

Monthly Resources
August, 2024

AUGUST, 2024 NEW RESOURCES

Recommended Earthquake Safety Actions



Federal, State, and local emergency management experts and other official preparedness organizations agree that the actions described below will reduce injury and death during earthquakes.

In most situations, if you feel shaking or get an earthquake alert, immediately:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and allows you to stay low and crawl to shelter if nearby.

COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath it for shelter.
- If no shelter is nearby, crawl next to an interior wall (away from windows).
- Stay on your knees; bend over to protect vital organs.

HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts.
- No shelter: hold on to your head and neck with both arms and hands.

If you are unable to drop to the ground, sit and bend over, covering your head and neck with your hands and arms. If you use a cane, keep it with you even if you go under a table to help you get back up. If you use a wheelchair or walker with wheels (a rollator), **LOCK** your wheels (or set the brake) and remain seated until the shaking stops. Always **COVER** your head and neck with your arms, a pillow, a book, or whatever is available and **HOLD ON** until shaking stops. For other accessibility recommendations see [EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility).

U.S. West Coast residents are encouraged to download the MyShake app to receive earthquake alert messages on their cellphone.

A small jolt might turn out to be the start of a large earthquake, so always protect yourself immediately!



Earthquake Warning California

Earthquake Warning California is the country's first publicly available, statewide warning system that could give California residents crucial seconds to take cover before you feel shaking. Managed by the Governor's Office of Emergency Services (Cal OES), Earthquake Warning California uses ground motion sensors from across the state to detect earthquakes before humans can feel them and can notify Californians to "Drop, Cover and Hold On" in advance of an earthquake.

To receive earthquake warnings, individuals and family members can download the MyShake App and ensure phone settings are adjusted to receive emergency alerts, including:

- **MyShake App:** Free smartphone app that provides iPhone and Android users with audio and visual warnings [magnitude 4.5 or higher and Modified Mercalli Intensity III (weak) shaking]. Available at in the **Apple App** and **Google Play** stores;
- **Android Earthquake Alerts:** Android phones with updated operating systems are automatically subscribed to Android Earthquake Alerts, which uses the same technology as the MyShake App; and
- **Wireless Emergency Alerts (WEAs):** No-cost text messages for emergency situations [magnitude 5.0 or higher and Modified Mercalli Intensity IV (light) shaking].

If you live in or travel to areas that could be impacted by an earthquake, preparation is vital, as these events can strike suddenly, at any time, with little warning.

Visit **My Hazards** to see if you live or work in an area prone to earthquakes.



Now available in California, Oregon and Washington!

The **MyShake app** now works along the entire US West Coast, so you can receive earthquake warnings on your Apple or Android phone, even when you're working, living, or traveling out of state.

Learn more about earthquake and tsunami preparedness in: California | Oregon | Washington



EIGHTEENTH
EVENING UNDER
THE

STARS

★
BOOTS
★

DENIM

AND

DIAMONDS

DANCE PARTY

SPONSORED BY  TOYOTA



SAVE THE DATE

— SATURDAY —
THE 19TH OF OCTOBER
2024

*Saddle up, grab your favorite boots and denim fit, add some sparkle,
and join us for the ultimate Western-themed dance party with a purpose.
Specialty whiskey cocktails, delectable chuck wagon cuisine, professional line
dancing instruction, and live "Texas Hold'em" style music!*

AWARDS PRESENTATION, ENTERTAINMENT, AND DANCE PARTY!

DOORS OPEN AT 6 O'CLOCK

— H O N O R I N G —



VANGUARD
AWARD

SHERRI
SHEPHERD

MULTI-EMMY AWARD WINNING ACTRESS,
COMEDIAN AND HOST OF THE #1 DAYTIME
SYNDICATED TALK SHOW "SHERRI"

— CELEBRATING + RAISING FUNDS —

For our new Culinary Arts Workforce Development Program
and Special Flavours Food Truck Enterprise.

PRIVATE PALATIAL ESTATE IN PASADENA
• ADDRESS PROVIDED UPON RSVP •

RESERVE YOUR TICKETS ONLINE

LIMITED INDIVIDUAL TICKETS AVAILABLE
(Not valid with other special offers)

<https://SNNEUS18.eventbrite.com>



FOR SPONSORSHIP + GALA INFORMATION

Contact Krystal Williams at 323.949.4191 / krystal@snlna.org



SATURDAY, AUGUST 31, 2024
EMERGING ARTISTS SET
12:30 PM



Fernando Pullum Community Arts Center
Jazz Band

#BolsterBlackLA



2024

BLACK BUSINESS DAY | EXPO

SAT. AUGUST 17 • 11A-5P

LOS ANGELES TRADE-TECHNICAL COLLEGE

PRESENTED BY

BLACK BUSINESS ASSOCIATION



CELEBRATING *August* AS
NATIONAL BLACK BUSINESS MONTH

GOLD SPONSORS



Los Angeles
Department of
Water & Power



Metro

SILVER SPONSORS



COMMUNITY PARTNERS



BBD HOST

Tammi Mae

KJLH Radio Personality
Actress and Author

BBALA.ORG

FREE
TO ATTEND
W/ REGISTRATION





Self Defense Class

Clases de Autodefensa

7-9PM

**Sept
20**

*Peace Over Violence &
Connection to Wellness*

<https://www.eventbrite.com/e/free-self-defense-course-tickets-965247309687>

<https://www.peaceoverviolence.org/deaf-disabled-elder-services>



WESTWOOD VILLAGE IMPROVEMENT ASSOCIATION
PRESENTS
CINEMA UNDER THE STARS

Pre-show Event: 6:00 PM - Sundown
Movie Time: Sundown – 10:00 PM
Broxton Plaza at Westwood Village
1036 Broxton Ave, Los Angeles, CA



Free Popcorn



\$5 Parking



Dog-Friendly



Lilo & Stitch

July 13th



Finding Nemo

August 10th



Ratatouille

September 14th

This summer, experience free outdoor movie nights in Westwood Village featuring live music, arts and crafts, snacks, and entertainment.

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

*Differed Thinkers, Differed Learners: Understanding the Diagnostics***

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 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





Autism Alliance SoCal

What does it mean to be Neurodiverse?

4-Part Hybrid Workshop Series for ages 16-35

Part 1

August 24, 2024

12:00 PM - 2:00 PM

Virtual - Zoom

- Being able to understand your diagnosis and what that means in the world.
- Understanding what it means to be a regional center client with a developmental disability.

Part 2

August 31, 2024

12:00 PM - 2:00 PM

Virtual - Zoom

- Being able to identify ways you can use your diagnosis to advocate in different settings.
- Learning when to self-disclose your diagnosis.

Part 3

September 7, 2024

12:00 PM - 2:00 PM

**In-Person
Pasadena Area**

- Grooming and Self-Care: Practicing and creating a skincare routine (Live Demo) with Elise Duarte, Self-Advocate/Certified Makeup Artist.

Part 4

September 14, 2024

12:00 PM - 2:00 PM

**In-Person
Pasadena Area**

- Etiquette for social situations. How to dress for different occasions.
- Recap and practice skills learned.
- Social hangout: Light lunch, mingle and karaoke



RESET YOUR CROWN



Join us for a transformative experience at the "Reset Your Crown" conference, designed exclusively for teenage youth! This dynamic event will empower you to embrace your inner strength, build self-confidence, and navigate life's challenges with grace and resilience for teen girls ages 9-18.

WHAT TO EXPECT:

- Interactive Sessions
- Skill-Building Workshops
- Inspiring Speakers
- Supportive Community



August 24, 2024



10:00 am to 2:00 pm



Watts, CA

Register Here



SCAN ME



www.marchingbeauties.org



[@marchingbeauties.org](https://www.instagram.com/marchingbeauties.org)



[themarchingbeautiesfoundation](https://www.facebook.com/themarchingbeautiesfoundation)

Self Advocacy Academy



TRAVEL SAFETY

Gain valuable resources and tools for planning future trips and accommodations awareness.



AUGUST 20, 2024
TUESDAY
11AM TO 12:30PM

A series of virtual classes to build skills and gain knowledge for everyday life through interactive sessions.



MEETING ID: 894 0943 0403

PASSWORD: 232284

For more information and language interpretation request:
Jose Rodriguez | (818) 756-6289 | jrodriguez@nlacrc.org



Inclusive Sol

Cerebral Palsy
SoCal Resource Platform
& Online Support Group

Like, tag, & follow

@Inclusive_Sol



presenting
AfroClassical Composers

Strictly Strings

SUNDAY, AUGUST 25, 2024 • 1:30PM - 4:00PM

Los Angeles Central Library
630 W. 5th St.
Mark Taper Auditorium

Free to the public • Donations welcome

\$1 parking from Flower St entrance with current LA public library card





THE CITY OF HAWTHORNE

Scan QR Code
to Register



PRESENTS

HOT AUGUST NIGHT CAR SHOW

DOMESTIC & FOREIGN CARS

FRIDAY, AUGUST 30, 2024 - 6 to 9PM

HAWTHORNE CITY HALL

4455 W. 126TH ST. HAWTHORNE, CA. 90250

CARS
FOOD
MUSIC
VENDORS
& PRIZES

FIRST 50 PARTICIPANTS
RECEIVE \$25 GIFT CARD

#Community
#Culture
#Collaboration

For more information, please contact: (310) 349-2910
or brhart@cityofhawthorne.org



Free **WATTS FINEST** Food

FREE FOOD GIVEAWAY

Walk Up & Drive Thru

Entrega de Comida Gratis

Fresh Food and Can Goods

8/15, 9/5, 9/15 (1:00 PM)
Bi-monthly all year round.

Wattsfinestcc@gmail.com



Across from Crossroads

10356 Wilmington Ave, Los Angeles, CA 90002



Volunteers Welcome
Voluntarios Bienvenidos

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.




TRAINING PROGRAM DETAILS

WHEN

Saturday, August 24th | 10am to 3pm

MODULE

Parents As Advocate:
Being Your Child's Everyday Advocate

- + Advocating for People with Disability Rights
- + How to Self-Advocate
- + What is Civic Engagement
- + Self-Determination
- + Using Social Media to Advocate

LOCATION

Potrero Hill Neighborhood House
 953 De Haro St., San Francisco, CA 94107

Elevate awareness among families, particularly in BIPOC communities, about the unique impacts of race, gender, and class on individuals with disabilities. Provide culturally competent education and evidence-based resources to address racial biases in care systems.

Join us for this empowering training program designed to equip parents, caregivers, and professionals with the tools needed to advocate effectively for individuals with developmental disabilities. Learn best practices, policies, and resources to support and advocate for your loved ones.

Register Today!! <https://SSPAMSF2.eventbrite.com>



Los Angeles County

GREENLINE HOME PROGRAM

Center for Financial Empowerment

\$35,000 grants available for
first-time homebuyers
living in LA County.

For eligibility requirements, visit:

DCBA.LACOUNTY.GOV/GREENLINE





CALFRESH RESTAURANT MEALS PROGRAM (RMP)

#CHOOSECALFRESH

**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





SMART GARDENING WORKSHOP

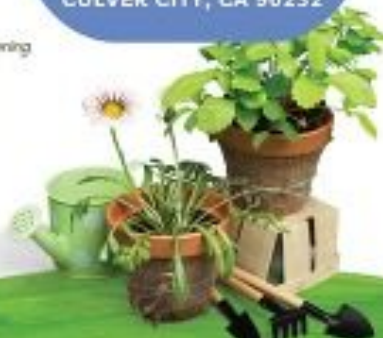
WITH LA COUNTY PUBLIC WORKS

LEARN ABOUT:

- ✔ Backyard and worm composting
- ✔ Water conservation, grasscycling, and edible gardening
- ✔ Free and open to public, no reservation needed.
- ✔ Compost bins will be available to purchase at a discount following the presentation.

SATURDAY
AUGUST 24, 2024
2 p.m. - 3:30 p.m.

STONEVIEW NATURE CENTER
5950 STONEVIEW DRIVE
CULVER CITY, CA 90232





Free YOGA CLASSES

Learn the fundamentals of yoga with instructor David Lily in a friendly and supportive environment. The program is aimed at improving flexibility, strength, and overall well-being.



Class Schedule

MONDAYS

6:30 PM - 7:30 PM

BURTON CHACE PARK

13650 Mindanao Way
Marina del Rey, CA 90292

RESERVE A SPOT | Send an email:
chacepark@bh.lacounty.gov

FRIDAYS

6:30 PM - 7:30 PM

DOCKWEILER YOUTH CENTER

12905 Vista del Mar
Playa del Rey, CA 90293

RESERVE A SPOT | Send an email:
dyc@bh.lacounty.gov






Students must bring their own mats
and water bottles to class.



FOR MORE INFORMATION
BEACHES.LACOUNTY.GOV



CONNECT WITH US
   @LACDBH



**Get Paid
up to
\$1,250 for
completing
2 hours of
Online
Training!**

If you haven't already received your training stipends(s), it is not too late!
You now have until August 31, 2024 to complete your trainings.

**Over 70,000 California
Direct Service
Professionals (DSPs)
have taken part in the
Training Stipend
Program!**

Have you?

Learn more:



If you are a DSP* who provides direct support and you work 10 or more hours per week for a Regional Center provider **you could receive up to two \$625 stipends (before taxes)** after you complete online training courses approved by the California Department of Developmental Services.

OTHER IMPORTANT INFO:

- You must complete the online training before **August 31, 2024**.
- All courses are available in English, Spanish, and ASL.
- The online training courses are about one hour long.
- They can be paused and resumed at your convenience.
- You will get paid within 3 months after completing training course(s).
- Register for classes online at: <https://provider.arcalearn.org> or click the QR code.

*For more details on the stipend program & eligibility requirements, visit:

<https://www.dds.ca.gov/initiatives/workforce-initiatives>

Questions? Email workforce@dds.ca.gov



PROMO CODE



InclusiveSol to get 15% OFF!

ORDER TODAY!

The ultimate parenting
companion

TUSHBABY

Tushbaby supports the LENN Foundation in supporting children with cerebral palsy. ORDER: bit.ly/3EkE8Je or via the QR code below





Did you know about SoCal Adaptive Sports? The nonprofit identifies potential and current athletes, meeting them wherever they are on their life journey. Whether on the playing field, in rehab facilities, hospitals, homes, or any comfortable location, they engage with athletes and their families, providing support and opportunities for growth.



City of Inglewood
Early Learners Play To Learn Program

ABC

OPEN HOUSE



Saturday, August 17, 2024
10:30 a.m. – 11:30 a.m.

Ask Questions. Meet Teachers. See Classrooms

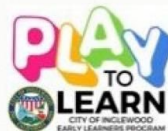
Now accepting applications!

• Early Learners (ages 3-5)

Siminski Park
9717 S. Inglewood Avenue
Inglewood, CA 90301



123



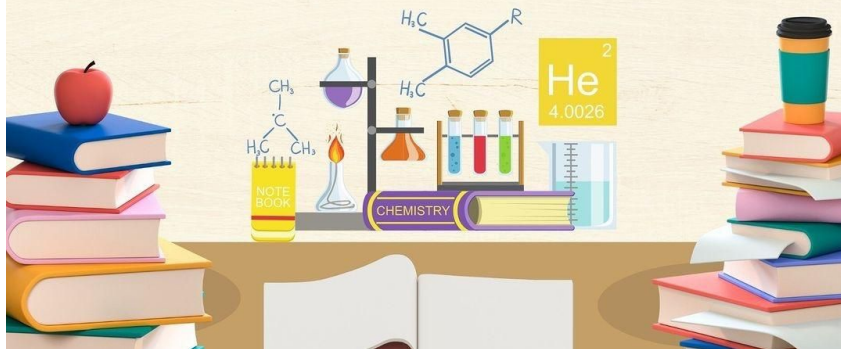
For additional information, contact the Early Learners Play To Learn Office at (310) 412-8882.





State Council on Developmental Disabilities

Back-to-School Resource Guide 2024-2025





INGLEWOOD



BACK-TO-SCHOOL EVENT!

AUG 17TH | 10AM-2PM

- 1500 FREE BACKPACKS!**
- SCHOOL SUPPLIES!**
- PHOTO BOOTH!**
- TOUCH SEA CREATURES!**
- CARICATURE DRAWINGS!**
- GAME TRUCK**
- FRUIT CUPS!**
- FRESH POPCORN!**
- LIVE DJ!**




FREE & OPEN TO ALL! NO NEED TO PRE-REGISTER - JUST WALK IN!

2864 W Imperial Hwy 90303 | (310)-330-3130 | bit.ly/crcing

For more resources visit us at: www.chirpla.org ✉ Info@chirpla.org  



Central Neighborhood
Christian Health Clinics
invites you to our

 cnhf_clinics

Back to School FAIR

FREE

Pleasant Hill Baptist Church

2009 W. Martin Luther King Jr Blvd.
Los Angeles, CA 90062

Saturday,
August 24th

9am-12pm

- ★ Back to School Physicals
- ★ Vaccines
- ★ Food Pantry
- ★ School Supplies and Backpacks
(available on a first come, first serve basis)



The Historic
Pleasant Hill Baptist Church
Health Ministry



Central Neighborhood
Christian Health Clinics

Providing God's spiritual
healing through healthcare.

cnhfclinics.org

 facebook.com/CNHFClinics

 [@cnhf_Clinics](https://instagram.com/cnhf_Clinics)

 FTCA



HAWTHORNE / INGLEWOOD

TINA MCKINNON
61ST DISTRICT

DIONNE FAULK
CITY OF INGLEWOOD
DISTRICT 4

PRESENTS...

SATURDAY
AUGUST 24TH 2024
10AM-12PM

**BACK TO SCHOOL
BACKPACK EVENT**

Backpack giveaway
Games and Activities
Information Booths
Refreshments
And more...

Superior Shopping Center at the
Corner of Crenshaw and Imperial
11200-12350 Crenshaw Blvd.
Inglewood, CA 90303

 cityofinglewood



AUGUST 24



W A T T S

www.mentorsla.org



4TH ANNUAL BACK2SCHOOL CARNIVAL

HOSTED BY
M.E.N.T.O.R.S INC.

JOIN US FOR OUR BACK TO SCHOOL
CARNIVAL ON AUGUST 17TH, 2024
12:00PM-4:00PM

MENTORS COMMUNITY CENTER
10200 S. Main St. Los Angeles, Ca 90003



AUGUST 17



OUR COMMUNITY LA®
Technology · Engagement · Connections · Hope

19TH ANNUAL **BACK2SCHOOL** HEALTH + RESOURCE FAIR!



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

SATURDAY | AUGUST 17 | 10AM – 2PM

— FREE TO THE PUBLIC / ALL ARE WELCOME —

FREE Health + Dental Screenings

Petting Zoo + Pony Rides

LIVE Music

FREE Food Packages

FREE Book Giveaway

FREE Food + Beverages

Win Prizes

Kid Bouncy House

Qualify for Smartphones with T-Mobile

Backpack + School Supplies Give-Away

...and Much Much More!

WHILE SUPPLIES LAST / CHILDREN MUST BE PRESENT FOR BACKPACKS

LOCATION

CALIFORNIA STATE UNIVERSITY DOMINGUEZ HILLS

1000 E VICTORIA ST. CARSON, CALIFORNIA 90747

(FREE STREET PARKING + PAID PARKING IS AVAILABLE IN LOTS P2)

FOR SPONSORSHIP, RESOURCE FAIR BOOTH OR MORE INFORMATION

CONNIE@SNNLA.ORG / 818.470.7929



@specialneedsnetwork



@specialneedsLA



@specialneedsnetwork

www.snnla.org



ASSEMBLY MEMBER
Tina McKinnor



SCHOOL BACKPACK GIVEAWAY

& HEALTH FAIR



Please join **Assemblymember Tina McKinnor**, in partnership with Inglewood **City Councilmember Dionne Faulk** and 101 Enterprises Foundation 501(c)(3) for a Back-to-School Backpack Giveaway and Health Fair!



Free backpacks are available for the first 1,000 K-12 students!

The Health Fair will feature free services to the community, including dental health screenings, blood pressure tests, vision tests and more! Free haircuts will also be available.

SATURDAY AUGUST 24

10 a.m. - 1 p.m.

Imperial/Crenshaw Shopping Center

11200-12350 Crenshaw Blvd., Inglewood

For more information, please visit my website at a61.asmdc.org or call the district office at (310) 412-6400.

my picture

What people like and admire about me



What's important to me

How best to support me

one page profile

What people like and admire about me

my picture

What's important to me

How best to support me



What people like and admire about me

MY PICTURE

What's important to me

How best to support me



https://www.dds.ca.gov/wp-content/uploads/2024/05/IPP_presentation_052324_English.pdf

Draft Person-Centered Service Plan/Individual Program Plan (IPP) Template & Agreement Form

Virtual Summer Watercolor Classes



REGISTER TODAY!



SESSION I - Summer Fun Still Life Watercolor Painting
(June 27, July 11, July 18, July 25)

Artwork that depicts a collection of objects is called a still life.



SESSION II - Watercolor Sketchbooking
(Aug 8, Aug 15, Aug 22, Aug 29)

In Watercolor Sketchbooking you will find a place to develop and grow in your private book of ideas.



- > Learn painting techniques through virtual demos, discussion, video tutorials & famous inspirational art
- > Class instructor is available to answer all questions on the weekly assignment via email, text or cell
- > If you miss a class, you will receive a video recording of the class in your email to review and follow at your leisure



LOS ANGELES COUNTY
**Parks &
Recreation**
Life. Enjoyed.



When: Saturdays from 9:00am -
10:00am

Where: The Court at Hollywood Park

Parking: PS-2 Lot at 1130 S Prairie
Ave

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 Regional Center's Link Tree and Social Media

<https://linktr.ee/westsidefrec>

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



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



Help Me Grow LA is Hiring Family Partners!

FAMILY PARTNER ROLE

- Support and partner with parents as they navigate systems and services for children with special needs
- Provide information, referral, technical assistance, and training for parents of children with special health needs
- Recruit parent leaders for the Parent-to-Parent program and promote the development of emerging parent advocates and leaders

APPLY NOW--CLICK HERE!

bit.ly/lafamilypartner

- ✓ **Part-time position (20 hours/week)**
- ✓ **Flexible shifts**
- ✓ **Salary: \$24.70/hr**
- ✓ **Benefits: Sick time accrual**
- ✓ **Location TBD in a Service Planning Area**

JOB REQUIREMENTS

- Lived experience parenting a child with special needs, disabilities, or chronic illness
- Two years of experience as a parent representative, parent advocate or parent leader in a human or health service program serving children or families.
- Excellent interpersonal, written and verbal communication skills
- Empathy for families from diverse race/ethnic backgrounds and experiences
- Ability to establish trust with partners across different sectors serving families
- Valid Class C California Driver's License or the ability to utilize an alternative method of transportation

IT'S ALSO HELPFUL IF YOU HAVE:

- Experience with early identification and intervention
- Experience with data entry, data collection, and/or record keeping using software
- Experience providing culturally affirming support to individuals communities who are from the various cultures/ethnicities prevalent in LA County, including those most impacted by health disparities, such as African American and Native communities.
- Fluency in English and another language (e.g., Arabic, Armenian, Cambodian, Cantonese/Mandarin, Farsi, Korean, Russian, Spanish, Tagalog, and Vietnamese). Fluency in multiple languages is not a required qualification.

It is the policy of the County of Los Angeles to provide equal employment opportunity for all qualified persons, regardless of race, color, religion, sex, national origin, age, sexual orientation or disability.

Help Me Grow LA is a collaboration between:



Rev 8/18/23

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

TASK

Helping families navigate:

▲ **Special education**

▲ **Disability services**

▲ **Assistive technology**



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

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

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>

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

Driver's License/ID
Passport
Register to Vote
Selective Service

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

Engage with more content online!



<https://undivided.io/resources/californias-new-pathway-to-a-high-school-diploma-for-students-with-intellectual-disabilities-1243>

What about students who are ineligible for this pathway?

While this new diploma pathway opens many doors for students with significant cognitive disabilities, some questions still remain. First of all, this new diploma pathway leaves out a large group of students who are not eligible for the CAA, but who still struggle to complete the state and local graduation requirements necessary to receive a regular high school diploma. For example, if the IEP determines that a student has a specific learning disability and can't take the CAA, they would not be eligible for a diploma under this pathway. How is this being addressed? The most recent [California Budget Act of 2022](#) designated IDEA funds for CDE to develop alternative coursework and tasks for these students to demonstrate completion of the state graduation requirements through alternate means. This is due to the state legislature by June 30, 2024.



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
- 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

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



EARLY START

Standard Information Packet

How this packet can help you understand Early Start in California



The California Department of Developmental Services (DDS) has created a standardized information packet for families, caregivers or anyone who is interested in learning more about California's regional center system and applying for Early Start for children under the age of 3.

Inside you will find more details on developmental delays or disabilities, how to become eligible for services through Early Start, how families can navigate through the system and so much more.

Scan for more



Available in other languages and modes of communication.



Contact us

- info@dds.ca.gov
- 833-421-0061
- www.dds.ca.gov



USC University of
Southern California

School for Early Childhood Education

NOW ENROLLING!

Children 0 - 5 years old & Pregnant Women

HEAD START/ EARLY HEAD START/ STATE Preschool

Call us / Llámenos

(213) 743-2466

¡MATRICULANDO!

Niños de 0 - 5 años y Mujeres Embarazadas

HEAD START/ EARLY HEAD START/ STATE Preschool



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



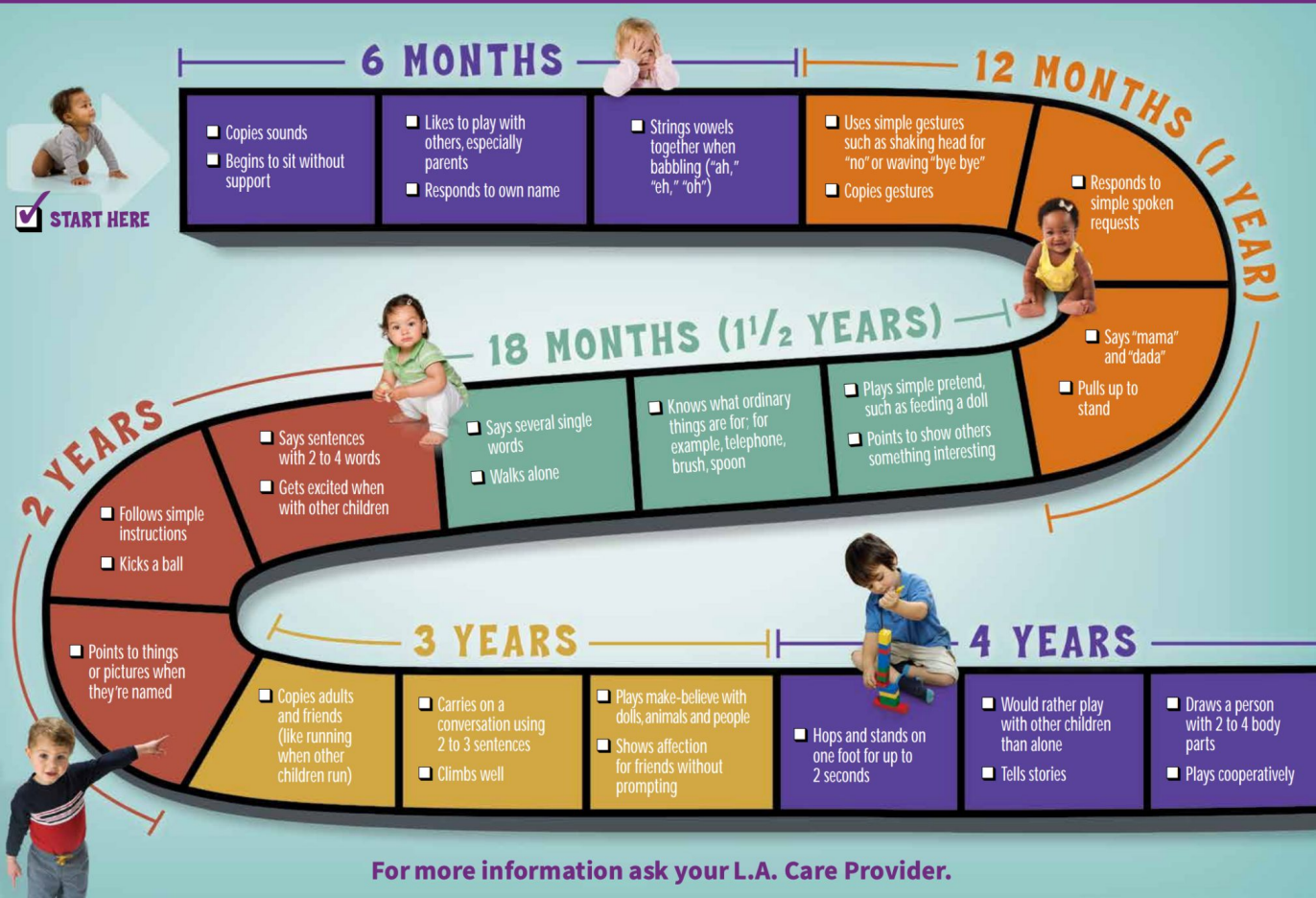
Transportation



Visual Impairment Program

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every well-child visit.



For more information ask your L.A. Care Provider.

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



CalHFA
California Housing Finance Agency



HOME OWNERSHIP PROGRAM HOP120

Down Payment Assistance Program

ABOUT HOP120

The Home Ownership Program (HOP120) provides a second mortgage loan for first-time homebuyers with assistance up to \$21,000, or 20% of the purchase price, whichever is less. The loan provides down payment and/or closing cost assistance and is secured with a Deed of Trust and Promissory Note. HOP120 loans are 0% interest loans with a deferred payment. Repayment is required when the home is sold, there is a transfer of title, or the home is no longer owner-occupied.

To qualify, a homebuyer must not have owned a home (for personal or other use) in the last three (3) years and the home must be owner-occupied.

The household annual income cannot exceed 120% of the Area Median Income (AMI) for Los Angeles County, based on family size.

Household Size	120% AMI Limit	Household Size	120% AMI Limit
1	\$21,000	5	\$127,300
2	\$24,300	6	\$126,700
3	\$194,000	7	\$146,100
4	\$117,800	8	\$155,500

*Income limits are updated annually by the CA Department of Housing and Community Development

Eligible properties are single family homes, townhomes, and condominiums with a maximum purchase price of \$60,000. Eligible locations are unincorporated areas of Los Angeles County and participating cities.

If homebuyer must complete an eight hour education course in home ownership from an approved U.S. Department of Housing and Urban Development counseling agency. For a list of counseling agencies, visit www.hopa.org.

The homebuyer must agree to an equity sharing obligation within year 8 through 15 of the HOP120 loan. The borrower shall be required to pay the lender's share of the net appreciation and the outstanding loan amount when repayment is due.

READY TO GET STARTED?

Contact one of the approved HOP120 participating lenders. For a list of HOP120 participating lenders and eligible locations, please visit www.hopa.org. Click the Home Ownership tab, followed by First-Time Homebuyer Assistance.



January 2014

FOR MORE INFORMATION, EMAIL HOP@LACDA.ORG

PROGRAM REQUIREMENTS MAY VARY BY INCOME AND PURCHASE PRICE LIMITS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Affordable Housing Information

<file:///Users/anjanetterobinson/Downloads/Housing%20Slides%20Flyer.pdf>

<file:///Users/anjanetterobinson/Downloads/Housing%20Slides.pdf>

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**



chirplosangeles

211la.org



213.741.1951



Info@chirpla.org



Upcoming Trainings & Events



UNDERSTANDING & NAVIGATING THE IHSS PROGRAM

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

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



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



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



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

<https://westsiderc.org.zoom.us/join/91028122000>

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

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

Recreational & Activities

THE DEPARTMENT OF
BEACHES AND HARBORS PRESENTS:

FREE! 2024 BEACH
MOVIE NIGHTS

DOCKWEILER YOUTH CENTER | 12505 Visto del Mar, Playa del Rey, CA 90293

Enjoy FREE family-friendly movie screenings on the sand, by the waves, and under the stars at the Dockweiler Youth Center, Friday nights this summer! Be sure to bring blankets and bundle up.



JUNE 7

TEENAGE MUTANT
NINJA TURTLES:
MUTANT MATHEM

JUNE 14

SHREK

JUNE 21

UNDER THE
BOARDWALK

JUNE 28

THE MIGHTY
DUCKS

JULY 5

FINDING
NEMO

JULY 12

SPACE
JAM

JULY 19

MIGRATION

JULY 26

Lilo AND
STITCH

AUG. 2

WISH

AUG. 9

KUNG FU
PANDA 4

AUG. 16

THE LITTLE
MERMAID

AUG. 23

RUBY GILMAN,
TEENAGE KRaken

AUG. 30

TROLLS
BAND
TOGETHER

FRIDAY NIGHTS 8 pm



FOR MORE INFORMATION:
BEACHES.LACOUNTY.GOV



CONNECT WITH US
   @LACDBH



KARATE CLASS

ALL AGES

Register online at www.cityofgardena.org/events
or visit the Nakaoka Community Center
(1670 W. 162nd. St. Gardena, CA 90247)
Monday - Friday 8:00 AM - 6:00 PM

Kinder (ages 4 - 6) \$40/Month
Monday or Wednesday
5:00 PM - 5:30 PM

Beginners (ages 7+) \$50/Month
Mondays and Wednesdays
5:30 PM - 6:30 PM

Advanced \$50/Month
Mondays and Wednesdays
6:30 PM - 7:30 PM

Black Belts \$50/Month
Mondays and Wednesdays
7:30 PM - 9:00 PM

- ✓ Self Defense
- ✓ Self Confidence
- ✓ Concentration
- ✓ Awareness
- ✓ Flexibility

**Classes will
take place at
Thornburg Park
2320 W. 149th St.
Gardena, CA 90249**

For more information,
please call (310) 217-9537

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



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



**ANGEL CITY
SPORTS**
www.AngelCitySports.org

  
[@angelcitysports](https://www.instagram.com/angelcitysports)



**CLINICS
COACHING
EQUIPMENT
COMPETITION**

Visit us online for
a full schedule of
events



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.

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

rabbi waldo emerson



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

310.462.7898
www.MALIKAASSOCIATES.com



BASIC COMPUTER CLASSES FOR SENIORS

TAUGHT BY IPL LIBRARIANS

Location: Inglewood Senior Center



*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

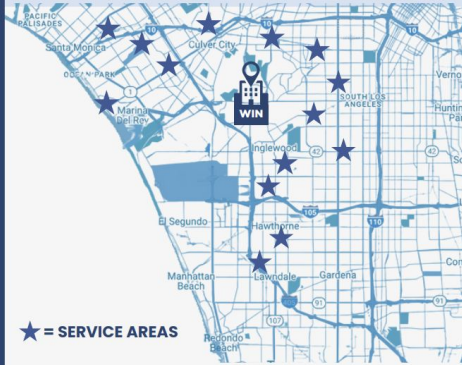
TRANSFORMING COMMUNITIES ONE FAMILY AT A TIME

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



★ = 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

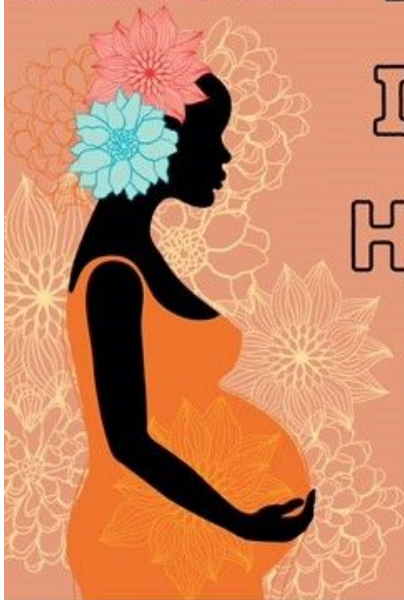
- WIN is providing in-person outreach to stabilize families through concrete support and connection to services, reducing caregiver stress, and improving providers' responsiveness to community needs with a specific focus on health equity.

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.



ELIGIBILITY:
AFRICAN AMERICAN
18+ YEARS
30 WEEKS PREGNANT OR LESS
POSTPARTUM UP TO 6 MOS.



BLACK INFANT HEALTH

**JOIN THE
BIH FAMILY!**
PRENATAL EDUCATION
POSTPARTUM EDUCATION
SISTER CIRCLES
LIFE PLANNING
RESOURCES & REFERRALS

ENROLL TODAY!

1968 W. ADAMS BLVD
SUITE 306
LOS ANGELES, CALIFORNIA
90018
323-238-3206

11635 HAWTHORNE BLVD.
SUITE 301
HAWTHORNE, CALIFORNIA
90250
323-238-3206



Funded by the California Department of Public Health, Los Angeles County Department of Public Health



Black Infant Health Program TCCI

@blackinfanthealth_tcci



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.*

**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



Watts Counseling and Learning Center

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.



#KPTogether



community.kp.org/Watts

Produced by KPSC Integrated Brand Communications, July 2014



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***

DIAPER BANK



Every Friday • 1pm – 3pm

(Please bring your child and any legal form of identification for your child)

- Diapers
 - Clothing
 - Baby Food
- & MORE!!!**

 (562) 432-1440

 @ChristianOutreachLB

 www.COALongBeach.org



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

**HEY LA COUNTY,
GET CONNECTED TO
FOOD RESOURCES
NEAR YOU!**



FOODFINDER.211LA.ORG

