



JUNE 2024

EPIC STRIDES NEWS

The Official Newsletter of Epic Strides



VISIT OUR WEBSITE

EPIC REMINDERS

Please call Epic Strides main number for all scheduling related questions: 972-596-0035

CLOSED - June 19th in celebration of the Juneteenth Holiday

JUNE PARENT TIP

YOUR BELIEF IN YOUR CHILD'S ABILITY INFLUENCES THEIR ACHIEVEMENT

If you believe your child is highly capable and intelligent, you will demonstrate that belief through your words and actions. Your child will clearly hear the message, and they will more than likely rise to the expectation. Alternatively, if you focus on the challenging behaviors, believing your child is not capable, unmotivated, or helpless, then your child will hear that message and will perceive themselves as one big flaw.

It's a self-fulfilling prophecy.

- Autism Spectrum News
- Heidi Hillman PhD, BCBA-D, LMHC

CRAYOLA EXPERIENCE PLANO

SENSORY-FRIENDLY ACTIVITIES

Sensory Friendly Sundays at Crayola Experience Plano are here! See Upcoming Dates Below:

- JUNE 16th -

On the third Sunday of select months Sensory Sundays are offered. These special mornings are designed for kids and families who would like to experience the attraction adapted just for sensory needs. The attraction opens at 10:00am-12:00pm.

- Lights will be dimmed & Music will be turned off
- Quiet room available
- Special guided craft at Cafe Crayola
- Crayon Factory Show @ 11:00am



SUMMER FUN

SENSORY FRIENDLY SWIM City of Plano Parks & Recreation

Sensory swim is an exclusive time at Plano pools for children with Autism Spectrum Disorders (ASD) and sensory processing differences to have a fun, interactive learning experience in a comfortable environment.

Cost is regular admission and participants are welcome to stay once the pool opens to the public.

Daily Admission:

Ages 3-15 years: \$3 resident / \$5 non-resident

Ages 16 & older: \$6 resident / \$9 non-resident

Sensory Days:

- JUNE 2ND - 11AM-1PM - Tom Muehlenbeck Recreation Center
- JUNE 8TH - 10AM-12PM - Jack Carter Pool
- JUNE 14TH - 11AM-1PM - Carpenter Park Recreation Center
- JUNE 16TH - 11AM-1PM - Oak Point Recreation Center
- JUNE 23RD - 11AM-1PM - Tom Muehlenbeck Recreation Center
- JUNE 30TH - 11AM-1PM - Liberty Recreation Center

CHILDREN'S MOVIE TIME

STUDIO MOVIE GRILL - PLANO

Our sensory friendly Special Needs Screenings present movies with the lights up, the volume low, and moving around, talking, and even dancing in the aisles is welcome.



Studio Movie Grill THE GARFIELD MOVIE

Date: Saturday, June 15th

INSIDE OUT 2

Date: Saturday, June 29th

Time: 11:00am

Location: Plano, TX

<https://www.studiomoviegrill.com/movie/special-needs-screenings>

Tickets are available at the Box Office only as early as the Wednesday prior to these screenings. Tickets are free for all attendees and seating is first come, first served. Parental guidance is suggested.



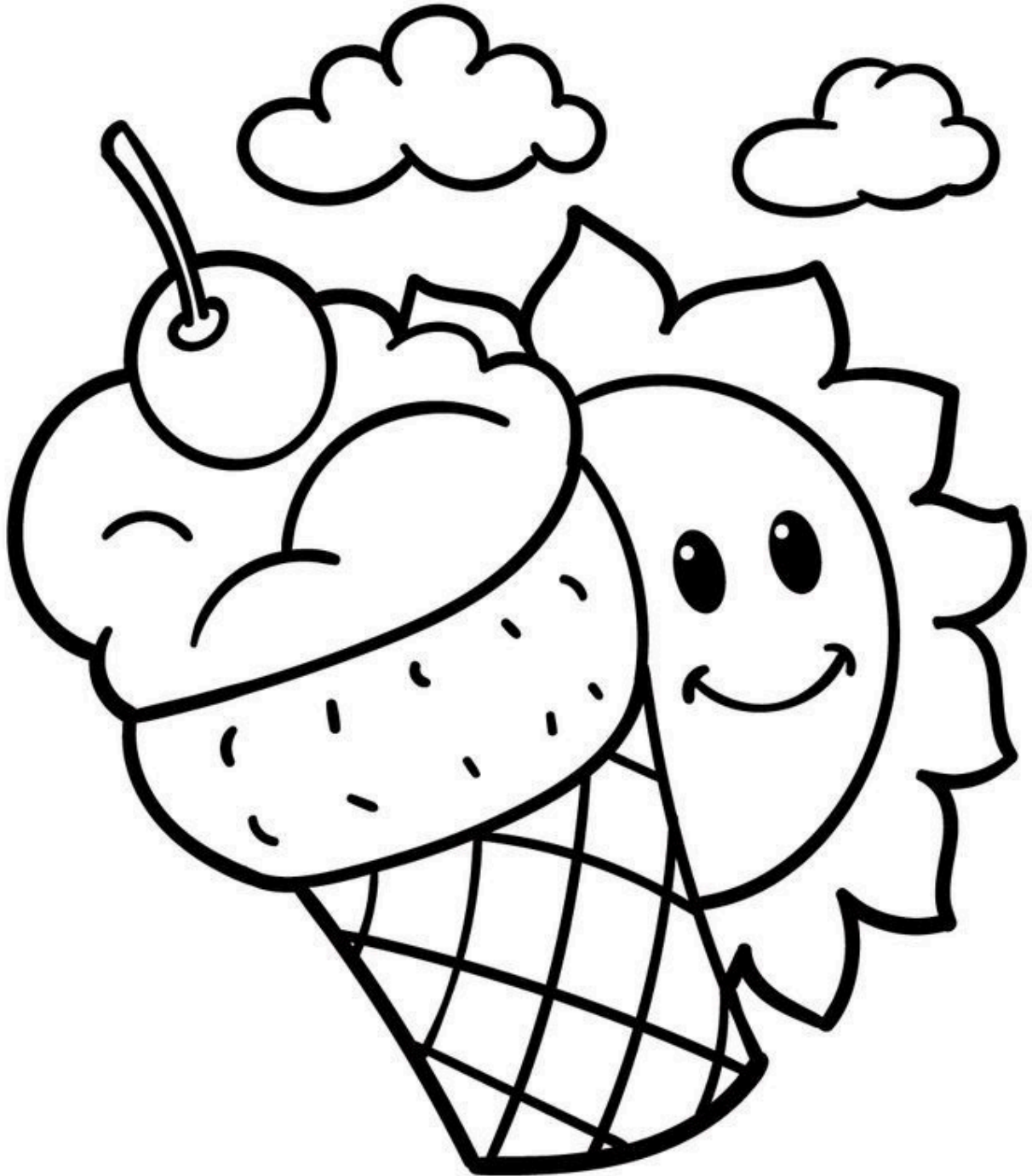
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