



MARCH 2025

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.

Join us and wear **GREEN** on March 17th.

Spring break is March 17th - 21st please check central reach as schedules will vary that week.

MARCH PARENT TIP

ADVOCATE FOR YOUR CHILD

1. Be your child's strongest advocate.
2. Understand their rights and entitlements in educational settings and the community.
3. Work closely with teachers, therapists, and school administrators to ensure your child receives appropriate support and accommodations.
4. Stay informed about the latest research and advancements in autism to advocate for your child's needs effectively.

CRAYOLA EXPERIENCE PLANO

SENSORY-FRIENDLY ACTIVITIES

Sensory Friendly Sundays at Crayola Experience Plano are here! See dates below:

- MARCH 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

SENSORY SATURDAYS

PLANO PARKS & RECREATION -
OAK POINT RECREATION CENTER
MARCH 9TH - SENSORY SWIM
TIME: 11:00 AM - 1:00 PM

Sensory Saturday is here!

Join us on Sundays once a month through March 2025 for Sensory Swim Day!

This exclusive, sensory-friendly event is designed for children with Autism Spectrum Disorders (ASD) and sensory processing differences to enjoy a fun and interactive learning experience in a comfortable, supportive environment.

Stay and swim after the event as the pool opens to the public!



BUILD-A-BEAR

SENSORY FRIENDLY EVENT
EVERY TUESDAY FOR THE FIRST HOUR
OF THE DAY

Build-A-Bear Workshop means fun for everyone! We're proud to support children with autism and other special needs by providing sensory-friendly events at all Workshop locations.

Sensory-Friendly time is designed to provide a less-stimulating Workshop experience that's still fun-filled and unforgettable.

Our Bear Builders are here to make sure each Guest goes through the Build-A-Bear experience in a way that's comfortable for them. To ensure the BEARY best experience, please talk to an associate to check store hours and plan your visit.



CHILDREN'S THEATER

DINO-LIGHT: GLOW IN DARK EVENT
DATE: MARCH 29TH - TIME: 1:30PM

In this limited-time special engagement from Lightwire Theater, featured on NBC's America's Got Talent, a famous scientist with magic powers brings a friendly dinosaur to life. When the dinosaur wanders away from home, he discovers a wonderful world full of creatures that light up the darkness and help him find the true meaning of love. This visually stunning glow-in-the-dark adventure has been praised for its cutting-edge blend of puppetry, technology, and dance by audiences all over the world. Dino-Light, formerly known as Darwin the Dinosaur, was the recipient of the prestigious Jim Henson Foundation Grant and the first feature-length theatrical production created and performed by creators Ian Carney and Corbin Popp.

The show begins at 1:30pm and it is only \$5 per person at the Dallas Children's Theater. Purchase by phone only 214.740.0051.

Recommended for ages 3 and up. Visit <https://www.dct.org/sensory/> if you have additional questions.



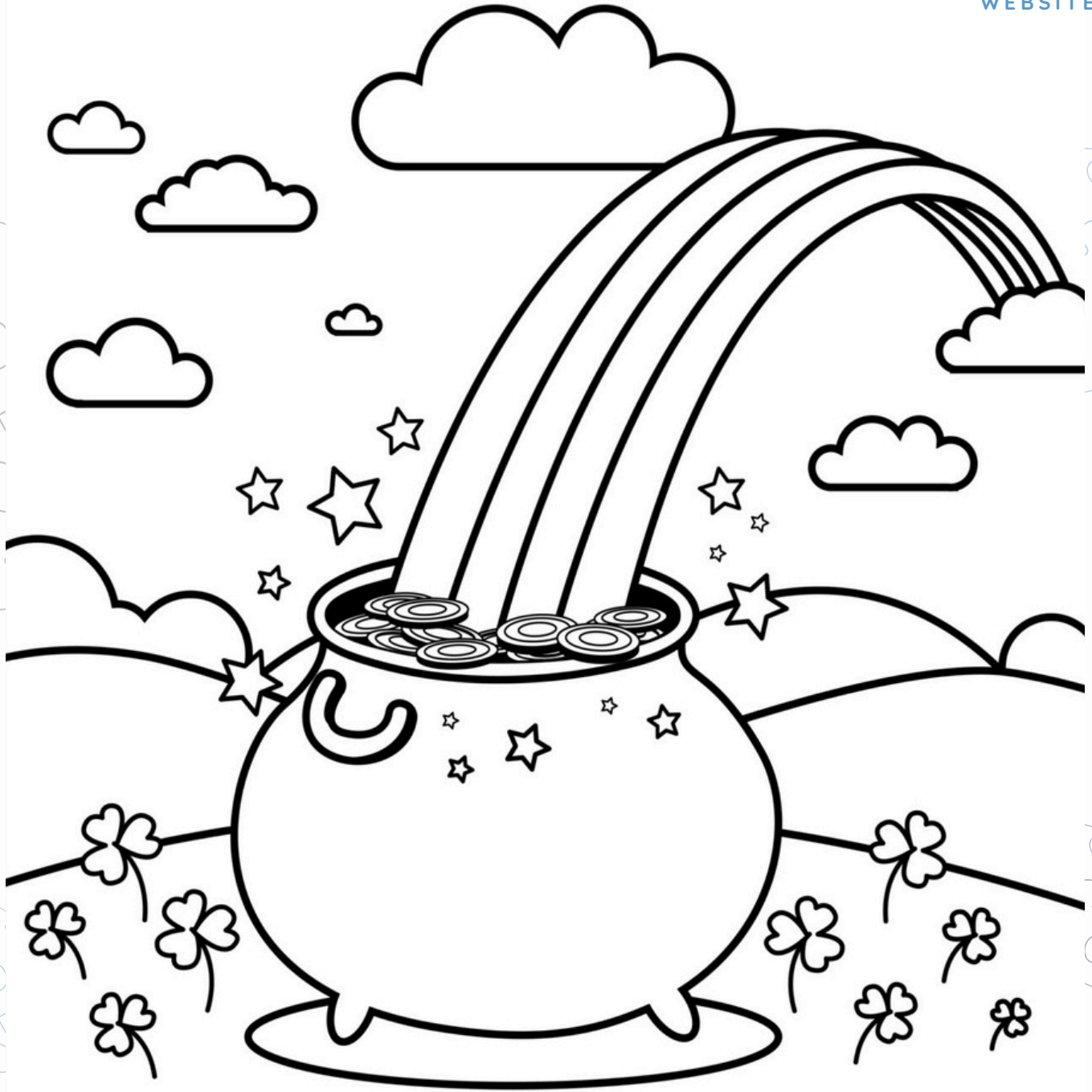
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HAPPY ST. PATRICK'S DAY!

HELLO MARCH