd2BxZ0KXY>

March 21st & 23rd Advanced Waiver Workshops

Part 1: March 21st @ 6:00 – 8:00 PM

Expand upon definitions discussed in Waiver Basics (101) workshops and learn more about the various services defined under waivers and some of their limits, requirements, and options

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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+16465588656,,82905633941#,,,,*637984# US (New York)

Part 2: March 23rd @ 6:00 – 8:00 PM

Guide participants on researching waivers, utilizing resources and understanding your rights and responsibilities. There will be a discussion of the various waiver appendices, due process, fair hearing, and more.

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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March 21st – LifeSharing

Time: 1:00 – 2:00 PM

Join Philadelphia IDS and the LifeSharing Committee for an inspiring, informative, and dynamic session. Presenters include LifeSharing Families, LifeSharing Agencies, and IDS. Learn about what is happening in LifeSharing and how you can become involved. Hear family stories of how LifeSharing has had a positive impact in their lives. You don't want to miss this event.

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/84411886561>

Meeting ID: 844 1188 6561

One tap mobile

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+13017158592,,84411886561# US (Washington DC)

March 22nd- Movie Day! Crip Camp: A Disability Revolution

Time: 2:00-4:00 PM

Grab some popcorn and get cozy as we settle in for an afternoon screening of the 2020 Oscar nominated documentary film Crip Camp: A Disability Revolution (Rated R: some language including sexual references).

Description: "A groundbreaking summer camp for teens with disabilities proves so inspiring that a group of alumni join the radical disability rights movement to advocate for historic legislation changes."

Join via Zoom:

<https://dbhids-org.zoom.us/j/86838191736>

Meeting ID: 868 3819 1736

One tap mobile

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March 22nd – Long Term Planning

Time: 10:00 AM- 12:00 PM

Join the PA Family Network to plan and problem solve if/when we cannot support our loved one with intellectual disabilities and/or autism

- Connect and network with other families
- Get information and strategies on handling Long Term Planning
- Discuss and receive guidance on how to identify and share what is most important to our loved ones to live a meaningful and good life (NOT LEGAL OR FINANCIAL ADVICE)

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

Meeting ID: 829 0563 3941 Passcode: 637984

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[Reasonable Accommodations as identified under the ADA must be requested 2 weeks in advance](#)

March 23rd- PMHCC Health Fair

Time: 10:00 AM – 12:00 PM

Join Philadelphia Coordinated Health Care as we *Spring Into Self Care!* Unwind your mind with PCHC via Zoom with videos, demonstrations, physical activities and door prizes!

Zoom link to come.

March 24th – Never let go of your Dreams with Ben Hartranft

Time: 12:00noon

Ben Hartranft is excited to share his story of being non-verbal at the age of 2 to now achieving his dream of being a full-time speaker as President of Benergy1 Presentations. His mission is to promote kindness, inspiration and achievement through education and taking autism awareness to action. Ben has exceeded all expectations, including working since the age of 16, learning to drive, winning homecoming king at his high school, appearing as a guest on the Ellen DeGeneres show and being asked to carry the Lombardi trophy at the ring ceremony for the Philadelphia

Eagles. Ben’s story and “Benergy” will inspire those who hear him to “Never Let go of Their Dreams”.

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/82830473690?pwd=MGhKU2RIWVR3NXJYVFJkMnYyNGRSUT09>

Meeting ID: 828 3047 3690

Passcode: 365613

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Meeting ID: 828 3047 3690

Find your local number: <https://dbhids-org.zoom.us/u/kbhMpYb0Oz>

March 25th- 30th Annual “My City, My Place” Brighter Futures Awards

Time: 2:30 PM

It’s time for our signature event! Please join the members of Intellectual disAbility Services and its Public Awareness Committee as we celebrate and honor members of the community who help make a difference in the lives of those who are registered with Intellectual disAbility Services here in Philadelphia. These winners and nominees truly exemplify our motto: IT’S ALL ABOUT COMMUNITY

Register in advance here:

<https://networksfortraining.zoom.us/meeting/register/tZEIfuCgqTwvGtRGJk7DZKFMGOg2SkO6tBR>

March 29th & 31st Advanced Waiver Workshops

Part 1: March 29th @ 6:00 – 8:00 PM

Expand upon definitions discussed in Waiver Basics (101) workshops and learn more about the various services defined under waivers and some of their limits, requirements, and options

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

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Part 2: March 31st @ 6:00 – 8:00 PM

Guide participants on researching waivers, utilizing resources and understanding your rights and responsibilities. There will be a discussion of the various waiver appendices, due process, fair hearing, and more.

Join via Zoom:

<https://us02web.zoom.us/j/82905633941?pwd=QnBWZTVPcHhyTjdkUFVYaE8reTlvZz09>

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+16465588656,,82905633941#,,,,*637984# US (New York)

March 29th – SPARC SERVICES CULTURE ARTS CENTER

Time: 11:00 AM

Being Creative, Thinking Positive, and Moving Forward

This presentation will introduce the audience to the Cultural Arts Center at SpArc Services, a day program designed for adults with intellectual and developmental disabilities, to focus on enhancing their creative talents and maintaining social opportunities in and around the community. You will learn how the Covid-19 restrictions have changed the structure of the day program, and how SpArc has continued to focus on providing unique opportunities for participants, both in-person and virtual programming.

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/81865530090?pwd=RzYxa1ZLK1VaSFVlZ3NyVTVPc0ZWdz09>

Meeting ID: 818 6553 0090

Passcode: 119111

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Meeting ID: 818 6553 0090

Find your local number: <https://dbhids-org.zoom.us/u/kV97dvKSS>

March 30th – Virtual Jeopardy!

Time: 2:00 – 3:00 PM

Join the Public Awareness Unit of IDS in a fun game of Jeopardy! Topics will involve the work of IDS as well as facts about Intellectual and Developmental disabilities.

Join us via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/87857957287?pwd=NlIxZUtrbHFvS2hKTTdQdlp3NIJOQT09>

Meeting ID: 878 5795 7287

Passcode: 855215

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+1 346 248 7799 US (Houston)

Meeting ID: 878 5795 7287

Find your local number: <https://dbhids-org.zoom.us/j/kbYIm6tpRK>

March 31st- SPIN Choir

Time: 11:00 AM

Join us in enjoying the SPIN Choir Concert as we celebrate the final day of Intellectual disAbility Month! SPIN provides high quality, people-first services and supports for children and adults with intellectual, developmental, and autism spectrum disabilities so that each may achieve and enjoy a life of possibilities.

Join via Zoom:

Join Zoom Meeting

<https://dbhids-org.zoom.us/j/82807007529?pwd=MUxOcHZMZTB5dGJvK2VVbXhLMUEzZz09>

Meeting ID: 828 0700 7529

Passcode: 617650

One tap mobile

+13017158592,82807007529# US (Washington DC)

+13126266799,,82807007529# US (Chicago)

Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 929 205 6099 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 6833 US (San Jose)

Meeting ID: 828 0700 7529

Find your local number: <https://dbhids-org.zoom.us/j/k4FpbiEC>

Find Free Food and Meals : <https://www.phila.gov/food/>

Philly Food Bucks

Philly Food Bucks are coupons that help SNAP users save money on fruits and vegetables at participating farmers' markets. For every \$5 you spend, get \$2 in Philly Food Bucks coupons. Call 311 or visit <http://thefoodtrust.org/what-we-do/foodbucks> to find participating markets near you.

Fresh Meals from Face to Face

For no cost, Philadelphia residents can come receive social services, legal services, and health services on Monday, Thursday, Friday, and Saturday from 10:00 a.m. – 2:00 p.m. Fresh meals will be served on Monday, Thursday, Friday, and Saturday 12:00 – 2:00 p.m. and Sunday at 1:30 p.m.

Location: 123 East Price St., Philadelphia, PA 19144

For more information visit www.FaceToFaceGermantown.org or call (215) 438-7939.

Link: Mayor's Office for People with Disabilities

<https://www.phila.gov/departments/mayors-office-for-people-with-disabilities/>

COVID-19 Vaccination Information:

- To find out where you can go to get vaccinated, text your zip code to 438829 or visit [vaccines.gov](https://www.phila.gov)
- Who is eligible? <https://www.phila.gov/2021-03-16-who-is-currently-eligible-to-receive-covid-19-vaccine-in-philadelphia/>
- Interest form: <https://covid-vaccine-interest.phila.gov/?lang=en-US>

Virtual Group Fitness Chair Exercises with PA Center Adapted Sports

Thursdays at 5:00pm. Please email judy.morrison@centeronline.com for more details and registration

Empowering Teams to Discover Augmentative and Alternative Communication (AAC) webinars hosted by Temple University's Institute on Disability

More information here: <https://disabilities.temple.edu/training/empowering-teams-discover-aac.html>

PCHC is here to help you! Click here to learn more about Philadelphia Coordinated Health Care:

<https://pmhcc.app.box.com/s/37y7ufqbbs3ga7jj1j7609h1ho6h747t>

PAFN Family Forums & Workshops

Every other Monday at 7:30PM and every Monday afternoon at 12:30PM and Wednesday 6:30PM

<https://us02web.zoom.us/j/81011002081?pwd=czF1SIFHWERzcDFGSzRZUGZES0ZsQT09>

Bi-Weekly Chair Zumba & Chair Yoga Every Monday at 7PM and every Thursday at 7PM

Access Zumba: <https://us02web.zoom.us/j/83119153953>

Access Yoga: <https://us02web.zoom.us/j/85694061524>

Things to do:

- <https://www.fi.edu/franklin-at-home> for at-home learning opportunities from The Franklin Institute
 - <https://constitutioncenter.org/experience/virtual-tours> for free virtual tours of the National Constitution Center
 - <https://artsandculture.google.com/story/cwWhTPHE38uq4g> to take an informational virtual tour of the beautiful Gardens of Versailles, Paris, France
 - Nmaahc.si.edu for free virtual tours of the National Museum of African American History and Culture
 - Royal.uk/virtual-tours-Buckingham-palace for free virtual tour of the Buckingham Palace
 - Check-out Paul Eugene on you tube or visit pauleugene.com for free low impact and chair exercise classes
 - Annefrank.org to tour Anne Frank's secret home in Amsterdam
 - Boeingfutureu.com for a virtual field trip to the Johnson Space Center
 - Zoo.sandiegozoo.org to live videos, live cams and info
- **Philadelphia Parent Support Groups (PPSG) Sponsored by Vision For Equality, Inc.**
If you are a parent, family member of a person or individual receiving Intellectual disAbility Services in Philadelphia and looking to make a connection in your area, please contact the following:

Philadelphia Parent support Groups Clerical Assistant

Doreatha Davis: Direct Number: 267:702-1600

ddavis@visionforequality.org

Philadelphia Parent support Groups Administrative Assistant

Carol Costello:215-923-3349 ext. 204

ccostello@visionforequailty.org

NW Family Support Group

Germantown, Mount Airy, Chestnut Hill

Representative: Verna Edwards -215-301-0436

Heart of the Family

Center City / South Philly Parent Support

Representative: Marjorie Anderson - 267-307-6915

There's A Place For Us Support Group

North Philadelphia

Representative: Cleo Dupree – 21-5-329-5219

Abrienido Caminos a los Latinos con Families"

Exceptional Families " (Latinos Support Group)

Liaison: Marisol Ramos – 267-773-5296

Roxborough Parent Support Group

Roxborough

Representative: Carol Costello – 215-487-1240

West Philadelphia Parent Support Group

West Philadelphia, Mantua, Overbrook,

Southwest Philadelphia, Winfield

Representative: Doreatha Davis- 215-303-3501

For more information or to share an event, contact IDS.Publicawareness@phila.gov