

*Monthly Resources*  
*November, 2025*





# THANKSGIVING

1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20



“

Thankfulness is the  
beginning of gratitude.  
Gratitude is the completion  
of thankfulness.  
Thankfulness may consist  
merely of words. Gratitude is  
shown in acts.

---

HENRI FREDERIC AMIEL



# i am grateful for...

1. early wakeups = children to love
2. house to clean = safe place to live
3. laundry to do = clothes to wear
4. dirty dishes = food to eat
5. crumbs under the table = family meals
6. grocery shopping to do = money to use
7. toilets to clean = indoor plumbing
8. lots of noise = kids having fun
9. endless questions = a child who is learning
10. getting into bed tired + sore = i'm still alive



**MURDOCK COMMUNITY &  
CARE SERVICES**

# Holiday Family Assistance Program

\* 'Adopt-A-Child' Holiday Gifts & Seasonal Support \*

Serving Greater Los Angeles and Southern California

At Murdock Community, we believe every family deserves support and a village—especially during the holiday season.

**APPLICATION PERIOD:**  
**November 19 through**  
**December 3**

Please submit by December 3  
so we can prepare the gifts  
in time for distribution.



## HOW TO APPLY

Complete the Holiday Assistance  
Application online at:

[www.murdockcommunity.org](http://www.murdockcommunity.org)



## QUESTIONS OR WANT TO HELP?

+1 310-425-3681 info@  
murdockcommunity.org



MURDOCK  
COMMUNITY & CARE SERVICES

Aldi – Host Thanksgiving for 10, \$40.00

<https://www.aldi.us/products/thanksgiving/feast-for-10/k/259>

Amazon Thanksgiving File, \$25.00

<https://www.foxla.com/news/amazon-25-thanksgiving-dinner>

Walmart \$39.00 Meal Deal

<https://www.walmart.com/i/shoppable-lists/Thanksgiving-value-meal/929>

- **Sisters of Watts Hot Meal Giveaway**

- **Date:** Saturday, November 22, 2025
- **Time:** 11:00 a.m. – 2:00 p.m.
- **Location:** Ted Watkins Park, 1335 E 103rd St, Los Angeles, CA 90002
- **Details:** Sisters of Watts will be feeding the community hot meals.

- **Nipsey Hussle's Foundation/Think Watts Foundation Turkey Giveaway**

- **Date:** Tuesday, November 25, 2025
- **Time:** 12:00 p.m. – 4:00 p.m.
- **Location:** Near Slauson Ave and Crenshaw Blvd (future foundation headquarters site), Los Angeles, CA
- **Details:** The event aims to give away over 5,000 turkeys. A registration portal will be available, and additional turkeys will be distributed first-come, first-served.

### **Other Nearby Events & Resources**

- **The Children's Collective, Inc. Thanksgiving Distribution**

- **Date:** Saturday, November 22, 2025
- **Time:** 10:00 a.m. – 1:00 p.m.
- **Location:** 915 W Manchester Ave, Los Angeles, CA 90044
- **Details:** Eligible low-income households in Los Angeles can pick up free food items. Complete an enrollment packet beforehand. For questions, call (323) 789-4717.



SPECIAL NEEDS NETWORK TOGETHER WITH MARTIN LUTHER KING, JR. PEDIATRIC HUB

## COMMUNITY FOOD GIVEAWAY

*Together, We Can  
Make This Holiday  
Season Brighter For  
Local Families In  
Our Community!*



**Tuesday | November 25, 2025 | 10:00am - 1:00pm**

JACQUELINE AVANT CHILD AND FAMILY CENTER, CENTER FOR AUTISM + DEVELOPMENTAL DISABILITIES  
1741 E 120TH ST., SECOND FLOOR, LOS ANGELES, CA 90059



Thanks to the generous support of  
the LA Food Bank, we'll be serving  
up to 300 families this season.

*Open to the community, while supplies last! Registration Required.*

**If you would like to donate food items or gift cards**

Please contact **Bonnie Rodriguez** for details and drop-off arrangements at 323.925.6706 / [brodriguez@snnla.org](mailto:brodriguez@snnla.org)



@specialneedsnetwork



@specialneedsLA



@specialneedsnetwork

[www.snnla.org](http://www.snnla.org)





5th Thanksgiving

102.3FM  
RadioFREE  
**kjLh**  
kjhlradio.com

**TURKEY  
DRIVE**



**Sponsored by The Heshmatpour Family**

In support of families in need this holiday season KJLH is excited to partner with the Heshmatpour family and the LAPD Wilshire District to make this event a success. A special thank you to the Heshmatpour Family who have partnered with us for the past five years, donating their time and over 2,000 turkeys!

**Monday, November 24, 2025**

**10AM to 3PM**

**Wilshire Police Station**

**4861 Venice Blvd, Los Angeles CA 90019**



# MyPolitics

## COMMUNITY TURKEY GIVEAWAY

Giving Thanks. Giving Back.

**2,000 FREE TURKEYS**

plus sides, refreshments from Icelandic Glacial Water,  
and face painting for kids!

★ Enter to win a 4K Smart TV ★

This Thanksgiving, MyPolitics is giving back  
to the Los Angeles community.  
Join us as we share food, love, and gratitude.

Visit [MyPolitics.co](https://www.mypolitics.co)  
and share a video telling us how to make your community better.

FOOD, DRINKS, MUSIC, GAMES

# FREE TURKEY GIVEAWAY

*Dinner*



NOVEMBER 21, 2025

FRIDAY, 2-6 PM

DOODER STADIUM LOT 13 - 750 STADIUM WAY

For Reservation Call +1212-686-1888



# TURKEY GIVEAWAY



**NOVEMBER 25TH**

3420 W. Slauson AVE, LOS ANGELES, CA



NEIGHBORHOOD  
SELF  
FOUNDATION



**THINK WATTS**  
FOUNDATION

www.thinkwatts.org  
www.neighborhoodself.org  
www.thinkwatts.org



# HUGO

Soto-Martínez

ASSOCIATION PRESIDENT

## FREE TURKEY GIVEAWAY

AND FOOD DISTRIBUTION

NOVEMBER 21, 2024

LA DOWNTOWN MEDICAL  
CENTER

1711 W TEMPLE ST.



LADMC LA DOWNTOWN  
MEDICAL CENTER

Register Here!  
[bit.ly/COT3givingthanks](https://bit.ly/COT3givingthanks)



I.E. REBOUND, ARROWHEAD UNITED WAY AND  
CHILDREN'S FUND

INVITES YOU TO OUR

# FREE THANKSGIVING COMMUNITY TURKEY GIVEAWAY

SATURDAY, NOVEMBER 22 2025  
9:00AM-1:00PM

ARROWHEAD UNITED WAY  
646 N. "D" ST. SAN BERNARDINO, CA 92401

\*TURKEYS WILL GIVEN AWAY ON A  
FIRST COME FIRST SERVE BASIS\*

PARTNERS:

**AMAZON FRESH**

5TH DISTRICT SUPERVISOR JOE BACA JR.



FOR MORE INFORMATION PLEASE  
CALL THE OFFICE AT 909-474-9212



# *Writers' Workshop: Processing the LA Fires & Eco-Poetry*

Join us for a free poetry workshop led by LA poet Gia in association with Aidan'z House. Take time to create, process, and share, and help us write a book about Mr. Chesterfied!



GIA

*Available on Fridays at 5:00pm -  
6:00pm from November 7th to  
December 5th (excluding November  
28th ). Graduation is December 12th.*



SCAN TO  
SIGN UP



**@YMCA LA IS AVAILABLE FOR  
GROCERY AND ESSENTIALS  
DROP-OFFS.**

**NEED GROCERIES OR  
ESSENTIALS DROPPED OFF?**



**Contact: [socialimpact@ymcaLA.org](mailto:socialimpact@ymcaLA.org)**

**or**

**Call: 323 244 9077**

**for confidential support.**



**THE CENTER FOR  
COMMUNITY  
WELL-BEING**



# LIFE AFTER HIGH SCHOOL FAIR

HEAR FROM **NLA REGIONAL CENTER** VENDORS AND LAUSD

Wednesday, December 3rd, 2025 @ 5:00-7:00 p.m.

**LOWMAN CAREER TRANSITION CENTER**  
12827 SATICOY STREET, NORTH HOLLYWOOD, CA 91605

All ages welcome!



COMMUNITY-BASED ORGANIZATIONS PARTICIPATING IN THE EVENT WILL BE REQUIRED TO SUBMIT A CERTIFICATE OF INSURANCE FOR THE DAY OF THE EVENT.

Join Adamant Behavioral Services in:

**EMPOWER**  
WALK + 5K RUN  
fueled by **autism speaks**

November 23, 2025  
7-11 AM

UCLA Campus – Wilson Plaza  
120 Westwood Plaza  
Los Angeles, CA 90095

SUPPORT OUR TEAM TODAY:



JUSTICE  
CARE  
OPPORTUNITIES

# BUILD YOUR FUTURE

FREE WORK TRAINING

FOR WOMEN

UNION CAREERS

## Now Accepting Applications!

JCOO and Metro are partnering with WINTER and the LA/OC Building & Construction Trades Council to offer a **10-week, tuition-free construction training for women** who are system-impacted (foster youth, justice-involved, veterans).

Scan QR For Application Form



<https://thetrade.com/jcoo/metro-winter>

VISIT [JCOO.LA/OCWTH.GOV](http://JCOO.LA/OCWTH.GOV)

FOLLOW US @JCOO:     

WINTER



Metro





**For Immediate Release**  
October 13, 2025

**Contact:** Julia Ballantyne, The Arc of California  
[julia@thearcca.org](mailto:julia@thearcca.org) | 916-390-4671

**Governor Newsom Signs Landmark Dental Care Bill AB 341 into Law**  
*A major victory for Californians with developmental disabilities and their families*

**SACRAMENTO, CA –** In a major victory for California's disability community, Governor Gavin Newsom signed [AB 341](#) into law on Friday, October 11, 2025. This landmark legislation, authored by Assemblymember Dr. Joaquin Arambula, marks a major step toward transforming how Californians with intellectual and developmental disabilities receive dental care.

Sponsored by The Arc and UCP California Collaboration, this groundbreaking legislation establishes the Oral Health for People with Disabilities Technical Assistance Center Program, a first-of-its-kind statewide effort to improve dental care by reducing or eliminating the need for treatment using sedation and general anesthesia.

"I'm grateful to Governor Newsom and to my legislative colleagues for supporting AB 341. All Californians should have access to quality and timely dental care, including those with developmental disabilities. It's vital that we provide alternative methods of care so that their treatment isn't too long delayed, which can lead to severe complications," said Arambula. "I'm proud to have worked with The Arc & UCP on this bill to help ensure that everyone in our State can live independent lives."

Under AB 341, the California Department of Developmental Services (DDS) will contract with a California dental school or partnership to administer the new program. Together, they will:

- Engage up to 21 regional centers statewide to participate in program implementation.
- Provide practical training, systems development, and clinical expertise to improve how dental care is delivered to people with developmental disabilities.
- Enlist dental offices and clinics to participate and build local teams of community-based allied dental personnel to serve people with disabilities.
- Design and support customized operational systems in each region, integrating the dental and disability service networks.
- Deliver initial and ongoing training, monitoring, and data collection to ensure quality and sustainability.
- Convene a statewide advisory committee and learning community to guide continuous improvement.

Each participating regional center will also identify clients who could benefit from the program, particularly those who have experienced long waits for dental procedures under anesthesia or are likely to face them

**KEEP YOUR BENEFITS!**

**FREE WEBINARS ON  
UPCOMING CHANGES  
TO CALFRESH**



**CALFRESH  
CHANGES ARE  
COMING SOON**

DPSS IS PROVIDING FREE WEBINARS  
TO GUIDE YOU THROUGH THE  
UPCOMING CHANGES



**WE WILL COVER:**

- Changes to the issuance of State Utility Assistance Subsidy (SUAS) to allow a Standard Utility Allowance (SUA) deduction.
- Changes to eligibility requirements for certain non-citizens.
- Changes to Able Bodied Adults Without Dependents (ABAWD) Work Requirements.

# **PROTECT SPECIAL EDUCATION**



**Call Lawmakers**



**Email Representatives**



**TAKE ACTION NOW!**



## **ACTION ALERT!**

**PHP** Parents Helping Parents

**PLEASE FOLLOW Westside Family Resource and Empowerment Center on FACEBOOK FOR CURRENT RESOURCES, TRAININGS AND COMMUNITY EVENTS:**

[westsidefrec · 2.5K followers](#)

[linktr.ee/westsidefrec](https://linktr.ee/westsidefrec)

## The Westside Family Resource and Empowerment Center



Established in 1993, The Westside Family Resource and Empowerment Center (WFREC) is open to the entire Los Angeles community and staffed by experienced parents and family members of individuals who have different abilities.

### What We Do

We listen;  
We inform;  
We support;  
We encourage;  
We motivate;  
We guide;  
WE EMPOWER.

5901 Green Valley Circle, Suite 320,  
Culver City, CA 90230  
T: 310-258-4063  
E: [westsidefrec@gmail.com](mailto:westsidefrec@gmail.com)  
[www.wfrec.org](http://www.wfrec.org)

[www.wfrec.org](http://www.wfrec.org)

Hours: 9:00 a.m.-5:00 p.m. or by appointment

### What We Offer

- Bilingual Parent-to-Parent Support
- Early Start Support and Information (Services for babies age 0-3)
- Resource Library
- Parent Education
- Resources and Referrals
- Support Groups
- Training and Workshop Opportunities
- Community Outreach
- Transition Assistance
- Systems of Care and Navigation Support



## Westside Family Resource & Empowerment Center



Together  
We Can Make  
a Difference

# Follow Us on Social Media



Let's Get Connected!  
Follow Us for Resources, Events, & Workshops!



Westside Family Resource &  
Empowerment Center (@WFREC)



@WESTSIDEFREC



@WESTSIDEFREC



@WESTSIDEFREC



Westside Family Resource  
and Empowerment Center  
LA County Inclusion Partnership



WESTSIDE  
REGIONAL CENTER





**SUPER DADS**

# **SUPER DADS**

**Come and join us for SUPER DADS!!  
Every 3<sup>rd</sup> Saturday via zoom at 12pm**

**MAY 17, 2025**

**JUNE 21, 2025**

**JULY 19, 2025**

**AUGUST 16, 2025**

**SEPTEMBER 20, 2025**

**OCTOBER 18, 2025**

**NOVEMBER 15, 2025**

**DECEMBER 20, 2025**

**RSVP: Lareka (502) 408-1856**

**hosted by Weller Killebrew**



# GOOD MISSION SERVICES

## Coordinated Family Support Services

*The right choice from beginning to end.*

Our Mission and Promise to you  
We strive to pave the way to enhance children, families and the community by impacting one life at a time. Offering quality services that will enable the intellectual population to thrive through our dedicated and professional team members.

We are currently accepting referrals for coordinated family support services. Making continued change through our quality services.



### More info upon request

879 West 190th Street, Suite 929  
Gardena, CA 90248  
Vendor : PW9106  
Office: 424-266-9500

[www.goodmissionservices.com](http://www.goodmissionservices.com)

**Hablamos Español**

For referrals please email:  
[referrals@goodmissionservices.com](mailto:referrals@goodmissionservices.com)

We appreciate you.

### Assistance applying for:

- In home support services
- Social Security Income
- Conservatorship
- Power of Attorney
- General Relief
- Cal-Works
- Medi-Cal
- SNAP
- EBT



## **DYSLEXIA RESOURCES**

1. UCLA Center for Dyslexia, Diverse Learners and Social Justice  
<https://www.centerfordyslexia.ucla.edu/>
2. California Department of Education/Dyslexia <https://www.cde.ca.gov/ci/cr/dy/>
3. California Dyslexia Guidelines <https://www.cde.ca.gov/sp/se/ac/documents/cadyslexiaguidelines.PDF>
4. California Dyslexia Initiative <https://www.cde.ca.gov/ci/cr/dy/cadyslexiainitiative.asp>
5. Frequently Asked Questions California Dyslexia Guidelines  
<https://casponline.org/pdfs/position-papers/Frequently%20Asked%20Questions%20Dyslexia.pdf>
6. California Associate of Health and Education  
[https://www.cahelp.org/cahelpenews/dyslexia\\_screenings](https://www.cahelp.org/cahelpenews/dyslexia_screenings)
7. International Dyslexia Association <https://dyslexiaida.org/>
8. California Multi-Tiered Systems of Support <https://www.cde.ca.gov/ci/cr/ri/>
9. Response to Intervention (RTI) Model  
<https://serr.disabilityrightscalifornia.org/serr-manual/chapter-3-information-on-eligibilitycriteria/3-15-what-is-the-response-to-intervention-rti-model-and-what-part-does-it-play-in-determining-if-my-child-has-a-specific-learning-disability/>
10. Determining Specific Learning Disability Eligibility Using Response to Instruction and Intervention (RtI2 ) <https://www.cde.ca.gov/sp/se/sr/documents/sldeligibilityrti2.doc>
11. California Dyslexia Guide:  
<file:///Users/anjierobinson/Downloads/Dyslexia%20Guidelines%20CA%20Dept%20of%20Education.pdf>

# Westside Regional Center's Link Tree and Social Media

<https://linktr.ee/westsidefrec>

# WESTSIDE FAMILY RESOURCE & EMPOWERMENT CENTER

Our center provides FREE support, information, and guidance through a variety of support groups, workshops, trainings, and parent-to-parent support for the special needs community within Los Angeles County.

📍 5901 Green Valley Circle  
#320  
Culver City, CA, 90230

☎ 310-258-4063  
✉ Westsidefrec@gmail.com  
🕒 9:00am- 5:00pm

Follow us:  
@WESTSIDEFREC



## SUPPORT GROUPS

These groups are open to people with developmental disabilities and their families seeking access to information, resources, services, and advocacy skills. For more specific information on each group, click on the link.

\*English \*\*Spanish \*\*\*Interpretation Available

### Ethiopian Parents of Special Needs Children\*

Open to all families from diverse backgrounds

📅 3rd Friday of each month from 6:30pm - 8:30pm

👤 Feben Fantu

✉ FebenF@WestsideRC.org  
310-258-4278

[Click here](#) to register in advance

### Informed Education Partners (IEP) Support Group\*

Provides assistance with the Individualized Education Program (IEP)

📅 1st Thursday of each month from 6:30pm - 8:30pm

👤 Barbara Marbach

✉ BarbaraM@WestsideRC.org

👤 Feben Fantu

✉ FebenF@WestsideRC.org

[Click here](#) to register in advance

### Level Up! African American/Black Families Support Group\*

Open to all families from diverse backgrounds

📅 3rd Thursday of each month from 6:30pm - 8:30pm

👤 Anjanette Robinson & Natasha Peterson

☎ 310-258-4063

[Click here](#) to register in advance

### Sibshops\*

For the brothers and sisters of individuals served by WRC

👤 Nayma Guerrero

✉ NaymaG@WestsideRC.org

[Please contact the facilitator for more information.](#)

## SUPPORT GROUPS CONTINUED

### Siempre Amigas\*\*

A woman support group

📅 3rd Monday of each month from 10:30am - 12:30pm

👤 Martha Montealegre

📞 310-258-4061

@ Martham@WestsideRC.org

Please contact the facilitator for more information.

### West Los Angeles C.H.A.D.D.\*

For adults and parents of children with ADHD/ADD

📅 3rd Tuesday of each month from 7:00PM-8:30PM

👤 Regina Lark

📞 310-710-3379

Click here to register in advance

Click here to access the Meetup group

## ONLINE TRAINING

### *Different Thinkers, Different Learners: Understanding the Diagnostics\*\**

Learn about different disabilities and diagnoses

👤 Trainer: Mariana Leñero

Educational Psychologist at Learning Rights Law Center

📘 Facebook Page 📺 Youtube Page

Click here to register in advance.

### *Understanding and Navigating the In-Home Supportive Services (IHSS) Program\**

For individuals applying for IHSS

📅 2nd Tuesday of each month from 10:00am - 12:00pm

👤 Trainers: Liza Gonzalez & Jessica Ortega

📧 LizaG@WestsideRC.org

📧 JessicaO@WestsideRC.org

Click here to register in advance.

## COLLABORATING COMMUNITY PARTNERS

### Los Angeles Asperger Syndrome Parents' Support Group\*

Open to anyone interested in Asperger syndrome or related issues

📅 2nd Wednesday of each month from 7:30pm - 8:30pm

👤 Facilitators: Jim Divine & Fran Goldfarb

📧 Laasperger@gmail.com

📞 310-636-0101

Please email the facilitator to access this group.

Click here to learn more

WESTSIDE FAMILY RESOURCE & EMPOWERMENT CENTER

FOLLOW US:

@WESTSIDFREC



# *Employment & Education*

## WORK IS FOR EVERYONE!



## TRAINING VIDEOS

English, Español (Spanish), Հայերեն (Armenian), فارسی (Farsi)

These training modules are designed to educate and empower youth and adults along with their families and providers to confidently move forward with Individual Program Plan (IPP) goals related to Competitive Integrated Employment (CIE) and Paid Internships Programs (PIP)

### Who should watch these videos?

- Self-Advocates/youth
- Family Members
- Regional Center Staff
- Vendors/Service Providers



For more information email:  
[CIEinfo@AvenuesSLS.org](mailto:CIEinfo@AvenuesSLS.org)

Raising Expectations  
from Ages 3 to 73

Increasing Knowledge of  
CIE & PIP Resources

Navigating &  
Maintaining SSI/SSDI  
and Essential Benefits  
while working

Finding a good job  
match; Using discovery  
and person-centered  
practices

Bridging the Gap: Job  
Development &  
promoting diversity in  
the workplace

To register scan the QR code below



SCAN ME

Or just click on it (e-version)

# RESOURCES

<https://www.autismspeaks.org/> - Autism Speaks

<https://www.epilepsy.com/> - Epilepsy Foundation

<https://www.dsrf.org/> - Down Syndrome Resources

<https://www.autismla.org/1/> - Autism Society Los Angeles

<https://ccfsocal.org/> - Childhood Cancer Foundation

<https://www.yourcpf.org/> - Cerebral Palsy Foundation

<https://www.familyvoicesofca.org/> - Family Voices of California

[TheSpectrumCareers.com](https://TheSpectrumCareers.com) - The Spectrum Cares

<https://clubtwentyone.org/> - Club Twenty One Learning and Resource Center for Individuals with down syndrome





Community Resource Center

## Community Resource Center

<https://www.communityresourcecenterla.org>

LA Care Community Resource Centers offer free in-person classes and services to help keep the community active, healthy and informed.

Locations (in SPA5 &6):

- [West LA Center](#)
- [Lynwood](#)
- [South LA](#)

On-Demand Classes

Youtube: Community Resource Centers  
([LINK](#))

**Free CPR Classes**  
The Critical Care Training Center is offering CPR classes. If you're interested in earning a CPR certification, please click this link to find the classes closest to you:  
<http://tinyurl.com/mrxpj9t5>. All classes are free and are in both English and Spanish.



### Rapid Response Senior Meal Program

The City of Los Angeles Department of Aging Rapid Response Senior Meals Program (RRSMP) is now open for enrollment. The RRSMP offers (5) home-delivered meals weekly to individuals 60+ in the City of Los Angeles, prioritizing those with the most significant economic and social needs.

To sign up: <http://tinyurl.com/54whawar>

To check if you are within LA City limits:  
<http://tinyurl.com/4jk82dmn>



# FREE CPR CLASSES!

### Metro LA

1233 S. Western Ave. Los Angeles, CA 90006  
213.428.1457

1st, 2nd Monday of month @ 2pm

### East LA

4801 E. Whittier Blvd. Los Angeles, CA 90022  
213.438.5570

2nd, 4th Thursdays of month @ 10am

### El Monte

3570 Santa Anita Ave. El Monte, CA 91731  
213.428.1495

2nd, 3rd, 4th Tuesdays of month @ 1pm

### Wilmington

911 N. Avalon Blvd. Wilmington, CA 90744  
213.428.1490

1st (Online) 3rd Wednesday of month @ 2pm

### Lynwood

3200 E. Imperial Hwy. Lynwood, CA 90262  
310.661.3000

1st Saturday & 1st, 2nd, 3rd Friday of month @ 10am

### Pomona

696 West Holt Ave. Pomona, CA 91768  
909.620.1661

1st, 3rd Thursday of month @ 12pm

### West LA (ONLINE)

11173 Pico Blvd. Los Angeles, CA 90064  
310.231.3854

3rd Saturday & 3rd Wednesday of month @ 9am

### Lincoln Heights (ONLINE)

2430 N. Broadway, Los Angeles, CA 90031  
213.294.2840  
1st, 2nd Saturdays of month @ 9am  
2nd Tuesday of month @ 9am

### Panorama City

7868 Van Nuys Blvd. Panorama City, CA 91402  
213.438.5497  
1st, 3rd Friday of month @ 8am & 2nd Saturday of month alternating English & Spanish

### Inglewood

2864 W. Imperial Hwy. Inglewood, CA 90303  
310.330.3130  
1st Monday of month @ 12:30pm  
4th Saturday of month @ 9:30am

### Palmdale

2072 E. Palmdale Blvd. Palmdale, CA 93550  
213.438.5580  
1st, 2nd Friday of month @ 10:15am

### South LA

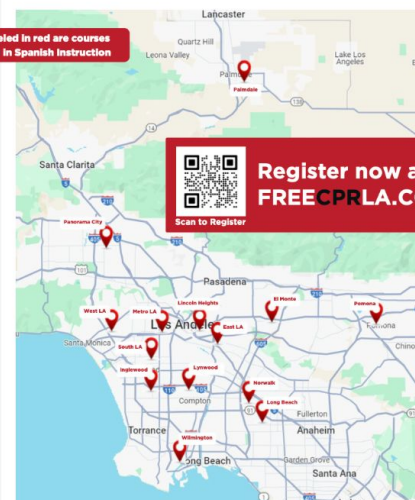
5710 Crenshaw Blvd. Los Angeles, CA 90043  
213.428.1410  
3rd Monday of month @ 9:30am & 1:30pm  
4th Tuesday of month @ 9am

### Long Beach

5599 Atlantic Ave. Long Beach, CA 90805  
562.256.9810  
2nd, 4th Monday of month @ 9:30am

### Norwalk

11721 Rosecrans Ave. Norwalk, CA 90650  
562.651.6060  
1st Tuesday of month @ 10am & 4th Friday of month @ 12:30pm





# Transition Guidance for Individuals with Developmental Disabilities

Are you a young adult transitioning from child to adult health care services? Are you unsure what you would like to do after school graduation? Do you need assistance advocating at Regional Center meetings or communicating with other support staff?

Connect with a CHLA UCEDD Peer Navigator to navigate your transition process.

Areas of support can include: Healthcare, Employment, Education, Community Integration, and Independent Living

**Contact Project Coordinator for more information**

**Rowan Smith, [rosmith@chla.usc.edu](mailto:rosmith@chla.usc.edu)  
323-203-6998**

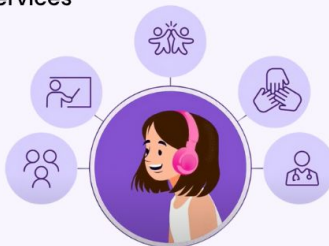


NLACRC PRESENTS



NLACRC is proud to unveil the launch of our Parent University video series!

- Animated
- Short, educational videos
- Learn about the Regional Center system & Lanterman Act
- What to expect from your service coordinator
- Make the most of your services



View on our website, [www.nlacrc.org/ParentU](http://www.nlacrc.org/ParentU)  
or on Youtube at [www.youtube.com/@NLACRC](https://www.youtube.com/@NLACRC)



SCAN  
ME



## PEERS<sup>®</sup> for Young Adults Social Skills Group

### NOW ENROLLING ADULTS 18-35 YEARS OLD

- PEERS<sup>®</sup> for Young Adults is an evidence-based social skills intervention for adults who are interested in making and keeping friends and/or developing romantic relationships.
- Young adults and social coaches (typically parents or other caregivers) attend 16 weekly group sessions for 90 minutes per week.
- Participants are taught social skills through didactic lessons and role-play demonstrations, and practice these skills during group socialization activities.
- Social coaches attend separate sessions simultaneously and are taught how to assist adults in making and keeping friends and/or dating.

#### Participants will learn about:

- |  |                            |
|--|----------------------------|
| • Developing and maintaining friendships | • Electronic communication |
| • Conversational skills                  | • Dating skills            |
| • Entering and exiting conversations     | • Organizing get-togethers |
| • Appropriate use of humor               | • Handling disagreements   |
| • Handling direct and indirect bullying  | • Handling dating pressure |

#### LEARN MORE



#### For more information:

(310) 267-3377  
peersclinic@ucla.edu  
www.semel.ucla.edu/peers

TELEHEALTH AND IN-PERSON OPTIONS AVAILABLE

# Sibshops WEST

## Who are we?

- Sibshops are interactive, age-appropriate workshops for children and youth who have a sibling with a disability.
- Sibshops offer siblings with special needs an opportunity to meet and develop a sense of community in a fun and recreational setting.
- Sibshops West offers Sibshops for three different age groups: Grades 3 - 5, Grades 6 - 8, and Grades 9 - 12.

[www.californiasibs.org/sibshops](http://www.californiasibs.org/sibshops)

## About Sibshops

Sibshops are interactive, age-appropriate workshops for children and youth who have a sibling with an intellectual or developmental disability or life-limiting health condition. Sibshops offer brothers and sisters of siblings with special needs (collectively referred to as "Sibs") an opportunity to meet and develop a sense of community in a fun, recreational setting. Sibs aged 8-18 are invited to attend, and will be grouped with similar ages. Sibshops West offers Sibshops for three different age groups: Grades 3 - 5, Grades 6 - 8, and Grades 9 - 12.

# PathPoint Los Angeles County

## Project SEARCH-Henry Mayo Newhall Hospital



**Project SEARCH** is a school-to-work program for participants with disabilities that takes place entirely at an employer worksite. Total workplace immersion facilitates a seamless community of classroom instruction, career exploration, and on-the-job training and support. At **Henry Mayo Newhall Hospital**, participants will build communication and problem-solving skills, as well as job-specific skills, through worksite rotations.

### Entrance Criteria and Eligibility:

- Be at least 18 years of age
- Be a current active "client" of North Los Angeles County Regional Center
- Have independent personal hygiene, grooming, and daily living skills.
- Maintain appropriate behavior and social skills in the workplace.
- Take direction from supervisors and alter behavior/actions accordingly.
- Be able to communicate effectively.
- Utilize public transportation when available and travel in bus training.
- Successfully pass Henry Mayo Newhall required live scan (background check) and have negative TB test results.
- Desire and plan to work competitively, in an individual setting in the community upon completion of the Project SEARCH program.

### For more information please contact:

**Emily Castro | Program Coordinator**

Emily.Castro@PathPoint.org | (C) 747.800.1875  
8510 Balboa Blvd., Suite 100 | Northridge, CA 91325

**Charles Farruggia | Program Manager**

Charles.Farruggia@PathPoint.org | (C) 747.800.1968  
8510 Balboa Blvd., Suite 100 | Northridge, CA 91325



# FAMILY SUPPORT



## Parents!

**Need support with your 0-5 year old child?**

**Are you feeling stressed?**

**Do you have concerns about your baby's or child's behavior?**

We can help you with FREE in-home support. We can provide resources and referrals for:

- IEP & Regional Center support
- Food, clothing, and diapers
- Housing support services
- Job training
- Family activities and playgroups
- Health care for the whole family
- Health insurance
- Childcare and preschool information and resources

Program Eligibility:

- Parents with children 0-5 years old
- Families at-risk for the impacts of trauma
- Reside in Crenshaw, Inglewood, Lennox, Mar Vista, Santa Monica, or Venice

For more information, please contact one of our Community Resources Specialist at (323) 864-0109 or send an email to [familysupport@winla.org](mailto:familysupport@winla.org)



\*This event funded through the Los Angeles Department of Mental Health Innovation 2



5601 W Slauson Ave. Ste 220  
Culver City, CA 90230





# CONNECTING WITH YOUR CHILD

A 10-week parent workshop for caregivers  
with children 0-5 years old\*

\*Using the Attachment Vitamins curriculum developed by  
University of California San Francisco (UCSF)

## TOPICS INCLUDE:

- Connection
- Child Development
- Child's Experiences
- Caregivers' Experiences
- Peer Support



**SCAN THE QR CODE OR  
CALL TO REGISTER**

For more information call (323) 864-0109

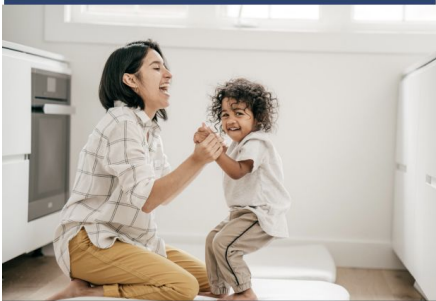
For more information or to register, call Melissa Li:  
④ [www.winla.org](http://www.winla.org) (424) 242-2397 ④ 5601 W. Slauson Ave. Suite 220  
④ [info@winla.org](mailto:info@winla.org) Culver City, CA 90230

# TRANSFORMING COMMUNITIES

## ONE FAMILY AT A TIME

WIN is a nonprofit 501(c)(3) organization that provides bilingual (English/Spanish) mental health therapy, intensive case management, community events, education and resources to families with young children (prenatal to five) facing adversity.

Our care provides families with positive experiences and support to heal together, build resilience, and prevent the transmission of intergenerational trauma.



## OUR SERVICE AREAS



Areas include: Santa Monica, West LA, Venice, Mar Vista, Culver City, Inglewood, Lennox, Hawthorne, Lawndale, West Adams, Baldwin Hills, Leimert Park, Hyde Park, and South LA

## GET IN TOUCH



5601 W. Slauson Ave. Suite 220  
Culver City, CA 90230



[www.winla.org](http://www.winla.org)



**EMAIL US**  
[info@winla.org](mailto:info@winla.org)



@WINFamiliesLA



**EMPOWERING FAMILIES  
ONE FAMILY AT A TIME**

**BUILDING A  
HAPPIER,  
HEALTHIER  
COMMUNITY FOR ALL**

[WWW.WINLA.ORG](http://WWW.WINLA.ORG) | [@WINFAMILIESLA](https://www.instagram.com/WINFAMILIESLA)

## HOW WE HELP

### 1 IN-HOME THERAPY

- WIN's therapists see clients on a weekly basis in the home and provide caregiver/child therapy and case management to heal these relationships.

### PARENT/CAREGIVER GROUPS

- **Attachment Vitamins** is a 10-week intervention that promotes secure attachment between children prenatal to 5 and their caregivers.
- **Parent Support Group** is a specialized curriculum dedicated to families with children diagnosed with various neurodevelopmental conditions that encompasses a wide range of topics, including social play development, parental self-care, understanding challenging behaviors, regulation strategies, and more.

### 2 CONNECTION TO RESOURCES

- WIN provides case management in your home to connect the entire family to support such as groceries, rental assistance, health care, diapers, CalFresh, etc.

*For more information, please call our support line at (323) 864-0109.*



## FAMILY EVENTS

### 3 FAMILY EVENTS AND ENGAGEMENT

- WIN plans events to bring families with young children together and create safe spaces for them to interact while building a community.

#### ACTIVITIES INCLUDE:

- **Community Voices Group**, a network of mothers, fathers, and caregivers advocating for WIN families and communities.
- **In-person and virtual opportunities** for parents and caregivers of children prenatal to 5 to engage in conversations about parenting while building a network of support with their community.
- **In-person and virtual events** for families with children prenatal to 5 to enjoy activities such as story time, arts & crafts, music, movement, and more!



**REGISTER  
TODAY!**

## OUTREACH

### 4 COMMUNITY OUTREACH AND ENGAGEMENT

- WIN is providing in-person outreach to stabilize families through concrete support and connection to services, reducing caregiver stress, and improving providers' responsiveness to community needs with a specific focus on health equity.

#### SERVICES

- **Monthly Community Support Drives** that provide diapers, wipes, groceries and more to families with young children.
- **Resource tabling** consultations with our partners.
- **Weekly activity messages** texts, social media, and emails.





# !!ACCEPTING NEW CLIENTS!!



## FREE THERAPY **ELIGIBILITY**

---

- **Pregnant or Parents with children 0-5 years old**
- **Families at-risk for the impacts of trauma**
- **Reside in:**
  - **South Los Angeles**
  - **Crenshaw**
  - **Inglewood**
  - **Lennox**
  - **Mar Vista**
  - **Santa Monica**
  - **Venice**

**Need support? Feeling stressed? We're here to help!**

**familysupport@winla.org | (323) 864-0109**



# Deaf+ Parent Support Group

## 2024-2025 Series

3rd Thursday of every OTHER month

9-19-2024  
11-21-2024

1-23-2025  
3-20-2025  
5-22-2025

7-24-2025  
9-18-2025  
11-20-2025

ASL and Spanish Interpretation Provided

Topics for Each Event to be Announced

For additional support, join our Facebook Group

Visit our website for more information  
[https://norcalcenter.org/deafplus-parent-](https://norcalcenter.org/deafplus-parent-support-group-registration/)  
[support-group-registration/](https://norcalcenter.org/deafplus-parent-support-group-registration/)



For any additional accommodations or questions please contact Dyanne Olafson at  
[dolafson@norcalcenter.org](mailto:dolafson@norcalcenter.org)



# 100 Day Kit

*For Families of Newly Diagnosed Young Children*

My Autism Guide  
**SIGN UP**



Information  
based on  
your needs

[guide.autismspeaks.org](https://guide.autismspeaks.org)



## **Transition to Adulthood - Connections CA (12+)**

<https://www.php.com/elearning-category/adult-topics-elearning/>

## **100 Day Autism Spectrum Disorder Tool Kit**

[file:///Users/anjierobinson/Downloads/100\\_Day\\_Tool\\_Kit\\_Young\\_Children.pdf](file:///Users/anjierobinson/Downloads/100_Day_Tool_Kit_Young_Children.pdf)

# CHILDREN, YOUTH AND YOUNG ADULT PROGRAMS AND RESOURCES

<https://www.bridgebuildersla.org/contact-us/>

<https://www.hiddengeniusproject.org/>

<https://www.thesolafoundation.org/>

## PARENTS HELPING PARENTS

<https://www.php.com/>

**Transition to Adulthood - Connections CA (12+)**

<https://www.php.com/elearning-category/adult-topics-elearning/>



**Connections California**  
Transition to Adulthood

# Transition Timeline

**The transition to adulthood is HARD! Connections California can make it a little easier!**

Parents Helping Parents understands how overwhelming and complex the transition to adulthood for people with disabilities of any kind can be. Connections California: Transition to Adulthood is here to help!

You'll find important information in Connections California. We want to help YOU create the smoothest transition to adulthood possible alongside your loved one!

Connections California has useful information for any person, starting as young as 12, with any disability.

Connections California is organized into five main categories with the goal to help you find the information you need easily for this critical life transition.

**Adulting Soup: Glossary of  
Transition Terms**

**Agencies, Financial Assistance  
& Public Benefits**

**Create your own adventure!  
How to use this Timeline**

**Click to learn  
more!**



**Engage with  
more content  
online!**





## Transition Planning



## Education and Training



## Adult Life



## Self-Advocacy



## Work Preparation

**Under 12**

**12 - 16**

**16 - 18**

**18 - 22**

**22+**

Have your child **participate** at their IEP meetings; learn about **student-led IEPs**

**Teach** child about their disability; **identify** strengths and needs

Learn about an **Individual Transition Plan (ITP)**; ask **504** team about transition planning

**Develop** self-care routines; assign chores

High school **diploma?** **New pathway** to diploma?  
**Certificate** of completion?

Apply for **college** and/or **other post-high school programs** and **opportunities**

Create and frequently review a robust **Individual Transition Plan**; include **504** team for input on **transition**

Request annual **transition assessments**, including interest/career inventories; **assess** independent living, education and training, and employment skills

Determine youth's ability to make **decisions at 18**

**Navigate transition** from **pediatric to adult healthcare**; **review** insurance **coverage**; investigate rider of **continued eligibility**

**Start** a Letter of Intent; **review** on an annual basis

Explore adulthood options: **Department of Rehabilitation, Regional Center, education/training, housing, assistive technology**

Investigate **public benefits**: **CalFresh, In-Home Supportive Services (IHSS), Supplemental Security Income (SSI), MediCal, Medicare**

Explore financial/estate planning: **ABLE** accounts, special needs **trusts, conservatorship**, durable **power of attorney, supported decision making**

**Regional Center** clients: understand post secondary services; explore **Self-Determination**

Develop **transportation/mobility** strategies

Build a **team to carry on** when you are gone

Increase **independence** at home; **promote independence** in choice-making, communication, living skills, and more

Develop **self-advocacy/determination** skills early. Research strength-based **person centered** planning; develop **person centered plan**

Investigate **assistive technology** tools that increase involvement and opportunities

Talk about **puberty, sexuality, and safety**

Explore history of **disability rights**

Explore **WorkAbility** and/or **transition partnership programs**; understand **Department of Rehabilitation** services, including **student services** and **supportive employment**

Develop a postsecondary **employment goal** as part of your **ITP**; develop and review a **career plan**

Build work experience: intern/volunteer/job; practicing filling out job applications, writing resumes

**Regional Center** clients: explore **supportive employment/work services** and **Paid Internship** program



Engage with more  
content online!

Click words in  
**bold** to learn  
more!

# Track Your Child's Developmental Milestones



## Milestones Matter!

How your child plays, learns, speaks, acts, and moves offers important clues about his or her development.

Learn the signs of your child's development and act early if you ever have a concern.

To complete a milestone checklist, **download CDC's FREE Milestone Tracker app** or visit **[cdc.gov/Milestones](https://www.cdc.gov/Milestones)**, and talk to your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

## You Know Your Child Best.

If your child is not meeting milestones or you are concerned about the way your child plays, learns, speaks, acts, or moves, talk with your child's doctor, share your concerns, and ask about developmental screening. Don't wait. If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. **If your child is under age 3:**  
Call your local Early Start intervention program. Learn more and find the phone number at **[dds.ca.gov/rc/lookup-rcs-by-county](https://dds.ca.gov/rc/lookup-rcs-by-county)**.

**If your child is age 3 or older:**  
Call any local public elementary school.

**Don't wait.**  
**Acting early can make a real difference!**



For more information about your child's development and what to do if you have a concern, visit:

**[www.cdc.gov/ActEarly](https://www.cdc.gov/ActEarly)**

**OR CALL:**

**1-800-CDC-INFO  
(1-800-232-4636)**

to request a FREE *Learn the Signs. Act Early.* Parent Kit or to get help finding resources in your area.

Developmental milestones adapted from *Caring for Your Baby and Young Child: Birth to Age 5* (AAP, 2009) and *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents* (AAP, 2008).

**If you want to know more,  
ask your doctor.**







# DIVISION OF SPECIAL EDUCATION

Intentionally designing and delivering inclusive environments for students at every opportunity to maximize learning

## Services/Programs



Adapted Physical Education



Assistive Technology



Audiology



Charter Operated Programs



Deaf/Hard of Hearing (DHH)



District Office of Transition Services



Early Childhood Special Education



Extended School Year



Instruction



Language & Speech



Occupational Therapy



Positive Behavior Support



Orientation & Mobility



Orthopedic Impairments (OI)



Parent Counseling & Training (PCT)



Physical Therapy



Parentally Placed Private School



Psychological Services



Recreation Therapy



Transportation



Visual Impairment Program



# *Housing & Rental Assistance*

# 2021 RENT RELIEF PROGRAM

## 211la.org

Sign up now to receive LA County  
upcoming rent relief program updates.

Call 211 or visit:

[211la.org/lacounty/rentrelief](https://211la.org/lacounty/rentrelief)

**For additional information,  
call (562) 806-7654**



chirplosangeles

211la.org



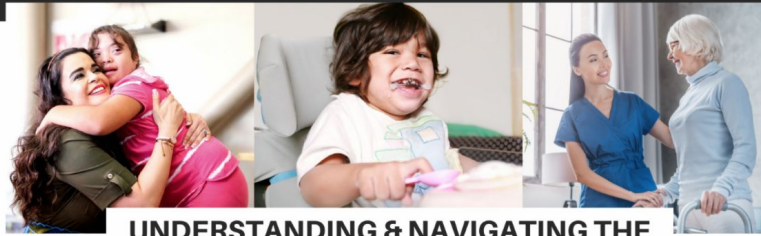
213.741.1951



Info@chirpla.org



# *Upcoming Trainings & Events*



## UNDERSTANDING & NAVIGATING THE IHSS PROGRAM

We invite you to join us for our monthly online presentation on the In-Home Supportive Services (IHSS) Program via Zoom.

We will provide: an overview of the IHSS Program; the types of services offered; provide suggestions on the types of information you should collect for the application and how to keep yourself organized; how to submit your application and what to expect at the home visit; next steps; and your right to appeal if you disagree with a decision made.



**Presented by:** Liza Gonzalez & Jessica Ortega  
**Telephone:** 424-877-2460, 424-877-2430  
**Email:** LizaG@WestsideRC.org, JessicaO@WestsideRC.org



**When:** 2nd Tuesday of each month  
**Time:** 10:00am - 12:00pm



**Registration:** To register in advance for this workshop, click here:

[https://westsiderc.org.zoom.us/joining/register/tJ0qcu-vrT8rHN0sHptI7Gp88Z\\_AuIVDYsms](https://westsiderc.org.zoom.us/joining/register/tJ0qcu-vrT8rHN0sHptI7Gp88Z_AuIVDYsms)

After registering, you will receive a confirmation email containing information about joining the meeting.

For more information visit: [westsiderc.org/training-and-events](https://westsiderc.org/training-and-events).



**WESTSIDE**  
REGIONAL CENTER



**Westside Family Resource  
and Empowerment Center**  
LA County Inclusion Partnership

**IEP**  
Support Group



# IEP

## INFORMED EDUCATION PARTNERS



**Every 1st Thursday  
of the Month**



**6:30 - 8:30pm**



**Registration Required:**  
[tinyurl.com/WRC-IEP](https://tinyurl.com/WRC-IEP)

You will receive an email with a unique-to-you link to join the meeting as well as call-in information.  
On the day and time of the meeting, click the link to join and enter the password.

### Facilitated by: Feben Fantu

This group will informally address the questions and concerns that families have about their child's Special Education services and support.

We will share information and provide specific strategies so that parents can become confident and collaborative IEP team members!

Come and learn the tools and techniques necessary to ensure an appropriate and meaningful education for all of our children.



**WESTSIDE**  
REGIONAL CENTER



**Westside Family Resource  
and Empowerment Center**  
LA County Inclusion Partnership



Helping families navigate:

▲ Special education

▲ Disability services

▲ Assistive technology



[taskca.org](http://taskca.org)

Toll-Free in CA: 866.828.8275

## About TASK

TASK is a nonprofit Parent Training and Information Center that educates and empowers people with disabilities and their families. We help families understand the special education process. We promote cooperation between families and schools. In our TECH Centers, we help families explore assistive technology options for learning, communicating and living their best lives.

## Focus Areas

Need help navigating the special education process or related services? TASK can help!

- Special Education
- IEPs
- Section 504
- Assessment
- Assistive technology
- Augmentative and alternative communication (AAC)
- Transition to adulthood
- Disability services

## Services

TASK serves ages 0-26 and all ages through our TECH Center. We offer:

- Telephone support
- Workshops
- IEP consultations
- Assistive technology
- Youth programs

## Locations

TASK serves six Southern California counties.

**Orange County**  
(main office)  
3020 Saturn Street #102  
Brea, CA 92821  
(714) 533-8275

**Los Angeles County**  
1000 S. Fremont Ave.  
Bldg. A-1, Ste. 1110, Unit 54  
Alhambra, CA 91803  
(626) 300-1043

**Riverside & San Bernardino Counties**  
c/o Community Access & Disability Center  
6848 Magnolia Ave., #150  
Riverside, CA 92506  
(951) 328-1200

**San Diego & Imperial Counties**  
3845 Spring Dr., Room 21  
Spring Valley, CA 91979  
(619) 282-0846

We're here to help. | 866.828.8275. | [task@taskca.org](mailto:task@taskca.org)



# *Recreational & Activities*

Open to Ages 3-21 | Grouped by Age

### ACTIVITIES

Arts

Technology

Sports

Culinary Skills

### KEY BENEFITS

Learn

Skill Enhancement

Teamwork

Social Skills

Health and Wellness

For more information about this program, please contact  
Celeste Gutierrez at 323.877.8542 / [celeste@snnla.org](mailto:celeste@snnla.org)

Registration Required, Fee Applies.  
Funding Available through Regional Center;  
Consult Case Manager for Details.



special needs network

Center for Autism + Developmental Disabilities

C A + D D



Scan the QR Code  
to get Started



AN EXTENSION OF THE CAMP JPAC EXPERIENCE

EVERY SATURDAY FROM 1PM-5PM

A Day of Fun and Friendship

MURDOCK COMMUNITY PRESENTS

# Arts n' Crafts

3rd Sunday of the month

@2-3 PM

Dolphin Park

21205 Water St, Carson, CA 90745

Scan QR for registration.



Questions? Call (562) 379-9942. Or visit our website [murdockcommunity.org](http://murdockcommunity.org)

# 5-ELEVEN HOOPS

## LOCATIONS:

EL DORADO PARK WEST  
2760 STUDABAKER RD  
LONG BEACH, CA 90808

ADRIAN'S PLACE  
1806 LINCOLN BLVD  
SANTA MONICA, CA 90404

COMPTON, CA

GROUP AND PRIVATE 1:1  
LESSONS

AGES 5 AND UP



5ElevenHoops

## OBJECTIVES:

LEARN BASKETBALL  
FUNDAMENTALS

PROMOTE SOCIAL GROWTH  
AND DEVELOPMENT

MAKING HEALTHY  
SOCIAL CONNECTIONS

PROMOTE FITNESS AS FUN

DEVELOP SPORTSMANSHIP  
TEAM BUILDING  
AND COOPERATION



310-903-1174  
**5ELEVENHOOPS.COM**



## Maliaka & Associates, LLC

Providing Service for 20 + Years

**“An organization fostering social inclusion  
for individuals with disabilities.”**

### OUR COMMITMENT:

Our commitment creates and allows us to understand social inclusion for individuals with disabilities, the resources they require to establish the quality of life, and their full capabilities. We have positioned this agency to understand the unique challenges typically faced by individuals with disabilities, their families, and other professionals by installing the systems and practices necessary to support growth while maintaining the creative spirit that will be the foundation of their development as productive human beings.

### SERVICES OFFERED:

- Behavior Consultation and Training
- Social Development Training
- Extended Inclusive Training Program (During School Breaks)
- Curriculum Collaboration with emphasis on supporting children with disabilities.
- Access to Resource Tools
- Person-Centered Planning
- Independent Facilitation - Self - Determination Program.
- IEP, IPP Support Services
- Family and Resource Support
- A variety of Community Inclusive Activities, Programs and Events.

To be yourself  
in a world  
that is constantly  
trying to make you  
something else  
is the greatest  
accomplishment.

ralph waldo emerson



@maliakamitchellandassociates (Business Page)  
and @dailyautismwhisperer (Community Inclusive Page)

**310.462.7898**  
**www.MALIAKAASSOCIATES.com**

# *Parenting & Empowerment Workshops*





## African American Black Families Support Group

# LEVEL UP!

**EVERYONE IS WELCOME TO  
ZOOM in to relax, relate, revive,  
release, and resource up!**

The African American/ Black Families Support Group's mission is to provide and ensure that people with developmental disabilities and their families have equitable access to information, resources, services, and advocacy skills that facilitate empowerment to Level Up their quality of care in collaboration with Westside Regional Center and the Westside Family Resource and Empowerment Center.



### FACILITATORS:

ANJIE ROBINSON and CAROL TAYLOR

**DATE: EVERY 3RD THURSDAY OF THE MONTH**

To participate in this virtual meeting, you must register in advance.

After registering, you will receive a confirmation email with log-in instructions.

Please log-in 15 minutes before the start of the meeting for any support or assistance.

**6:30PM VIA ZOOM**

**REGISTER AT: [bit.ly/LEVELUPWFREC](https://bit.ly/LEVELUPWFREC)**

For more information, please contact:  
Westside Family Resource and Empowerment Center  
310-258-4063



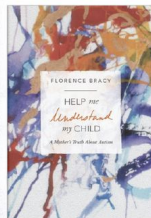
**WESTSIDE**  
REGIONAL CENTER



*Westside Family Resource  
and Empowerment Center*  
A Countywide Partnership

# Florence Bracy

Author • Speaker • Advocate



*A different type of **HELP** for those living with autism.*

## **Help Me Understand My Child, 'A Mother's Truth About Autism'**

by Florence Bracy is available on [Amazon](#)

### The Book

*Help Me Understand My Child* is a compelling and inspirational journey how a mother advocated for twelve years for her son who has autism. In it, Florence Bracy takes you behind the scenes where she shares her secrets of how she overcame many challenges and obstacles and what it took to support her son successfully. She presents resources and strategies on how to navigate this complex system of securing services. She includes the voice of her husband about raising a son and her daughter's feelings about living with a sibling with autism. There are local, national and international resources available in the book.

This book is a unique memoir. It introduces the reader to the world of special needs while providing a fascinating reading experience. This book is of interest to families who have children or adults with autism, professionals and clinicians in the field and the community at large who have an interest in this population. This intriguing narrative is enlightening, encouraging and empowering.

Autism is the fastest growing developmental disability in the world. 1:68 children are born with autism, 1:42 are boys. There are many parents who are looking for answers how to navigate this complex system of securing services for special needs. Most parents are overwhelmed upon learning how to secure services and live with a child with autism. There are a lot of feelings and acceptance issues that come up. This book provides strategies on how to cope through this process.

[florencebracy.com](#)

Get your copy today at [Amazon](#), available in ebook format as well, or give as a gift for someone you know living with autism.

*Ms. Bracy's work as captured the attention of providers, clinicians, educators, parents and family members who are dedicated to the well being of those on the autism spectrum.*

*Within this arena it has already been hailed as an instant classic on the subject.*

### Endorsements

"Her story has helped me learn what to expect on this unpredictable journey."

Parent of a three year old with autism

"This book has given me hope for my granddaughter."

Grandmother

"I can attest to her journey.. filled with questions, frustrations, love and forgiveness."

Parent of a 25 year old with autism

### Professionals are saying..

USC - "Captivating"

UCLA - "...should be required reading for special education teachers and teacher candidates."

LMU - "A must read for all parents who desire to understand and help their child."

Cal State LA - "Ms. Bracy has illustrated what is to be a true champion of advocacy."





*The group provides opportunities for parents to benefit from the experiences and support of professionals as well as other parents and learn valuable coping and intervention strategies.*

**NEW 2025 DATES\*:**

January 13th, February 10th, March 10th, April 14th, May 12th, June 9th  
August 11th, September 8th, October 13th, November 10th

*\*No meetings in July or December*

Communicate with those who are living in the world of autism.

Access to highly recommended doctors, therapists, legal professionals and schools.

Shared recreational ideas, outings and activities for our children and adult children.

Connections with world renowned research institutes.

Access to cutting edge resources, therapies and providers.

Get support, encouragement and helpful tips from others.

Learn strategies for self care as caregivers.

**WHEN**

2nd Monday of each month, 5:00pm-6:30pm

**WHERE**

Zoom.com

**WHY**

To connect to the autism community; parents, educators, and providers

If interested please email:  
[bracyflorence2013@gmail.com](mailto:bracyflorence2013@gmail.com)  
or text (323) 574-0862  
[www.florencebracy.com](http://www.florencebracy.com)

Production of

*Bugle Horn*  
AUTISM

(501(c)(3))

# CONNECTION



## What is a Doula?

### Poppy Seed Health Partnership

A doula is a trained professional who provides continuous emotional, physical, and informational support before, during, and after childbirth. Doulas focus on advocacy, comfort, and empowerment, ensuring that birthing people feel heard, respected, and informed throughout their reproductive journey. For Black women and birthing people—who face disproportionate maternal health risks due to systemic barriers, medical bias, and lack of culturally competent care—doulas are a proven, evidence-based solution that improves birth outcomes (The Journal of Perinatal Education, 2013).

Planned Parenthood Los Angeles' Black Health Initiative is pleased to announce an exciting partnership with Poppy Seed Health to expand maternal health support for Black women and birthing people in Los Angeles.

Through this collaboration, patients at our Inglewood Health Center will have access to doula support, ensuring they receive affirming, culturally competent care throughout pregnancy, birth, and postpartum.

If you or someone you know is pregnant, postpartum, or planning to conceive and needs support, please call 1-800-576-5544 or visit [www.pp-la.org](http://www.pp-la.org) to book an appointment.



# CONNECTION

## BALDWIN HILLS-CRENSHAW GRAND REOPENING

This summer we will celebrate the grand reopening of our Baldwin Hills-Crenshaw Health Center!

This location will join our Inglewood Health Center by serving as a flagship site of the Black Health Initiative (BHI), an agency-wide program designed to improve the overall wellbeing of Black communities through empowerment and self-advocacy to achieve better health outcomes.

The Black Health Initiative is working to improve Black reproductive and maternal health by providing coaching to address chronic conditions before, during, and after pregnancy, acknowledging underlying social needs that impact health, and connecting patients to resources and programs needed to flourish. With the threats to reproductive health care, access to abortion, and Black maternal health care, connecting patients and community members to important resources is key to helping overcome critical health care challenges facing Black folks today.



Both Baldwin Hills-Crenshaw and Inglewood Health Centers reinforce PPLA's commitment to providing the Black community with resources to combat health inequities through prenatal care, doula services, behavioral health services, contraceptive counseling, birth control, and more.

For services not offered at the health center, patients are referred to additional care that is accessible, culturally specific, and supports overall health and wellbeing.

To learn more about the Black Health Initiative and our health centers, [visit our website here](http://www.pp-la.org) or call 1-800-576-5544.

Want to learn more about our services and make an appointment?

📞 1 (800) 576-5544 🌐 [www.pp-la.org](http://www.pp-la.org)



Want to learn more about our services and make an appointment?

📞 1 (800) 576-5544 🌐 [www.pp-la.org](http://www.pp-la.org)







South Central Los Angeles  
Regional Center  
for persons with  
developmental disabilities, Inc.



**Want to make sure your child is reaching important early milestones? Get free tips sent to your phone from Bright by Text and SCLARC!**

SCLARC is happy to be a new partner of Bright by Text, a text service providing free tips, information, and resources to help parents and caregivers of children birth to eight years old, with weekly resources, videos and activities.

Do you have a child under 8 years old? Join today to receive free text messages with easy, practical tips and activities sent right to your cell phone!

**Text SCLARC to 274448 to sign up today!**

*For questions, or additional information call us at 213-744-8489.*

*Message and data rates apply.  
Text STOP to 274448 to stop receiving messages.  
Text HELP to 274448 for help.*

**¿Quiere asegurarse de que su hijo/a esté alcanzando importantes hitos tempranos? ¡Reciba consejos gratuitos enviados a su teléfono desde Bright by Text y SCLARC!**

SCLARC se complace en ser un nuevo socio de Bright by Text, un servicio de texto que brinda consejos, información y recursos gratuitos para ayudar a los padres y cuidadores de niños desde el nacimiento hasta los ocho años, con recursos, videos y actividades semanales.

¿Cuida a un niño menor de 8 años? Únase hoy para recibir mensajes de texto gratuitos con sugerencias y actividades fáciles y prácticas enviadas directamente a su teléfono celular.

**Envíe un mensaje de texto con SCLARC al 274448 para registrarse hoy mismo.**

*Si tiene preguntas, o necesita mas información, llame a nosotros a 213-744-8489.*

*Se aplican tarifas de mensajes y datos.  
Envía STOP al 274448 para dejar de recibir mensajes.  
Envía HELP al 274448 para obtener ayuda.*

***Wellness & Mental Health***





1525 East 103rd Street • Los Angeles, CA 90002  
(323) 564-7911 • Email: [info-watts@kp.org](mailto:info-watts@kp.org)

The Watts Counseling and Learning Center is a nonprofit Community Benefit program of Kaiser Permanente Southern California. Since 1967, the Center has provided counseling, outreach, and educational services to the residents of the Watts community. Kaiser Permanente Health Plan membership is not required to receive these services.

### Counseling Programs

**Counseling** — The Center provides individual, family, marital, parent-child, and group therapy in English and Spanish.

**Kids Can Cope**—Children whose parents or siblings have or had cancer or other life-threatening illness can receive innovative, specialized counseling and support groups.

**School Outreach Services**—The Center provides psycho-educational groups at local schools.

internships—Graduate social work interns receive professional fieldwork education supervised by licensed clinical staff. Partnering schools include the University of California, Los Angeles, University of Southern California, California State University at Long Beach and Los Angeles, and Smith College in Massachusetts.

### Educational Programs

**Educational Therapy**—Students with learning difficulties receive educational assessments and individual/small group educational therapy sessions. Special educational advocacy and parent training is also available.

**Internships**— Graduate educational therapy interns receive professional training supervised by Board Certified staff. Partnering schools include UC Riverside and California State University Northridge.

### Outreach Programs

**Reading Enrichment** — Students participate in weekly sessions that build enthusiasm for reading through various activities and reading materials.

Homework Help Club—Elementary grade students receive after school homework assistance.

**Math Tutoring**—Elementary through high school students receive individualized math assistance.

**Personal Development** — Mentoring, goal setting and personal enhancement opportunities are provided for middle school students in a group setting.

**Academic Coaching**—In partnership with the school and the parent, high school students receive individual/small group academic guidance in order to develop an academic plan with agreed-upon goals and objectives.

**College-bound Support Services**—High school students receive college planning information through meetings or workshops. In collaboration with The Princeton Review, students planning to take the SAT/ACT exam(s) participate in test preparation courses.

**Youth Work Preparation Certificate Program**—High school students take part in an annual seven-week program focusing on work skills and health care careers. High school students ages 16 and older participate in a summer youth employment program.

## Child Development

Preschool Education for Parents and Children (PEPC) is full day early childhood education program that develops school-readiness skills and motivates preschool children to enjoy learning. PEPC is both state licensed and nationally accredited by the National Association for the Education of Young Children (NAEYC). Ongoing parent education groups are also part of the program. Tuition is based on a nominal sliding-scale fee.



**IKPT** Together



[community.kp.org/Watts](http://community.kp.org/Watts)



**KAISER PERMANENTE.**  
SOUTHERN CALIFORNIA

## HELPFUL RESOURCES FOR VICTIMS OF VIOLENCE

You are not alone, call any of the hotlines below.

If you or someone you know is in danger of immediate harm, call 911



### 211 LOS ANGELES COUNTY

2-1-1

<http://www.211la.org/>

211 Youth Services Website: <https://www.211la.org/youth-portal/>

211 LA is the main source for providing information and referrals for all health and human services in LA County. Trained Community Resource Advisors are available 24 hours a day to offer help with any situation, any time.

### ADULT PROTECTIVE SERVICES ABUSE REPORT HOTLINE, LA COUNTY

(877) 477-3646

<https://wdacs.lacounty.gov/programs/aps/>

A 24-hour service program dedicated to investigating all situations involving seniors (age 65 and older), and dependent adults (age 18-64 and physically or mentally impaired) who are reported to be endangered by physical, sexual or financial abuse, isolation, neglect, or self-neglect.

### CHILDHHELP NATIONAL CHILD ABUSE HOTLINE

(800) 422-4453

<https://www.childhelp.org/hotline/>

Dedicated to the prevention of child abuse. This 24-hour hotline provides crisis intervention and referrals to local social services and support resources.

### COALITION TO ABOLISH SLAVERY AND TRAFFICKING (CAST) HOTLINE

(888) 539-2373

(888) KEY-2-FREE

<https://www.castla.org/>

A 24-hour service program dedicated to assisting persons trafficked for the purpose of forced labor and slavery-like practices, including sex trafficking, by providing and connecting individuals to legal services, mental health services, and shelters.

### LA COUNTY DEPARTMENT OF CHILDREN AND FAMILY SERVICES CHILD PROTECTION

(800) 540-4000

For mandated child abuse and public reporting, including the commercial sexual exploitation of children (CSEC) available 24/7.

### LA COUNTY DEPARTMENT OF MENTAL HEALTH ACCESS HOTLINE

(800) 854-7771

Entry point for mental health services in LA County including crisis evaluation teams, information and referrals, interpreter services and patient transport available 24/7. Call if you or someone you know needs mental health services.

### LA COUNTY DOMESTIC VIOLENCE HOTLINE

(800) 978-3600

Provides 24-hour assistance to domestic violence survivors by connecting to local shelters and other support resources.

### LA RAPE AND BATTERING HOTLINE

213-626-3393 (CENTRAL LOS ANGELES)

310-392-8381 (SOUTH LOS ANGELES)

626-793-3385 (WEST SAN GABRIEL VALLEY)

A 24/7 confidential non-judgmental resource where staff and volunteers are available to provide emotional support, advocacy, information and referrals.

Domestic Violence

Sexual Violence

Human Trafficking



County of Los Angeles  
Public Health

For questions or concerns, contact the Office of Women's Health  
Gender Based Violence Unit at [GBV@ph.lacounty.gov](mailto:GBV@ph.lacounty.gov)

# *Food, Diapers & Daily Essentials*