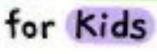
Monthly Resources May, 2025

america awarenes



Self-Care & Mental Health







Find social groups that help them feel like they belong:



Set aside time for low-stress or solo activities.



Focus on journaling set the standard.

articulating and diaries.

BlessingManifesting



Recognize texic Stress events.

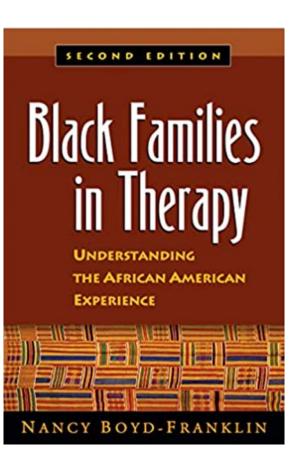
Cultivate interests and hobbies.

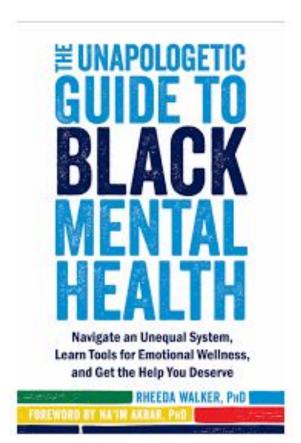
YOU ARE NOT ALONE

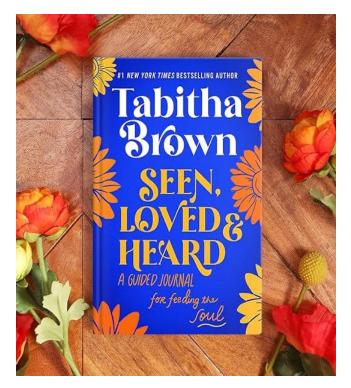
Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.

- 21% of Black and African Americans reported having a mental illness, compared to 23.9% of non-Hispanic Whites. However, just 39% of Black and African Americans received mental health services compared to non-Hispanic Whites (52%)
- Black Americans have similar rates of substance use disorder (17%) as non-Hispanic Whites, but higher rates of illicit drug use (24.3 vs 22.5 respectively) and unmet treatment needs (16.4% vs 15.7%, respectively)
- A report published in November 2021 by the Centers for Disease Control and Prevention showed suicide rates decreased in the United States by 3% in 2020, but increased among many men of color, including Black men, during that period.
- Suicide was the third leading cause of death among African Americans 10 to 24 years old, and African American men 25-34.
 Source: SAMHSA Behavioral Health Equity – Black /African American

Communities







Articles and Additional Resources

- Anxiety & Depression Association of America: Black and African American Communities
- Download: Anxiety & Depression Association of America's Ways to Embrace Black Mental Health Infographic
- Download: Work2BeWell's BIYOC Intersectionality of Race
 & Mental Health module
- Addressing Mental Health in the Black Community
- Why It's Time to Shift the Focus to Mental Health in the Black Community



SUPER DADS

Come and join us for SUPER DADS!! Every 3rd 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



"KEEP THE PROMISE" RALLY

Calling **ALL DISABILITY RIGHTS ADVOCATES** to join a historic rally at the State Capitol on the importance of protecting services for people with disabilities. It's time for us to **UNITE** and remind our elected officials of the critical need to "Keeping the Promise" of The Lanterman Act and support our community.



Thursday, May 22, 2025



11:30 a.m. to 1:00 p.m.



California State Capitol 1315 10th St Sacramento, CA 95814 (West Steps)



LET'S MAKE OUR VOICES HEARD!

FOR MORE INFORMATION: rally.thelantermancoalition.org





Standing Strong:

A Mental Health Conversation That Matters

This is more than a conversation; it's a healing space.





A free virtual event created for Black parents, caregivers, and professionals who are navigating the stress and uncertainty of this time.

Register Here

https://bit.ly/StandingStrong2025



SPECIAL NEEDS NETWORK, INC.







Youth employment leadership and empowerment program

CAREER IN BEHAVIORAL HEALTH

Paid Summer Internship!

Youth Employment, Leadership, and Empowerment Program (Y.E.L.E.P.):

An internship with Y.E.L.E.P. provides training in leadership, activism, civic engagement, and introductory behavior intervention methods.

The Program Introduces Young People To Careers In:

Occupational Therapy

Speech and Language Pathology

School Psychology

Every summer, 150 local high school and college students ages 15-24 experience internships and mentoring from private and public sector executives.

The Y.E.L.E.P. program prepares students for positions as behaviorists for camp JPAC and for more permanent employment as ABA service providers.

Apply Today



https://bit.ly/Apply4Yelep

For More Information About This Program Call 323,925,6706 or eMail brodriguez@snnla.org











WE INVITE YOU TO A SESSION ON TELLING YOUR STORY

With proposed Medicaid cuts on the table, learn how these services support individuals with disabilities, developmental disabilities, and older adults and how to share your story to make a difference with lawmakers!

Wednesday, May 14, 20258:30 AM – 10:00 AM

Join Zoom Meeting: https:// us02web.zoom.us/j/85960526099? pwd=1v9PYOfCF1fN9buslo4Xqcdb 7bk4Cq.1

Meeting ID: 859 6052 6099 Passcode: 871187 Thursday, May 15, 20252:00 PM - 3:30 PM

Join Zoom Meeting: https:// us02web.zoom.us/j/81028172420? pwd=o2qR55BbRnJI2y4dSjQPSXn7 iwbRJU.1

Meeting ID: 810 2817 2420 Passcode: 865750

Friday, May 16, 2025
 11:30 AM – 1:00 PM

Join Zoom Meeting: https://us02web.zoom.us/j/88043695341? pwd=Rs8YMHZXr1ISBUo3J7vg6WaQmZcV85.1

Meeting ID: 880 4369 5341 Passcode: 318422

SPECIAL NEEDS NETWORK Wonderland FUNDRAISER, FASHION SHOW + WOMEN OF DISTINCTION AWARDS A PORTION OF THE PROCEEDS WILL SUPPORT FAMILIES IMPACTED BY THE DEVASTATING LOS ANGELES AND ALTADENA FIRES --- DOORS OPEN AT 11:00AM-THE BEVERLY HILTON HOTEL | INTERNATIONAL BALLROOM HAUTE COUTURE FASHION SHOW

PRESENTED BY Tess Mann VINTAGE ELEGANCE + WHIMSICAL FANCY + TOP HATS OPTIONAL



MENTAL HEALTH AWARENESS MONTH





RECRUITING!

BLACK/AFRICAN AMERICAN FAMILIES & CAREGIVERS

Parent Leadership & Advocacy Program



QUALIFICATIONS

- Are you a Black/African American Parent/Caregiver of a person with a developmental disability? (community members are welcomed)
 Do you have a commitment to advocacy and community
- engagement?Are you willing to participate in advocacy and leadership training
- Are you willing to participate in advocacy and leadership trainin sessions?
- Do you want to understand how to gain better access for your family through advocacy and leadership?

LEARN

- History of Black/ African American Advocacy
- How decisions are made in Regional Centers & other systems
- Getting involved: representation, preparation, and leadership
- How to be an ambassador by participating on boards, committees. & more

Gues Maisha S

DATES

Virtual | Tuesdays 5:30pm - 7:30pm TH JUNE 24TH

MAY 27TH JUNE 24TH JULY 22ND AUGUST 26TH

WORKSHOP DETAILS

Guest Speaker

Maisha Sebastiany, MBA

MAS Diversity Consultancy

FOUNDER'S FORUM Virtual | Tuesdays 5:30pm - 7:30pm SEPTEMBER 9TH

Guest Speaker
Amber Wynn, MSPA
Nonprofit Consultant

SYMPOSIUM & CEREMO

IN-PERSON
OCTOBER 25TH AT 10AM
LOCATION: TBD



<u>LEARN MORE & REGISTER HERE!</u>

Email: Welcome@AccessNonprofit.org | Phone: (626) 367-0366

Service Access & Equity Partners









SCAN HERE TO SIGN UP

or visit this link: https://forms.gle/V9i16amF9ZU8oiFW8



WHEN: SATURDAY, MAY 17TH | 10AM - 1PM

WHERE: Pomona Wellness Community Center 750 S Park Ave, Pomona, CA 91766

Join us for our Spring Dance Party & Mother/Caregiver Appreciation Event— a joyful celebration honoring the love, strength, and dedication of Black mothers and caregivers of individuals with developmental disabilities.

Come enjoy good music, delicious food, and beautiful company! This is a space to dance, connect, and be celebrated for all that you do. You'll also have the chance to learn more about our upcoming Parent Leadership and Advocacy Training Program—designed to empower you with the tools to advocate for your child and access the resources your family deserves.

Let's celebrate YOU—because you are the heart of our community!

THANK YOU TO OUR EQUITY PARTNERS!







REGISTER HERE

Questions? Contact us: <u>accessnonprofit.org</u> | welcome@accessnonprofit.org | 626-367-0366





Decrease Disparity & Increase Access

4 Black/African American families experiencing Developmental Disabilities

Upcoming Events



VIRTUAL -Black Families Drop-In Hours

Topic: Got Questions? Got concerns? Related to your child/adult with developmental disability. Or Make an appointment for <u>Tuesday Evening Drop In</u> hours

Or Call In! 1-669-900-9128

Meeting ID: 849 9135 9601

Zoom: https://bit.ly/3EIVSYg

Zoom: https://bit.ly/3EIVSYg

10AM-1PM **APRIL**

TUESDAY

SATURDAY

10AM-1PM

VIRTUAL - Black Families Connect Group

Topic: Autism: How to Lead and Advocate and tips for **Behavior Intervention** Speaker: Tamara Shepphard, MS, RBT

1-669-900-9128

Location: Pomona

Meeting ID: 849 9135 9601

5:30PM-7PM MAY

IN-PERSON Black Families Connect: Music*Raffles*Gift Card*Giveaway* Child & Adult Care Provided on Request

Dept. of Public Health: Pomona Wellness Community Center

Register for event here

Zoom: https://bit.ly/3EIVSYg

MAY

VIRTUAL- Early Start Parent Training

Sponsored by Abriendo Puertas **Opening Doors**



Or Call In!

1-669-900-9128 Meeting ID: 849 9135 9601

JUNE

YOU'RE INVITED TO THE COOKOUT

IN-PERSON



Location: Tentatively Martin Tudor Splash Park (Fontana, CA)

*Music*Raffles*BBQ*Fun*Splash Park*

Register for event here

Welcome@AccessNonprofit.org



SATURDAY

TBD

AccessNonprofit.org

Thank You to Our Equity Partners









You're Invited!

J.A. VENUE 3RD VEAR ANNIVERSARY

We're Turning 3!

Join us as we celebrate three incredible years of creating unforgettable memories, hosting beautiful events, and building a community we're proud to be a part of. From intimate gatherings to grand celebrations, your support has helped shape our journey—and we couldn't have done it without you. Come toast to the past, present, and future of our venue as we continue to grow, elevate, and inspire. Let's make this milestone one to remember!





O1 JUNE

Manchester Ave. L.A. 90047

3PM -7PM

Event Highlights!

Free Fans for First 25 Guest!

- · Line Dancing
- · DJ
- · Vendor Exhibits
- · Tasty Bites & Refreshments
- Exciting Raffles
- · Exclusive Booking Specials

(323)705-2606





Disabled Student Program at Community Colleges

Presented by Emmy Madrid, DSPS Specialist at Citrus College & Christina Delgado, AWD Program Specialist at Mt. SAC

As part of SG/PRCs Community Information Forum 2025, Emmy & Christina will be presenting on information on Disabled Students Programs. Training attendees will learn about DSPS (Disable Students Program and Services) at Citrus College and AWD (Adults with Disabilities) Program at Mt. SAC.

- How to prepare your student for college expectations
- Onboarding process and assistance
- Preparatory classes, Resources, Parental Roles and more!

For more information of Community Information Forum, please visit our website or contact Language Access Specialist:

• Tiffany Loong • 909 • 710 • 8827 tloong@sgprc.org

Luz Rodriguez-Uribe
 909 • 710 • 8828
 Irodriguez@sgprc.org

www.sgprc.org

0

Join Zoom Meeting

Zoom ID: **865 3741 9310**

Interpretation will be provided in ASL, Spanish, Chinese, Korean, and Vietnamese.



TRANSITION TO ADULT SERVICES SERIES Preparing students who are transitioning to adulthood requires a great deal of planning. Westside Family Resource and Empowerment Center in collaboration with Westside Regional Center and our community partners invite you to our annual Transition to Adult Services series which is designed to provide you with important information and trusted resources. MARCH 22 INTRODUCTION / WELCOME TRANSITION CARE RESOURCES 10:00AM-10:15AM 11:00AM-11:20AM PERSON CENTERED THINKING INTODUCTION TO FAMILY RESOURCE AND EMPOWERMENT CENTER ONE PAGE DESCRIPTION 10:15AM-11:00AM 11:20AM-12:00PM MARCH 29 **ALTERNATIVES TO CONSERVATORSHIP** 10:00AM-11:30AM CONSERVATORSHIP RESOURCES 11:30AM -12:00PM **APRIL 5** SSI/SSA BENEFITS AND EMPLOYMENT SPECIAL NEEDS TRUST 10:00AM-11:00AM 11:00AM -12:00PM APRIL 12 REGIONAL CENTER SERVICES 10:00AM-10:45AM **EMPLOYMENT** LIVING OPTIONS 10:45AM-11:45AM 11:45AM-12:00PM APRIL 26 REGIONAL CENTER SERVICES - CONTINUED COORDINATED FAMILY SUPPORT SELF-DETERMINATION 11:00AM -12:000PM 10:00AM -11:00AM MAY 3 SPECIAL EDUCATION ALTERNATE PATHWAY TO A IEP /ITP HIGH SCHOOL DIPLOMA 10:00AM-10:50AM 10:50AM-11:20AM SCAN ME DEPARTMENT OF REHAB 11:20AM-12:00PM **MAY 17** TRANSITION/POST SECONDARY PROGRAMS PANEL 10:00AM -12:00PM **Register Now** Westside Family Resource and Empowerment Center





FAIR Please note the time change May 31, 2025 9:00AM-1:00PM

Westside Family Resource and Empowerment Center and Westside Regional Center in collaboration with our community partners will be hosting our annual Transition Fair.

O Health

- Education
- Regional Center
- Self Determination
- **Employment**
- **Generic Resources**
- **O**Living Options
- And More

In-Person

5901 Green Valley Circle, Suite 320 Culver City, CA 90230-6953





PLEASE JOIN US FOR EKO'S

MARDI GRAS MASQUERADE S PROM

Westdrift Hotel, Manhattan Beach
Friday May 30

TICKETS ON SALE NOW!



autism speaks

100 Day Kit

For Families of Newly Diagnosed Young Children

My Autism Guide SIGN UP



Information based on your needs

guide.autismspeaks.org



FOR ADDITIONAL INFORMATION CALL (310) 412-8750 OR VISIT WWW.CITYOFINGLEWOOD.ORG

CITY OF HAWTHORNE COMMUNITY SERVICES DEPARTMENT

AQUATICS CENTER

12501 INGLEWOOD AVE. HAWTHORNE, CA 90250

YEAR ROUND RECREATIONAL SWIM

STARTING WEDNESDAY, APRIL 2, 2025 MONDAYS, WEDNESDAYS & FRIDAYS 4:00PM-6:00PM

SATURDAY-SUNDAY
TROOPM

CHILDREN (17YRS & UNDER) - \$2.00 ADULTS - \$3.00 SENIORS (55+) - \$2.00



CITY OF HAWTHORNE AQUATICS CENTER
12501 INGLEWOOD AVE. HAWTHORNE, CA 90250
FOR MORE INFORMATION, PLEASE CALL: (310) 349 - 1670















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

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

Lynwood

3200 E. Imperial Hwy. Lynwood, CA 90262

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

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)

Lincoln Heights (ONLINE)
2430 N. BroadWay,
Los Angeles, CA 90031
213.294.2840
1st, 2nd Saturdays of month @ sam
and Tuesday of month @ sam
and Tuesday of month @ sam
and Raturday of month @ sam
and

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

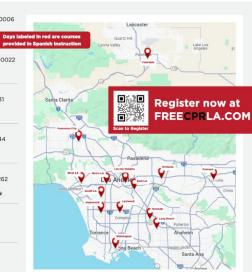
5710 Crenshaw Blvd. Los Angeles, CA 90043 213.428.1410 3rd Monday of month @ 9:30am & 1:30pm 4th Tuesday of month @ 9am

Norwalk

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

Long Beach

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



Prioritize Your Mental Health

BUILDING COMMUNITY
CONNECTIONS & MENTAL HEALTH
RESOURCES



ABOUT US

Our Linkage and Referral Workshop Group is tailored to address the unique mental health needs of our community, particularly those in areas with high demand for services. These workshops are designed to:

- Increase Awarenes
- Provide Educational Opportunities
- Support Risk Mitigation
- Create Community Connections

WHAT WE DO

Our workshops are aligned with the United Mental Health Promoters (UMHP) initiative, targeting communities affected by COVID-19, trauma, and exploitation. They will:

- Empower Residents: Help community members access tailored mental health resources, including for CSECY populations.
- Increase Community Engagement: Build partnerships to bridge gaps in mental health services.
- Support Participatory Learning: Enable residents to share experiences and co-develop local solutions.
- Enhance Equity and Inclusion: Ensure culturally competent services that align with the ARDI Initiative for greater accessibility.

WORKSHOP SCHEDULE

Tuesdays and Thursdays | 1:00 PM - 2:30 PM Location: call or email for address







OUR SERVICE

- Referral Services
- Counseling and Therapy
- Mental Health Consultation

CONTACT US

Tyi'Shauwn Watkins +424-250-6855 twatkins@cihssinc.org



Haven for Hope

A shelter for pregnant women in crisis located in the Boyle Heights community.

if you or anyone you know is in need of our services, please call (213) 671–2728.

IG: @havenforhopela
Website: https://havenforhope.co/



If you would like to volunteer or donate, please call the number shown above.



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:

www.winla.org

(424) 242-2397

Culver City, CA 90230

BLACK HEALTH INITIATIVE

CONNECTION

HELLO SPRING



Black Maternal Health Week

Black maternal health is in crisis, and we must take action.

Black women and birthing people in the U.S. are three times more likely to die from pregnancy-related causes than their white counterparts, regardless of income or education. Systemic racism, implicit bias, and lack of access to quality maternal care all contribute to this disparity.

This year, Black Maternal Health Week is from April 11-17th. The theme is "Healing Legacies: Strengthening Black Maternal Health through Collective Action and Advocacy." Planned Parenthood Los Angeles' Black Health Initiative is committed to advocating for culturally competent care, uplifting Black-led solutions, and taking action to change the outcomes of Black maternal health disparities. This includes supporting Black midwives, doulas, and community birth workers who, for generations, continue to be essential in improving maternal health outcomes.

Planned Parenthood Los Angeles' Black Health Initiative leader, Nurse Practitioner Kara James, spoke with the Los Angeles Sentinel about the urgent need to address Black maternal health disparities, medical mistreatment, and ways Black women can reclaim their power in the healthcare system (read more).

PPLA's Inglewood Health Center offers perinatal and prenatal services for pregnancy, postpartum, and family planning. Access to quality, affirming health care is essential. For reproductive health services, visit any of our 24 health centers across Los Angeles County.

Inside this Newsletter

Page 2 What is a Doula?

Page 3
Baldwin
HillsCrenshaw
Grand
Reopening

Page 4 Community Spotlight: AAIMM





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 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 or call 1-800-576-5544.











EXPECTING FATHERS GROUP

DADS, GET READY FOR FATHERHOOD! Sign up for the Expecting Fathers Group for Black Dads, Become empowered to advocate for yourself and your partner. Our community of support will help you access the tools you need.

To learn about upcoming dates and sign up for our FREE Zoom workshops, please email: DPH-AAIMMFatherhood@ph.lacounty.gov.



FATHERS, SCAN TO ENROLL

Or text DAD to 323-745-2771 to learn more about our Fatherhood Program.

Tuesdays @ 6:30 PM

Thursdays @ 9:30AM

SESSION DATES AND TOPICS:

Prenatal Support & Birth Plan. AAIMM info!

Labor and delivery April 8th

> Postpartum support. Postpartum depression.

> > Infant care/ Safe Sleeping/

April 22nd Breastfeeding

Resources/ Recap/ Gift!



BLACK DADS MATTER. LET'S HELP EACH OTHER IN OUR FATHERHOOD JOURNEY.



Help Me Grow LA PARENT AND FAMILY CAFÉ!

April 4, 2025 11:00 AM - 1:00 PM

FREE: REGISTER HERE!

May 2, 2025 11:00 AM - 1:00 PM

June 6, 2025 11:00 AM - 1:00 PM

MLK Community Health & Trauma Prevention Center 11833 Wilmington Ave, Los Angeles, CA 90059



Snacks and drinks provided





A safe space to gather, support other parents, share stories and experiences, plus learn about important resources for child development or special health care needs.





Long Beach Child and Adolescent Program

Connected from the Start

A PARENT & BABY ATTACHMENT WORKSHOP

Join Our Free Workshop to help learn about your newborns behavior and foster healthy attachment!

May 29th 2025 **9AM-11AM**

- For parents & babies up to 3 months old
- Learn how to build a healthy attachment with your baby
- Understand infant mental health & early development
- ¶ In-person in Long Beach **Limited spots**

- · Walk away with skills to better understand vour baby's cues
- Participants will be entered into a raffle for a special prize!
- · Babies welcome! Limited childcare available for older siblings





For More Info:

stalvarez@dmh.lacounty.gov Scan QR code to register

Registration is required





CREATIVE SOUL DISCOVERY: ART AS HEALING WORKSHOPS

MARCH 20TH APRIL 17TH MAY 15TH JUNE 5TH The Art as Healing workshops will integrate mindfulness as a foundational practice while engaging youth in practical, meaningful activities that promote self-awareness and healing. The workshops will combine mindfulness, sound and breath techniques, creative visualization, visual arts, and creative writing in a interactive format.



YOUNG ADULTS 17-25

IN-PERSON 6:00PM

REGISTER AT WWW.EVENTBRITE.COM













Decrease Disparity & Increase Access

4 Black/African American families experiencing Developmental Disabilities

Upcoming Events

EVERY WEDNESDAY 10AM-1PM

VIRTUAL -Black Families Drop-In Hours Topic: Got Questions? Got concerns? Related to your child/adult with developmental disability. Or Make an appointment for <u>Tuesday Evening Drop In</u> hours

Zoom: https://bit.ly/3EIVSYg

Or Call In! 1-669-900-9128 Meeting ID: 849 9135 9601

APRIL

Topic: Autism: How to Lead and Advocate and tips for **Behavior Intervention**

VIRTUAL - Black Families Connect Group

Zoom: https://bit.ly/3EIVSYg

Or Call In!

1-669-900-9128

Meeting ID: 849 9135 9601

TUESDAY Speaker: Tamara Shepphard, MS, RBT 5:30PM-7PM **APRIL VIRTUAL-** Early Start Parent Training

WEDNESDAY

10AM-12PM

Sponsored by Abriendo Puertas **Opening Doors**

Zoom: https://bit.ly/4i8h1TA

Or Call In! 1-669-444-9171 Meeting ID: 819 0269 4508

Location: Pomona

MAY

IN-PERSON

Black Families Connect: Spring Dance Party Music*Raffles*Gift Card*Giveaway*

Child & Adult Care Provided on Request

Dept. of Public Health: Pomona Wellness Community Center

Register for event here

SATURDAY 10AM-1PM

JUNE

IN-PERSON YOU'RE INVITED TO THE COOKOUT

Location: Tentatively Martin Tudor Splash Park (Fontana, CA) Register for event here

SATURDAY 10AM-1PM

*Music*Raffles*BBQ*Fun*Splash Park*

Welcome@AccessNonprofit.org

AccessNonprofit.org

Thank You to Our Equity Partners













EARLY CHILDHOOD WEBINAR SERIES

FREE Webinar series for parents/caregivers and professionals supporting children 0-5 who have disabilities or developmental delays.

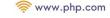


UPCOMING EVENTS February - June 2025











Florence Bracy
Author • Speaker • Advocate



A different type of \emph{HELP} for those living with autism.

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

by Florence Bracy is available on <u>Amazon</u>

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 austim. 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, encouracing 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 a feelings and acceptance issues that come up. This book provides strategies on how to cope through this process.

florencebracy.com

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.

<u>Endorsements</u>

"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."

Get your copy today at <u>Amazon</u>, available in ebook format as well, or give as a gift for someone you know living with autism.









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*:

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.

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 or text (323) 574-0862 www.florencebracy.com

Production of

(501(c)(3)

Gofundme Fundraiser for Felicia Ford

https://www.gofundme.com/f/felicia-ford-disability-advocate-and-special-needs-mom-in-n?attribution_id=sl:9bfb4b7b-4575-4f37-9a14-a6b639978329&utm_campaign=fp_sharesheet&utm_medium=customer&utm_source=copy_link



2024-2025 Series

3rd Thursday of every OTHER month

9-19-2024 | 1-23-2025 | 7-24-2025 11-21-2024 | 3-20-2025 | 9-18-2025 5-22-2025 | 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-parentsupport-group-registration/

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
- 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.disabilityrightsca.org/serr-manual/chapter-3-information-on-eligibilitycriteria/3-15-what-is-the-response-to-intervention-rti-model-and-what-part-does-itplay-in-determining-if-my-child-has-a-specific-lear ning-disability/
- 10. Determining Specific Learning Disability Eligibility Using Response to Instruction and Intervention (Rtl2) https://www.cde.ca.gov/sp/se/sr/documents/sldeligibltyrti2.doc
- 11. California Dyslexia Guide:
- file:///Users/anjierobinson/Downloads/Dyslexia%20Guidelines%20CA%20Dept%20of%20Education.pdf

Latoya Boston, LMFT, CEO Real Moms Live, Inglewood, CA https://www.realmomslive.com/

Lake Avenue Church (official) on Facebook. There are events occurring on the 18th for post- evaluation clean up home service and on the 19th there will an 11 a.m. Kids & Families with Loss. Send an email to Christyc@lakeave.org

My name is Michelle Smith. My son Chris attends the Shepherd's Class at Lake Avenue Church. It is a bible study for adults with developmental, intellectual, and or physical disabilities.

Lake Avenue Church begins at 9:30 a.m. and the Shepherd's Class meets there. In the 10:00 a.m. hour, Chris and his class meets in Orlund Hall You are welcome.

Lake Avenue Church # is 626.844.4755.

Murdockcommunity.org 3105676134 Brandi Murdock shared the letters and numbers below PW8980

Also please check out exceptional needs today magazine www.exceptionalneedstoday.com This is a magazine for families raising children and families with developmental disabilities www.exceptionalneedstoday.com

Mental Health and Stress after an Emergency

1. What are some common reactions people have after an emergency?

When an emergency strikes, it is common for people to worry about their safety and the safety of their homes/property, pets and those close to them. Our reactions to an emergency can affect the way we feel, think, and act, for example:

2. What can you do for yourself?

- Understand that it is normal to feel worry and stress after an emergency.
- Recognize that you did not have control over this situation. Remind yourself of the ways that you are gaining
 control of your situation and helping lower your anxiety. For example, "I am taking medicine and learning more
 about what to do."
- Turn to family, friends, and spiritual support, and talk about your experiences and feelings with them.
- Get back to the routines of your life as soon as you can.

3. What can you do for your child?

TIP	EXAMPLES
Help your children feel safe	 Check in with them. Let them talk about their fears and worries. Stick to family routines that help them feel comfortable and secure. Reassure them that parents, teachers, doctors, and government officials are doing their best to keep them safe and healthy.
Limit the time kids spend watching the news	 Kids may be frightened, overwhelmed, or traumatized by news reports. Supervise what they watch on TV. Have a family discussion during and after viewing to let them express their fears and concerns.
Arm yourself with the facts	Your kids will be less fearful if they see that you are not afraid and if you spend time with them answering all their questions.

If you or members of your family have trouble coping, ask for help. At work, you may be able to get help from your human resources department or your company's Employee Assistance Program. Call a counselor or mental health professional at the Department of Mental Health 1-800-854-7771. You can also contact the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 1-800-985-5990 or text





TalkWithUs to 66746.



Free Legal Services

Affected by the wind and wildfires?

LA County's Legal Aid program provides free, trusted experts to assist you with:

- Legal aid for commercial lease reviews and insurance claims
- Guidance for tenant rights and eviction protection

Legal Aid Hotline: 1-800-399-4529
Learn more at bit.ly/DEOWildfireResponse







City of Hawthorne Homeless Services & Military & Veterans Affairs are dedicated to serving veterans, their families and caregivers.

For more information and appointments call (310) 349-1663

★ Compensation and Pension Claims * Veterans Designation on CA

- * Burial Benefits and Services * Medical and Mental Health Referrals
 - ★ Education/CALVET College Fee Waivers
 - * Veteran Readiness and Employment
- ★ Home Loans and Grant Applications Referrals
 - ⋆ Job Placement Assistance Referrals

- ⋆ Disabled Veteran License Plates
- ★ Legal Service Referrals
- ★ Claims Appeals Process ⋆ Justice-Involved Veterans
- * VA Aid and Attendance
- ★ Transitioning Veterans Program ★ Veterans Designation on CA Driver's

License

3901 W. El Segundo Blvd. Hawthorne, CA 90250 (located East of the Senior Center)

Driver's License

Resources







WORK IS FOR EVERYONE!



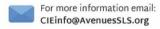
TRAINING VIDEOS

English, Español (Spanish), Հայերեն (Armenian), فارسى (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



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



Or just click on it (e-version)

MASTER PLAN FOR DEVELOPMENTAL SERVICES (LINKS)

https://www.chhs.ca.gov/home/master-plan-fo r-developmental-services/

https://www.chhs.ca.gov/home/mpds-committ ee-workgroup/

Westside Regional Center's Link Tree and Social Media

https://linktr.ee/westsidefrec

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 & EMPOWERMENT CENTER

Our center provides FREE support, information, and quidance 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
- Anianette 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.

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

Office of Printers Different Learners Understanding the Dispussion

Learn about different disabilities and diagnoses

Trainer: Mariana Lefiero

Educational Psychologist at Learning Rights Law Center

Facebook Page Youtube Page

Click here to register in advance.

Understanding and Rangeling the at Hume Supportive Service

Artist Is seen.

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



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



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 www.wfrec.org

www.wfrec.org

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

Westside Family Resource & Empowerment Center



Together

We Can Make
a Difference

Employment & Education

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

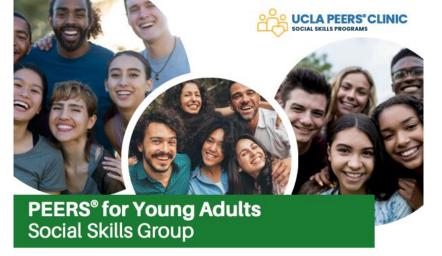
https://ccfsocal.org/ - Childhood Cancer Foundation

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

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

<u>TheSpectrumCareers.com</u> - The Spectrum Cares

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



NOW ENROLLING ADULTS 18-35 YEARS OLD

- · PEERS® 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
- · Conversational skills
- · Entering and exiting conversations
- · Appropriate use of humor
- Handling direct and indirect bullying
- · Electronic communication
- · Dating skills
- · Organizing get-togethers
- · Handling disagreements
- · 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





O @uclapeers

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

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 -

PathPoint Los Angeles County Project SEARCH-Henry Mayo Newhall Hospital













Project SEARCH is a school-towork 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 problemsolving 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

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/

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

RESOURCES FROM PRESENTATION BY ALBERTA BRINSON MOORE:

Parents Helping Parents:

https://www.php.com/transition-to-adulthood/

Black Americans Understanding the Real Cost of College

https://www.facebook.com/groups/424071671476387/

The Right to Read Film

https://www.therighttoreadfilm.org/



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 Timeline





Transition Planning



Education and Training



Adult Life



Self-Advocacy



Work Preparation

12 - 16 Under 12

16 - 18

18 - 22

Driver's License/ID

Passport

Register to Vote

Selective Service

22+

Click words in

bold to learn

more!

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

Engage with more

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 adulting options: Department of Rehabilitation, Regional Center, education/training, housing, assistive technology

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









RECRUITING PRESCHOOL CHILDREN W/ AUTISM FOR RESEARCH!

PURPOSE: To understand children with autism's response to caregiver social touch.



Who can participate?

- ☐ Children (ages 3-5 y/o) and their parent
- □ Documented diagnosis OR school eligibility of autism





Involvement

- Children will be assessed for sensory processing, adaptive skills, and social skills.
- Children & parent will participate in two social touch tasks.

Duration + Compensation

Two (2) sessions (in total)

- (1) 1.5 hours via Zoom \$15 for completing surveys
- (2) I hour in-person: transportation + prize + \$25 at the end!

INTERESTED?

Scan the QR Code or Contact Us



Elizabeth Isralowitz isralowi@usc.edu +1 (323) 250-9984

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, 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.

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

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.









THE FORMULA FOR SUCCESS



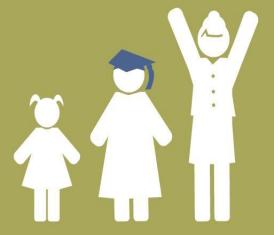
Timely Screening

THREE SCREENINGS
BEFORE THIRD BIRTHDAY



Early Intervention

INFORMATION, LINKAGE, REFERRAL AND SUPPORT



Successful Outcomes

KINDERGARTEN READY
TO INDEPENDENT ADULT



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



Audioloav



Charter Operated Programs



Deaf/Hard of Hearing (DHH)



District Office of Early Childhood Transition Services 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

Your Dreams Can Come True!

CalHFA's Dream For All shared appreciation loan offers up to 20% down payment assistance for firstgeneration homebuyers.

Find Out More Today!

Call (877) 9-CalHFA (922-5432) or visit www.calhfa.ca.gov/dream







2021 RENT RELIEF PROGRAM **211**la.org

Sign up now to receive LA County upcoming rent relief program updates. Call 211 or visit:

211la.org/lacounty/rentrelief

For additional information, call (562) 806-7654







Upcoming Trainings & Events



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.



Telephone:

Presented by: Liza Gonzalez & Jessica Ortega 424-877-2460, 424-877-2430

LizaG@WestsideRC.org, JessicaO@WestsideRC.org



When: Time:

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



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

https://westsiderc-org.zoom.us/meeting/register/tJ0gcu-vrT8rHN0sHptl7Gp88Z_AuIVDYsms

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

For more information visit: westsiderc.org/training-and-events















Registration Required: 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.







Helping families navigate:

A Special education

A Disability services



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

Assistive technology

IEPs

· Augmentative and alternative communication (AAC) · Transition to adulthood

 Section 504 Assessment

· Disability services

· Assistive technology

Services

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

 Telephone support IEP consultations

Workshops

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

Youth programs

Riverside & San Bernardino Counties c/o Community Access & Disability Center 3845 Spring Dr., Room 21 6848 Magnolia Ave., #150 Riverside, CA 92506 (951) 328-1200

San Diego & Imperial Counties Spring Valley, CA 91979 (619) 282-0846

We're here to help. | 866.828.8275. | task@taskca.org

Recreational & Activities



Arts n' Crafts

3rd Sunday of the month @2-3 PM Dolphin Park 21205 Water St, Carson, CA 90745

Scan QR for registration.



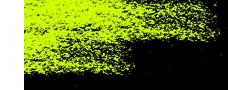






Center for Autism + Developmental Disabilities





5-ELEVEN HQOPS

LOCATIONS:

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

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

GROUP AND PRIVATE 1:1 LESSONS

AGES 5 AND UP

COMPTON, CA



OBJECTIVES:

LEARN BASKETBALL FUNDAMENTALS

PROMOTE SOCIAL GROWTH
AND DEVELOPMENT

MAKING HEALTHY SOCIAL CONNECTIONS

PROMOTE FITNESS AS FUN

DEVELOP SPORTSMANSHIP
TEAM BUILDING
AND COOPERATION







PARTICIPATE • VOLUNTEER • SUPPORT



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.





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

310.462.7898 www.MALIAKAASSOCIATES.com

Parenting & Empowerment Workshops

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 inhome support. We can provide resources and referrals for:

- IEP & Regional Center support
- Food, clothing, and diaper
- Housing support services
- Job training
- Family activities and playgroup
- 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 o send an email to familysupport@winla.org





!!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

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



EMAIL US info@winla.org





f in 0 💆

@WINFamiliesLA



EMPOWERING FAMILIES ONE FAMILY AT A TIME

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

WWW.WINLA.ORG | @WINFAMILIESLA

HOW WE HELP



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 10week intervention that promotes secure attachment between children prenantal to 5 and their careaivers.
- 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.



 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



63 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

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.







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. 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

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







Wellness & Mental Health



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

The Watts Counseling and Learning Center is a nonposite Community Benefit program of Kalser Permanente Southern California. Since 1967, the Center has provided counterling, outreach, and educational services to the residents of the Watts community. Kalser Permanente Health Plan membership is not required to receive them 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 shilings have or had cancer or other life-threatening illness can receive innovative, specialized counseling and support groups.

School Outreach Services — The Center provides psychoeducational groups at local schools.

internahips — 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 Massachauerts.

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

Reacting Enrichment — Students participate its weekly sessions that build enrhusiasm for reading through various activities and reading materials.

Homework Help Club -- Elementary grade students receive after school bornework assistance.

Much Tuttoring — Elementary through high school students receive individualized starts 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 instensions to 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 in both state literated and sationally accredited by the National Association for the Education of Young Children (NAEYC). Ougoning parent education groups are also part of the program. Tations is based on a nominal sliding-scale for.





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.

CHILDHELP 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.









Food, Diapers & Daily Essentials

Expedited CalFresh: Receive Food Benefits Quickly

You may be eligible to receive Expedited CalFresh benefits within three days, or even as early as the same day the application is received.



dpss





Disabled? Homeless? Unable to cook? #RMP lets you buy healthy, prepared meals at over 1,300 participating restaurants!

Learn more at https://dpss.lacounty.gov/en/food/meals.html.

doss



Utility Bill Pay Move In Costs Free Tax Preparation

Felony Services

Housing Relocation Assistance Employment Clothing Assistance

Re-Entry (formerly incarcerated)

Daily Food Pantry Parenting Classes Anger Management Classes Domestic Violence Classes

Individual Counseling

Victim Services Covid Vaccination Assistance

Immigration Services

*Customer must be a Los Angeles City Resident & All Documents must be within 90 days of Enrollment

> **Current VALID Identification** (California Driver's License/ID, Matricula Consular etc.)

All Service Eligibility Criteria

Proof of Address

(Utility Bill or Residential Mail)

Proof of Income

(Check Stub, Benefit Verification Letter)



12 E 108th St. Los Angeles CA 90059 Phone: 323-357-6262

THURSDAYS | 10AM-3PM



CRC INGLEWOOD

FREE DIAPERS

- One pack of diapers per child once a month
- Children must be present for 2 packs or more
- Call before visiting for size availability
- While supplies last!





