

## THANKSGIVING TIPS

- **Create a sensory-friendly environment.**

Reduce noise, avoid flashing lights, and eliminate clutter. You can also add chair balls to the feet of chairs or use a weighted lap pad under the table. If decorating has to be a part of it and get used to the changes gradually if need be.

- **Involve your child in meal planning**

Children may have trouble eating certain foods, so you can involve them in the meal planning process.

- **Bring supplies**

If you're eating at someone else's home, you can bring personal utensils and their eating mat. Bring familiar toys, or something they would really enjoy doing. Reading stories or using a story board or a picture schedule can take the anxiety out of what will be happening.

- **Try new foods with activities**

You can help kids adjust to new foods by having them sort them by color or paint with colored vegetable mashes.

- **Create an ambiance**

You can ask your child to help with ideas for music, decorations, and color schemes for the table. Or simply bring something they would enjoy looking at, even if it is their favorite item or character, decorated for the occasion.

- **Foster gratitude**

You can give kids a small notebook to write or draw something they're thankful for each day leading up to Thanksgiving or help them create one.

- **Plan an escape route**

If a meltdown occurs, you can have a plan in place for an escape route and a quiet room.

- **Reward good behavior**

You can praise small successes, no matter how little they may seem – positive reinforcement helps.



THE CHILDREN'S CENTER

# AUTISM

## SCREENING

Ages 2-6

**Tuesday, December 3, 2024**

**The Children's Center**

**5650 South Washington Avenue**

**Titusville, FL 32780**

Space Coast Early Steps in partnership with  
The Scott Center for Autism Treatment is offering a  
FREE autism screening for children ages 2-6.

**Space is limited. To register, call or text  
Mary Cancel at (321) 292-1370**







COMMUNITY  
PLAY DATE  
*Under 5's*

.....  
**EVERY 4TH WEDNESDAY OF THE MONTH**

**From 9:00am - 10:30am**

**The Children's Center**

**5650 S. Washington Ave.,**

**Titusville 32780**

**RSVP to Mary: 321-292-1370**

**SPACES ARE LIMITED!**







# EARLY STEPS PLAY GROUPS

**Inclusive playgroup for all children with or without disabilities,  
Ages 0 to 3**

**Join us for therapy related play activities  
SEPTEMBER THROUGH DECEMBER 2024**

**Palm Bay Play Group - Every 3rd Friday of each month  
9:30am - 10:30am  
Palm Bay Library, 1520 Port Malabar Blvd. NE, Palm Bay, FL 32905**

**Cocoa Play Group - Every 1st Wednesday of each month  
10am - 11am  
Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa, FL,  
32922**

**Titusville Play Group - Every 2nd Friday of each month  
9am - 10am  
The Children's Center, 5650 S. Washington Ave., Titusville, FL 32780**

**TEXT 321-292-1370 (or call) to RSVP**



**OUR OFFICES WILL BE CLOSED ON THURSDAY, NOVEMBER 28<sup>TH</sup> AND  
FRIDAY, NOVEMBER 29<sup>TH</sup> IN OBSERVANCE OF THANKSGIVING**



## [Holiday Assistance in Brevard County](#)

### **Toys for Tots Brevard South:**

<https://barefoot-bay-fl.toysfortots.org/local-coordinator-sites/lco-sites/Default.aspx>

### **Toys for Tots Brevard North:**

<https://mims-fl.toysfortots.org/local-coordinator-sites/lco-sites/request-toys.aspx>

### **Salvation Army seasonal Thanksgiving and Christmas programs**

919 West Peachtree Street - Cocoa, Florida 32922, phone (321) 632-6060

1080 S Hickory Street - Melbourne, FL 32901, call (321) 724-0494

1218 W Main Street - Titusville, Florida 32780, dial (321) 269-3110

### **North Brevard Sharing Center**

Main address is 4475 South Hopkins Avenue

Titusville, FL 32780

Main phone number is (321) 269-6555

Low income families can apply for Thanksgiving and Christmas food baskets.

### **First Christian Church of Titusville**

101 North Washington Avenue

Titusville, FL

They have a free community-wide Christmas Day meal and more. Dial (321) 267-4858 for information.

### **Toys for Kids**

1591 W. Eau Gallie Blvd.

Melbourne FL, 32935

Children from birth to age 10 can register. Toys, free Christmas clothes, books, and other items are given to needy children as available.

### **His Place Ministries**

1842 South Harbor City Boulevard

Melbourne, Florida 32901

(321) 674-9009

A focus is on the homeless and families living in poverty. Hot meals, clothing, and more is provided at the major holidays.

### **Project E.A.T.**

Address: 2452 North U.S. Highway 1

Mims, Florida 32754

Main phone - (321) 747-8056

Meals are served. The disabled and homebound may even have food delivered to them at home.

### **Cocoa Police Department**

1226 West King Street

Cocoa, FL 32922

Main phone: (321) 637-6309

This is only for struggling families in Cocoa. Children under the age of 13 only.

### **Applying for assistance from Catholic Charities**

North Brevard Office, 5145 N. Cocoa Blvd., Cocoa, FL 32927 - 321.338.2986

South Brevard Office, 3800 W. Eau Gallie Blvd., Ste. 101, Melbourne - 321-636-6144

Thrift Store, 817 Dixon Boulevard, Cocoa - 321-735-4969

FREE MY GYM VIERA PLAYGROUP  
FOR EARLY STEPS FAMILIES

**My Gym Viera October Sign Up**

<https://www.mygym.com/signin/lge/lgesignin?ClassIdStr=zVRoOBrKFJgDH49HNr7zzA%3d%3d>

Every third Monday 12:30pm – 1:30pm  
ALL FAMILIES MUST SIGN UP EACH MONTH and SIGN THE WAIVER.  
Spaces are limited!



8530 N Wickham Rd, Melbourne, FL 32940



**BREAKFAST SUPPORT GROUP**

Please join us for resources, friendship and support. We will share our journey together.  
Food and/or drinks available for purchase. All ages welcome!

**Friday, November 1st**

Cracker Barrell Old Country Store  
1175 Palm Bay Rd NE,  
Melbourne, FL 32905  
9:30am – 11:00pm





Would your business, agency, group, or organization be interested in assisting Space Coast Early Steps with our annual Angel Tree for Early Steps families in need this holiday season?

If you would consider collecting toys/gifts for special needs families – even one item can bring so much joy to our children in need.

We would love for you to reach out to our FRS Mary Cancel at [Mary.Cancel@spacecoastes.org](mailto:Mary.Cancel@spacecoastes.org) for details.

Thank you!



**ALL THE FALL FESTIVAL INFORMATION HERE:**

<https://fun4spacecoastkids.com/Whats-Happening/Fall-Festivals/>

**Space Coast Early Steps  
C.A.T.C.H. of Brevard**

Community Access to Child Health of Brevard, Inc.  
Early Intervention Services for young children with  
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104  
Rockledge, Florida 32955  
Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health  
Website:  
[Home - Space Coast Early Steps \(spacecoastes.org\)](http://spacecoastes.org)

Mary Cancel  
Family Resource Specialist/Family Advocate  
Space Coast Early Steps  
1264 Rockledge Blvd., Suite 103  
Rockledge, FL 3295  
[Mary.cancel@spacecoastes.org](mailto:Mary.cancel@spacecoastes.org)  
Cell (text or call): (321) 292-1370

On Veterans Day (Monday, November 11th), we honor all those military Veterans past and present, who have served in the United States Armed Forces.

Our sincere thanks for your service and sacrifice.

Our offices will be closed for the holiday.



<https://www.facebook.com/people/Space-Coast-Early-Steps>