

Friends of Children with Special Needs East Bay Programs

Family Support Gathering

Participants: Entire Family
Date/Time: Every other Saturday, 4:30-8:00pm

Healthy Little Chef Training Program

Age: 11 -21
Date/Time: Thursdays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Social Skills Play Skills Training

Ages: 11-21
Date/Time: Tuesdays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Arts & Music

Age: 5-10
Date/Time: Mondays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Martial Arts Class # 1

Age: 6 & up
Date/Time: Wednesdays, 6-7pm at FCSN Center
Contact: Karen Lin, play94587@yahoo.com

Mental Math Class (Improve math skills & focus)

Ages: School Age children
Date/Time: Tuesdays, 5-6pm at FCSN Center

Oakland /Richmond Group

Participants: Whole family
Date/Time: Every other Sat. 2-4pm

Integrated Playgroup

Activities: Fun Play Exercise
Place: FCSN Center; 2300 Peralta Blvd., Fremont
Age: 3-10
Date/Time: Saturdays, 10:30-11:15am
Contact: Howard Hu, Howard_hu@hotmail.com

Yoga for Kids (Fun yet Meditative Exercise)

Class # 1

Age: 7 & up
Date/Time: Fridays, 4:30-5:30pm
Place: FFRC 39155 Liberty St., Fremont
Contact: Daisy Teng (408)935-9795; daisyteng@comcast.net

Adult Day Program

Date/Time: Year round Monday through Friday, 9am-2:30pm, except holidays; at FCSN Center
Participants: Regional Center of the East Bay clients, 18 & up
Contact: Sylvia Yeh; (510)739-6900; sylvviayeh@fcsn1996.org

Supported Living Services

Date/Time: Year round, 365 days/year; 2:30pm-9am Monday-Friday; and 24hrs/day on weekends
Place: Peralta Apartments; 2320 Peralta Blvd., Fremont
Participants: Regional Center of the East Bay clients, 18 & up (taking waiting list only)

Contact: Josephinechou@fcsn1996.org

Activity: seminars for parents, Classes for kids
Place: FCSN Center; 2300 Peralta Blvd., Fremont

Little Chef Training Program (younger)

Ages: 5-10
Date/Time: Tuesdays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Social Skills Play Skills Training

Ages: 5-10
Date: Thursdays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Arts & Music

Ages: 11-21
Date/Time: Mondays, 3:30-5pm at FCSN Center
Contact: Shirley Chan, fcsnafterschool@yahoo.com

Martial Arts Chass # 2

Ages: 6 & up
Date/Time: Saturdays, 2-3pm at FCSN Center
Contact: Karen Lin, play94587@yahoo.com

Contact: Anna Wang; annawang@fcsn1996.org

Activities: Music Program

Contact: Maria Wong; (510)834-3634

First 5 Integrated Playgroup

Activities: P. Wolfberg Playgroup, parents seminar
Place: Kiddo Land Center, 46280 Briar Pl, Fremont
Ages: 2-5
Date/Time: Saturdays, 9:00 -10:30am
Contact: Miss Moon, (510)490-7311 or email: programs@fcsn1996.org

Class #2

7 & up
Saturdays, 3-4pm
FCSN Center 2300 Peralta, Fremont
Jennifer (408)263-8286; jennli@cisco.com

Contact: Nancy Eddy, (510)739-6900

Friends of Children with Special Needs South Bay Programs

Family Support Gathering

Participants: Entire Family
Date/Time: Every other Saturday, 4:30-8:00pm
Contact: Josephine Chou, josephinechou@fcsn1996.org

Activity: seminar for parents, classes for kids
Place: Westhope Church; 12850 Saratoga Ave.
Saratoga, 95070

Cupertino After School Program

Age: 11 & up
Activities: Karate, social skills, exercise/games
Date: Wednesdays
Contact: Li Wang; (408)720-8796; ma3669@yahoo.com

Saratoga Tutorial Class for Special Kids

Age: 2nd grade or older children
Activities: Individualized academic lessons
Date/Time: Sundays, 5-7pm
Kaili Liao; (408)446-2530; kaili95014@yahoo.com

Cupertino Integrated Playgroup

Age: 3-8
Date/Time: Sundays; 9:30-10:15am
Place: Northwest YMCA; 20803 Alves Dr., Cupertino
Contact: Hank Chien; hachien@cisco.com

Saratoga Co-Ed Dance Class

Ages: 5 & up
Date/Time: Sundays, 2-3pm
Place: Southwest YMCA; 13500 Quito, Saratoga
Contact: Carol Cheng; carol_s_cheng@hotmail.com

Saratoga Dancing Stars Programs

Participants/Activities: Girls; Cultural Dances
Date/Time: Sundays; 3-4pm
Place: Southwest YMCA; 13500 Quito, Saratoga
Contact: Carol Cheng; (510)687-0473 carol_s_cheng@hotmail.com

Exercise & Soccer Program

Participants /Activities: whole family; e-soccer
Date/Time: Sat. 11-12pm
Contact: Kaili Liao; (408)446-2530
kaili95014@yahoo.com

Mental Math Class

Age: School age children
Activities: Abacus, improve academics & focus
Date/Time: Every other Sunday, 10:45-11:45am
Place: 1247 Kentwood, San Jose, 95129
Contact: Jwu-Shyan Tarng; jstarn@us.ibm.com

Kumon Math/Reading

Age: School age children
Activities: Math and Reading Exercise
Date/Time: Wednesdays, 4-5:30pm
Place: 304 S. Abel St., Milpitas
Contact: Ying Ying Guy; (650)813-0839.

Computer Class Place: Tzu-Chi Center; 175 Dempsey Rd., Milpitas Contact: Carol Hu; (510)668-1698

Class#1

Date/Time: 2nd & 4th Sat., 10-12pm
Age: 17 & up

Class#2

1st & 3rd Sat., 10-12pm
10-16

Class#3

1st & 3rd Sat., 1-2:30pm
9 and under

Adult Day Program

Participants: SARC clients; age:18-59
Date/Time: Year round weekdays, 9am-2:30pm
Place: World Journal Plaza; 1600 S. DeAnza Blvd, SJ
Contact: Duy Nguyen; duyn.fcsn@yahoo.com

FCSN Booth Volunteer

Participants: people ages 15 & up
Date/Time: Mon-Fri. 2-7pm; Wkend 11:30-7pm
Place: World Journal Plaza
Contact: Duy Nguyen; duyn.fcsn@yahoo.com

Palo Alto Dancercise

Focus/Age: Dance Workout / 7 & up
Date/Time: Wednesdays, 7:30-9pm
Place: St. Elizabeth Seton School gym
1095 Channing Ave., Palo Alto 94301
Contact: Teresa Sun; teresampsun2@yahoo.com (650)325-5728

FCSN Scouting Troop

Focus: Friendship, Self-esteem, Build Character
Place: South Bay & East Bay Dens
Contact: Jason Hwan; Jason.hwan@synopsys.com
408-571-9821