

Standardized Family Support Tool Update: New Focus on Respite

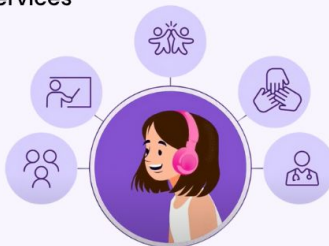
The Department hosted a [public webinar about the Family Support Tool project on April 10, 2025](#). At that time, the Department planned to present a draft tool in June. The timeline has shifted and a draft of the standalone Standardized Respite Tool will be presented at a public webinar on Tuesday, July 29, 2025, at 10:00 a.m. [Register here to attend the upcoming webinar](#).

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
or on Youtube at www.youtube.com/@NLACRC



SCAN
ME



BLACK EDUCATION Expo

EDUCATE, INSPIRE, INFORM

JOIN US FOR THE **K-12** BLACK EDUCATION EXPO 2025!
Co-Presented by Pasadena Councilmember Tyron Hampton

Saturday October 4th 2025
9:00 AM – 2:00 PM

Pasadena Convention Center
300 E. Green Street Pasadena CA 91101

FREE ENTRY

SCAN TO REGISTER



The Black Education Expo (BEE) is back with an inspiring and resourceful day dedicated to empowering K-12 students and families from communities of color. Join us as we continue to build pathways to success through education, innovation, and community collaboration.

This event brings together educators, community leaders, and families, with interactive opportunities designed to inform, inspire, and connect.

EVENT HIGHLIGHTS:

- * All Are Welcome
- * Expo Hall with 60+ Resource Exhibitors feat.
- * Literacy and Financial Education
- * College Admissions / Scholarship Opportunities
- * Vocational and Career Pathways
- * Entrepreneurship
- * Exciting Giveaways
- * Health and Mental Health Awareness
- * Homeschooling Resources
- * Hands-On Tech and S.T.E.A.M. Demos
- * Teen Zone Presented by Intuit for Education
- * Workshops for Parents, Caregivers, and Educators
- * Kids Zone with Face Painting / Arts and Crafts

LEARN MORE AND REGISTER NOW:
WWW.BLACKEDUCATIONEXPO.COM

To sponsor or exhibit contact info@blackeducationexpo.com
Don't miss the chance to access valuable K-12 resources



@blackeducationexpo



Join Our **FREE 4-Week**
Virtual Advocacy Workshop!



**LEGACY BRIDGES
FOUNDATION, INC.**

YOUR VOICE YOUR POWER

Empowering Individuals & Families
to Advocate with Confidence



REGISTER HERE



Tuesdays 5:30pm – 6:30pm (PST)
July 29th, August 5th, 12th, 19th

Feeling stuck or unheard?

Whether you're advocating for yourself or a loved one, this free 4-week virtual workshop will give you the tools, skills, and confidence to navigate healthcare, education, and public systems effectively.

WHAT YOU'LL GAIN:

- ✓ Clear Communication Skills
- ✓ Effective Goal-Setting
- ✓ Building a Support Network
- ✓ Persistence Through Challenges

WORKSHOP HIGHLIGHTS:

- ✓ Interactive Sessions
- ✓ Practical Tools & Templates
- ✓ Community & Expert Support
- ✓ Unlock Your Advocacy Power



SPANISH TRANSLATION SERVICES AVAILABLE



DDS Department of
Developmental
Services

INCLUSION SUMMER DAY CAMP



JULY 14 THRU AUGUST 8

Fully Inclusive programs for students with autism and special needs and their neurotypical siblings and peers ages 5 to 16. *This summer, we are also excited to introduce a special program designed specifically for our late adolescents and emerging adults, aged 17 to 24, to assist in their development and transition into adulthood.*

PRE-CARE
8:00AM-9:00AM

CAMP HOURS
9:00AM-4:00PM

AFTER-CARE
4:00PM-6:00PM

CAMP LOCATION

ST. AGNES CATHOLIC SCHOOL
1428 W ADAMS BLVD., LOS ANGELES, CA 90007

Hands-On Learning

Age-Specific Curriculum

Experienced Staff

3 to 1 Adult-to-Student Ratio

APPLY ONLINE TODAY!

<https://bit.ly/SNNJPAC16>

Math and Reading Enrichment

Dance

Music

Social Skills

Arts and Crafts

Sports

Science

Theater

Games

Talent Show

Coding

...and Much More!

VENDOR NUMBER HX1200



SUPER DADS

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

CITY OF REFUGE PRESENTS

**JULY
26TH**
11AM-3PM

**FREE
EVENT**

Back to School

SUPPLY GIVEAWAY

BACKPACKS | SCHOOL SUPPLIES | FOOD | GAMES | MUCH MORE

1045 W. REDONDO BEACH BLVD GARDENA, CA

SENIO VALERIO JONES

RONDA NOLAN JONES



FAITH
UNITED METHODIST &
CHURCH



OUR ANNUAL BACK TO SCHOOL
BACKPACK GIVEAWAY

FILLED WITH SCHOOL SUPPLIES!

SATURDAY | JULY
26th
11AM-3PM

ONE PER CHILD &
Kids Must Be Present to
Receive Backpack.
While Supplies Last



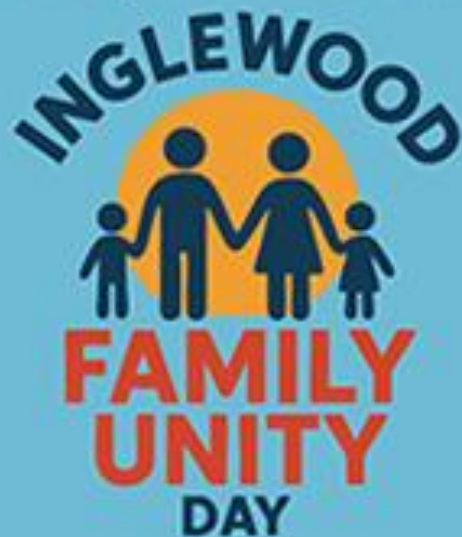
Refreshments will be available
Music by Dj Legassy

FAITH United Methodist Church
1713 WEST 108th STREET
Los Angeles, CA 90044
Stanley Settle, Pastor

SATURDAY, JULY 26TH | 12PM-5PM



CITY of INGLEWOOD PRESENTS



***FREE FOOD
PERFORMANCES
LIVE MUSIC
GAMES
FAMILY FUN
COMMUNITY VENDORS
& MORE!**

The Help Group PRESENTS

family FUN DAY

A FREE COMMUNITY EVENT

SATURDAY, SEPTEMBER 13
12:00PM NOON

An Interactive
Music for Autism
Concert takes
center stage

The Help Group
Sherman Oaks Campus
13130 Burbank Blvd.
Sherman Oaks, CA, 91401

Lead 101 Workshop

Learn about how you can protect yourself and your family from lead exposure and practical prevention measures against lead poisoning.

Participants will receive a gift card while supplies last.



**MLK COMMUNITY HEALING &
TRAUMA PREVENTION CENTER**

11833 Wilmington Ave.,
Los Angeles, CA 90059



**THURSDAY
JULY 31, 2025**



English 10:00 AM - 11:00 AM
Spanish 11:00 AM - 12:00 PM





Yelep



**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:

Applied Behavior Analysis

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

SPECIAL NEEDS NETWORK, INC. *Together with*
COUNCILMEMBER CURREN D. PRICE, JR.
Cordially invite you

CURREN D.
PRICE, JR.
Los Angeles City Councilmember



20TH ANNUAL **BACK2SCHOOL** HEALTH + RESOURCE FAIR!



A FUN-FILLED DAY FOR CHILDREN, FAMILIES, AND THE COMMUNITY

SAVE THE DATE

SATURDAY | AUGUST 30 | 10AM – 1PM

SOUTH PARK RECREATION CENTER 345 E. 51ST STREET, LOS ANGELES, CA 90011

— FREE TO THE PUBLIC / ALL ARE WELCOME —

FREE Health + Dental Screenings

Petting Zoo + Pony Rides

LIVE Music

FREE Food Packages

Book Reading

FREE Food + Beverages

Kid Bouncy House

Win Prizes

Backpack + School Supplies Give-Away

...and Much Much More!

(WHILE SUPPLIES LAST / CHILDREN MUST BE PRESENT FOR BACKPACKS)

FOR SPONSORSHIP, RESOURCE FAIR BOOTH OR MORE INFORMATION | BRDRIGUEZ@SNNLA.ORG / 323.925.6706



@specialneedsnetwork



@specialneedsLA



@specialneedsnetwork

www.snnla.org

AL WOOTEN JR. YOUTH CENTER

SUMMER FUN CAMP 2025



JUNE 23, 24, 26, 27, 2025 (4 DAYS)
SHAWN PATTERSON MEMORIAL BASKETBALL CAMP
9:00AM-11:00AM

JUNE 30-AUG 1, 2025 (5 WEEKS)
SUMMER FUN CAMP MON-FRI, 9AM-6PM
EARLY ARRIVAL AVAILABLE AT 8AM



AL WOOTEN JR. YOUTH CENTER
9106 S. WESTERN AVE
LOS ANGELES, CA 90047



FOR GRADES 3-8
(MUST HAVE COMPLETED 3-8TH GRADE
IN SPRING 2025)

ENVIRONMENTAL SCIENCE

ACTIVITIES

Small group tutoring in Math and Reading, STEM projects, World Languages and Culture with Cooking class, swimming lessons at Ketchum YMCA, Golf, field trips and more.



REGISTRATION/INFORMATION
www.wootencenter.org/summer

(323) 756-7203



**REGISTRATION
FEE PER FAMILY**

\$30

TUITION

\$65/WK

PER STUDENT

\$60/WK

PER STUDENT

for families with 3 or
more children enrolled
from the same
household

Tuition includes t-shirt,
daily lunch and snack,
and all field trips
except final amusement
park. There will be
some costs associated
with transportation for
field trips.

LADARRION WILLIAMS

In Conversation with Erika Kendrick

FRI., JULY 25 - 7 PM
THE MIRACLE THEATER
Inglewood, California



RSVP
MALIKBOOKS.COM



Follow us:



THE PREMIER NETWORK OF BLACK REAL ESTATE PROFESSIONALS

TITLE PARTNER



The National Association of Real Estate Brokers, Inc.
PRESENTS

COMMUNITY WEALTH BUILDING EXPO

AN EVENT FOR THE ENTIRE FAMILY



Ashley Thomas, III
President Elect,
NAREB

Dr. Courtney Johnson Rose
President,
NAREB

Lyric Armstrong
President,
Consolidated Board of Realtist

Bishop Craig Worsham
Director of Faith Based & Community Partnerships,
NAREB



Free Credit
Reports & Housing
Counseling



Foreclosure
Prevention
Services



Free Resources

Meet 1 on 1 With
a Realtist

Meet 1 on 1 With
a Lawyer

Meet 1 on 1 With
a Lender



Kids Zone



DJ



Free Food



Free Health
Screenings

FREE SERVICES & CLASSES FOR THE COMMUNITY

Investing In
Real Estate

Home-buying
Process

Heirs Property (What To Do
With Big-mamas House?)

Faith-based Land
Development

JULY 26, 2025 | 9:30 A.M. - 2:00 P.M.



LOCATION

People's Independent Church of Christ
5856 West Blvd., Los Angeles, CA 90043

REGISTER FOR
COMMUNITY DAY AT

www.NAREBBLACKWEALTHTOUR.com



• BLACK FAMILIES CONNECT •

**\$100
STIPEND!**
UPON COMPLETION

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 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

WORKSHOP DETAILS

DATES

Virtual | Tuesdays
5:30pm - 7:30pm

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

Guest Speaker

Malsha Sebastiani, MBA
MAS Diversity Consultancy

FOUNDER'S FORUM

Virtual | Tuesdays
5:30pm - 7:30pm

SEPTEMBER 9TH
SEPTEMBER 16TH

Guest Speaker

Amber Wynn, MSPA
Nonprofit Consultant

SYMPOSIUM & CEREMONY

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

LEARN MORE & REGISTER HERE!

Questions? Please contact:

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

Service Access & Equity Partners



**SCAN HERE TO
SIGN UP**

or visit this link:
<https://forms.gle/V9Jl6amF9ZU8oIFwB>

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 Awareness
- 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



YOUR MENTAL HEALTH MATTERS

OUR SERVICE

- Referral Services
- Counseling and Therapy
- Mental Health Consultation

CONTACT US

Tyi'Shawn 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/>

We provide:

- Emergency Shelter
- Doula services
- Health & Wellness Programs
- Ride Share



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



100 Day Kit

For Families of Newly Diagnosed Young Children

My Autism Guide
SIGN UP



Information
based on
your needs

guide.autismspeaks.org



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



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

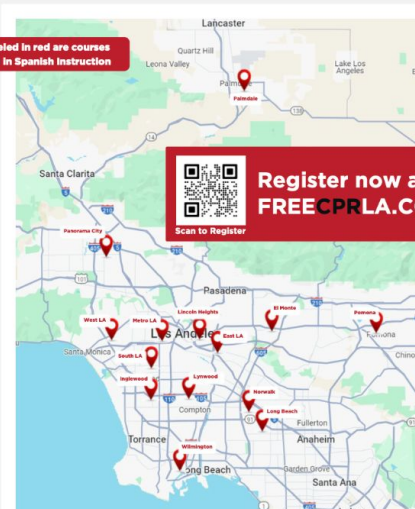
5710 Crenshaw Blvd.
Los Angeles, CA 90043
213.428.1410
3rd Monday of month @ 9:30am & 1:30pm
4th Tuesday of month @ 9am

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



Register now at
FREECPRLA.COM



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 (424) 242-2397 ④ 5601 W. Slauson Ave. Suite 220
④ info@winla.org 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.

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Crenshaw
Grand
Reopening*

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AAIMM*

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



1 (800) 576-5544



www.pp-la.org



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](http://www.pp-la.org) or call 1-800-576-5544.



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

Production of

Bugle Horn
AUTISM

(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

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.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>

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:

THINK	FEEL	ACT
- Confused - Nightmares - Disoriented - High or low level of alertness - Can't concentrate - Can't follow simple instructions - Memory problems - Poor problem solving - Can't identify familiar objects or people	- Chest pain, difficult breathing, or fast heart rate (check with your doctor) - Fatigue - Nausea/vomiting - Dizziness - Sweating - Headaches - Vision problems - Aches and Pains - Chills - Clammy skin - Anxiety - Trouble hearing	- Guilt - Grief - Denial - Severe panic (rare) - Fear - Worry - Irritability - Depression - Sense of failure - Feeling overwhelmed - Blaming others or self - Hopelessness - Frustration - Isolation

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**.

EPRP-EPRP-0020-01 (11/12/18)

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

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)

MASTER PLAN FOR DEVELOPMENTAL SERVICES (LINKS)

<https://www.chhs.ca.gov/home/master-plan-for-developmental-services/>

<https://www.chhs.ca.gov/home/mpds-committee-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
and Empowerment Center
LA County Inclusion Partnership



WESTSIDE
REGIONAL CENTER

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



The Westside Family Resource and Empowerment Center



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



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

TheSpectrumCareers.com - The Spectrum Cares

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



PEERS[®] for Young Adults Social Skills Group

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 | • 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

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

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/>



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 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), 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!



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) 1 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



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

Your Dreams Can Come True!

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

Find Out More Today!

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



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

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



CHIRP

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211la.org



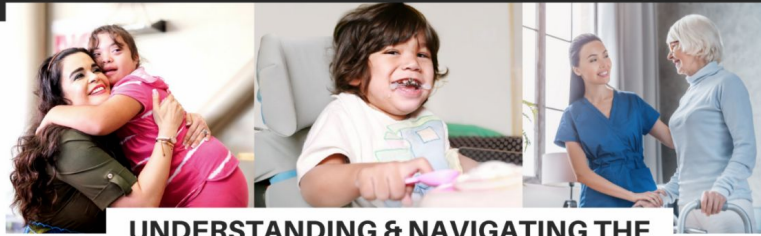
213.741.1951



Info@chirpla.org

CHIRP
LOS ANGELES

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

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

For more information visit: 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

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

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

Recreational & Activities

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

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



**Adaptive Sports
in Southern
California for kids,
adults & veterans
with physical
disabilities**



www.AngelCitySports.org



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COACHING
EQUIPMENT
COMPETITION**

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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

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



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



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

!!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!

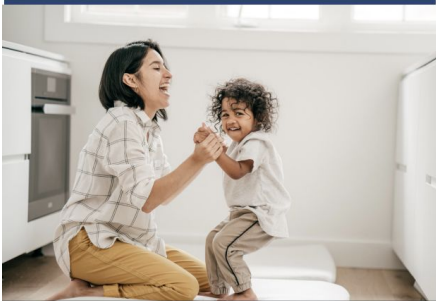
familysupport@winla.org | (323) 864-0109

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



@WINFamiliesLA



**EMPOWERING FAMILIES
ONE FAMILY AT A TIME**

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

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.

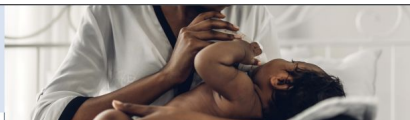
PARENT/CAREGIVER GROUPS

- **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.





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

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



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

Food, Diapers & Daily Essentials

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!**



Community Resource Center

2864 W. Imperial Hwy 90303 | (310) 330-3130



CALFRESH RESTAURANT MEALS PROGRAM (RMP)

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>.

dpss.lacounty.gov



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.lacounty.gov





WLCAC

Department of Family Services

FREE SERVICES

Rental Assistance

Utility Bill Pay

Move In Costs

Free Tax Preparation

Housing Relocation Assistance

Employment Clothing Assistance

Re-Entry (formerly incarcerated)

Felony Services

Youth Services

Daily Food Pantry

Parenting Classes

Anger Management Classes

Domestic Violence Classes

Individual Counseling

Victim Services

Covid Vaccination Assistance

Immigration Services

All Service Eligibility Criteria

*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.)

Proof of Address

(Utility Bill or Residential Mail)

Proof of Income

(Check Stub, Benefit Verification Letter)

Monday - Friday 9am to 5pm



Problem Solution

Address: 1212 E 108th St. Los Angeles CA 90059 Phone: 323-357-6262