



Electronic Version

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PLEASE MAKE SURE TO STAY INFORMED BY REGISTERING YOUR E-MAIL ADDRESS WITH YOUR SERVICE COORDINATOR, YOUR QUALITY ASSURANCE SPECIALIST, OR BY RETURNING THE TEAR-OFF RESPONSE INCLUDED IN THIS BULLETIN.

*WE WILL HAVE A LIMITED NUMBER OF PRINTED COPIES AVAILABLE FOR PICK UP AT OUR OFFICE & WE WILL CONTINUE TO POST INFORMATION ON OUR WEBSITE.

Something For Everyone

APRIL 2011

DEVELOPMENT SERIES (PART 4 OF 4) UNDERSTANDING TESTING

April 12 – Tuesday 10:00 a.m. – 12:00 noon

WRC is proud to have Dr. Mayra Mendez presenting our 4-Part Development Series! This will be the last of four topics in this series. You may attend each session or just the session on the topic that you are interested in. This presentation will focus on: What testing means, Different types of testing, and What is the purpose of testing. Her presentation will also include information on how to coordinate test results and establish appropriate goals for each individual. Parents, family members and service providers are encouraged to attend. Please RSVP.

GET SAFE EMPOWERMENT PROGRAM PERSONAL SAFETY FOR PERSONS WITH DEVELOPMENTAL DISABILITIES SPECIAL PRESENTATION FOR LET'S TALK SELF-ADVOCACY!

April 19 – Tuesday 3:00 – 4:30 p.m.

Linda Butler, WRC's Coordinator of Self-Advocacy is partnering with Get Safe, Inc. for this special presentation! All are welcome to attend this great opportunity! The Get Safe Empowerment Program's focus is personal safety and self-defense. The program is fun and dynamic and includes interactive role playing exercises; it was developed to address the needs of individuals with developmental disabilities from a variety of backgrounds, and of different levels of capabilities. You will learn skill-building techniques to help you navigate through potentially abusive situations. The session includes: Using and Developing your Natural Weapons such as mind, voice and body, Assertiveness Training, Boundaries Setting, Conflict Avoidance, Physical Application of Escape Moves, and Skills for Independent Living including public transportation safety. Please RSVP so we have a seat ready for you. **This special presentation will be at WRC in the 3rd floor meeting room. Please look for the signs to guide you to our meeting room.

May 2011

THE RULES - READY, SET, GO

May 11 – Wednesday 9:00 – 11:00 a.m.

This training will enable you to understand, implement, and uphold rules and limits for each individuals' safety, knowledge and structure. The purpose of this training is to encourage new ways of developing and setting limits. This course focuses on the importance of establishing boundaries/rules and how to maintain consistency with the limits set. The objective of this training is to teach self advocacy to individuals through decision making skills, appropriate rules and self limits. Presenter: Stephanie Young, LMFT. Please remember to RSVP.

NON-VERBAL COMMUNICATION

May 11 – Wednesday 12:00 – 2:00 p.m.

Communication is always a challenge; it is even more challenging when someone is non-verbal. Just because someone is nonverbal, it doesn't mean that they cannot communicate with you. This training will briefly define what communication is and what it means to communicate. A model will be presented that shows the relationship between verbal and non-verbal communication with an in-depth discussion about body language, senses, and the environmental factors that are essential to non-verbal communication. Our training will conclude with a discussion on the prompting skills that can be used to facilitate communication with individuals who are non-verbal.

This training is appropriate for all parents, families, service providers and educators. Stephanie Young, LMFT will be our presenter. Please call to RSVP.

OH BEHAVE!

May 17 – Tuesday 10:30 – 12:00 noon

For this introductory training on behavior, Samantha from Mentor Network's Family Behavioral Services is WRC's special guest presenter. She will present information on proactive approaches to behaviors. Topics will include: What is a behavior, and What can you do to help respond more effectively to them. The Mentor Network FBS offers classes at WRC that help families by introducing and discussing behavioral principals, and teaching new skills using practical and individualized examples. Please call to reserve your space.

LET'S TALK SELF-ADVOCACY!

May 17 – Tuesday 3:00 – 4:00 p.m.

Want to learn more about self-advocacy? Linda Butler, WRC's Coordinator of Self-Advocacy, will be available to clients, families, and service providers to discuss issues of Self-Advocacy. Bring a friend, your questions & ideas and we'll be here to listen. This is a free opportunity that is offered on the third Tuesday of each month throughout this quarter. If you need more information, please call (310)258-4245. We meet at WRC in the 4th Floor Meeting Room. Come to WRC and follow the signs to our group!

3RD ANNUAL GERIATRIC RESOURCE FAIR

May 19 – Thursday 10:00 a.m. – 12:00 p.m.

WRC invites you to attend our 3rd Annual Geriatric Resource Fair! WRC's Aging Specialist, Stephen Browning, has gathered several different agencies from our community to attend this resource fair. They will provide information about the various resources that are available in regards to aging. This resource fair is open to the general public as it applies to anyone who is getting older, or cares for someone who is getting older, not just persons served directly by Westside Regional Center. For more information, please contact Stephen at (310) 258-4050.

TRAINING & EVENTS

Something For Everyone Continued

JUNE 2011

HOW MEDI-CARE WORKS WITH MEDI-CAL

June 9 - Wednesday 10:00 a.m. - 11:30 a.m.

WRC welcomes back the Center for Health Care Rights to present this training for us. Come and learn how Medi-Care and Medi-Cal works. These systems can be very confusing, especially when you qualify for both services. You will learn the differences between the two types of benefits. Medicare pays first for your health care, while Medi-Cal is the state program that assists lower-income beneficiaries (also known as Medicaid). Come and learn about Medi-Care benefits and costs, Eligibility for Medi-Cal, and How Medi-Cal can help with costs not covered by MediCare. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare.

MENTAL HEALTH/EMOTIONAL DISORDERS IN PERSONS WITH INTELLECTUAL & DEVELOPMENTAL DISABILITIES

June 14 - Tuesday 10:00 a.m. - 12:00 noon

This training will focus on the factors that make it difficult for providers to determine whether a challenging behavior may be due to psychiatric or developmental issues. Dr. Mayra Mendez will present case studies to illustrate screening, assessment, diagnosis, and management of developmental disabilities and mental health disorders in children and adults. Attendees will be given practical tools to access appropriate mental health services. Please RSVP.

LET'S TALK SELF-ADVOCACY!

June 21 - Tuesday 3:00 - 4:00 p.m.

Let's Talk Self-Advocacy is WRC's monthly discussion group. Please see complete description under Something For Everyone in May. If you need any more information, please call (310)258-4245. We meet at WRC in the 4th Floor Meeting Room. Come to WRC and follow the signs to our group!

A Reminder For Service Providers

Westside Regional requires a small FEE for Attendance Certificates & for Continuing Education Hours (for DSP/Administrators per Community Care Licensing/Title 22 only).

While you may continue to attend WRC trainings at no cost (unless otherwise specified), you will be asked to complete a request form and include payment when requesting a Certificate or CEU's at the close of each training.

Fee Schedule is as follows:

\$15 - Certificate Only

\$10 - CEU/ Continuing Education Hours Letter

*WRC is only able to provide CEU's for DSP/ Administrators. CEU's for other specialties are NOT available.

PLEASE NOTE: Any checks that do not clear or are returned will be subject to a \$30 service fee. Re-Payment must be made in person at WRC in CASH ONLY and future acceptance of checks will not be permitted.

Service Providers

SPECIAL - INCIDENT - REPORTS

DON'T FORGET THE WRC SIR FAX NUMBER:

(310) 258-4222

for SPECIAL INCIDENT REPORTS only!

All SIR's must be faxed to the above number.

Please inform your staff. THANK YOU, and don't forget the 24-hour time requirement!

Something For Service Providers

APRIL 2011

DEVELOPMENT SERIES (PART 4 OF 4)

UNDERSTANDING TESTING

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This presentation will focus on: What testing means, Different types of testing, and What is the purpose of testing. Dr. Mendez will also include information on how to coordinate test results and establish appropriate goals for each individual. Please RSVP. For a complete description of this training, please see the For Everyone section of this bulletin.

TRANSPORTATION COMPANY PROVIDERS SEMI-ANNUAL MEETING

April 14 - Thursday 10:00 - 12:00 noon

LOCATION- Westside Regional Center

All Transportation Company Service Providers are required to attend this meeting/training. Our semi-annual meeting will include updates from WRC, discussion regarding current topics, sharing of resources, and a presentation. Topics will include: Special Incident Reporting & Documentation, opportunities for training, authorizations for services from regional center, and routing for efficiency. Two guest speakers will be featured: Jim Younger, Certified Safety Driving Instructor and Bernadette Daroca, WRC Risk Management and Mitigation Coordinator. We will also have time for an open discussion regarding transportation issues. Reservations are needed and there is no fee for attending. Please contact Lidia Rosales for further information and to RSVP (310) 258-4045.

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Service Provider Advisory Committee

The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. Meetings take place at Westside Regional Center on the third Tuesday of every month from 10:30-12:00. WRC encourages all vendors to attend. This is your opportunity to find out about what's happening at the regional center, and give your input and ideas to the WRC Board of Directors. For more information, please call Joe Montez at:

Call (310) 258-4014

ROTATING SPAC MEMBERS HOST A CONTINENTAL BREAKFAST EACH MONTH. NEW MEMBERS ARE WELCOME!

TRAINING & EVENTS

Something For Service Providers

BI-MONTHLY RESIDENTIAL TRAINING

April 26 – Tuesday 9:45 – 12:00 noon

Join other Residential Service Providers for WRC's quarterly training. This training provides Regional Center and Community Care Licensing updates, resources and presentations pertinent to residential service providers continued commitment to enhancing the quality of life of consumers. Training is recommended for WRC Residential vendors/administrator, and/or their designee. Refreshments are served and there is no fee for this training. Please RSVP by April 12.

THE PRINCIPLES & PRACTICES OF BUILDING COMMUNITY TRAINING SERIES: SESSION 2 AGE APPROPRIATENESS/ACHIEVING ADULT STATUS

April 26 – Tuesday 12:00 – 2:00 pm

Westside Regional Center's Community Services Department is hosting this bi-monthly series of presentations for service providers. These sessions will include Dr. Tom Pomeranz's Universal Enhancement DVD Series entitled The Principles and Practices of Building Community Training. Service Providers should consider this training a MUST for all newly hired support professionals, and is a wonderful refresher for seasoned managers and clinicians. Each session will feature a different topic. Please RSVP for this great opportunity. Facilitator: Eileen Falvey

MAY 2011

DOCUMENTATION TRAINING

May 6 – Friday 10:00 a.m. – 12:30 p.m.

REGISTRATION FEE: \$15.00 – certificate included

Please join other service providers in learning and reviewing the best methods for documenting. Documentation is essential for helping staff members and organizations defend against possible litigation. It should be used as a powerful teaching and learning tool. Come and learn how to document in a systematic and thorough manner. Additional topics will include appreciating the importance of a detailed documentation plan, understanding what should be reported and why, and how to produce clear and organized incident reports. Space is limited. Presenter: Bernadette Daroca. RSVP no later than April 29, 2011

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WRC's Aging Specialist, Stephen Browning, has gathered several different agencies from our community to attend this resource fair. They will provide information about the various resources that are available in regards to aging. For more information, please contact Stephen at (310) 258-4050. For a complete description of this training, please see the For Everyone section of this bulletin.

JUNE 2011

HOW MEDI-CARE WORKS WITH MEDI-CAL

June 9 – Wednesday 10:00 a.m. – 11:30 a.m.

Come and learn about MediCare benefits and costs, Eligibility for Medi-Cal, and How Medi-Cal can help with costs not covered by Medicare. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare. For a complete description of this training, please see the For Everyone section of this bulletin.

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BI-MONTHLY RESIDENTIAL TRAINING

June 28 – Tuesday 9:45 – 12:00 noon

Join other Residential Service Providers for WRC's quarterly training. This training provides Regional Center and Community Care Licensing updates, resources and presentations pertinent to residential service providers continued commitment to enhancing the quality of life of consumers. 2 hours CEU's will be given for Residential Providers only. Training is recommended for WRC Residential vendors/administrator, and/or their designee. Refreshments are served and there is no fee for this training. Please RSVP by June 14.

THE PRINCIPLES & PRACTICES OF BUILDING COMMUNITY TRAINING SERIES: SESSION 3 SUPPORTED ROUTINES/BEST PRACTICE STRATEGIES FOR A FULFILLING LIFE

June 28 – Tuesday 12:00 – 2:00 pm

Westside Regional Center's Community Services Department is hosting this bi-monthly series of presentations for service providers. These sessions will include Dr. Tom Pomeranz's Universal Enhancement DVD Series entitled The Principles and Practices of Building Community Training. Service Providers should consider this training a MUST for all newly hired support professionals, and is a wonderful refresher for seasoned managers and clinicians. Each session will feature a different topic. Please RSVP for this great opportunity. Facilitator: Joe Montez

CPI Quicklook Schedule

New procedure and policy, please read carefully.

With the exception of the Refresher Course, the Non-Violent Crisis Intervention class is offered to WESTSIDE REGIONAL CENTER VENDORS AND PROVIDERS ONLY. Non-WRC providers may register for this class on a STAND-BY basis. Please note, attendance is kept to a minimum in order for this class to be effective. The cost for the CPI and CPI Refresher Class is \$20.00 payable to Westside Regional Center by check or money order only. When you register over the phone DO NOT SEND payment until you are contacted by a WRC Staff. This will confirm that you are eligible to attend and confirm how and when you will make payment. Payment at the door will not be accepted and your staff will be turned away. If you are confirmed to attend and payment has been received, your space in the class will be set aside for that particular session. If you are absent for any day, you forfeit payment and will have to reschedule and pay for the next session. If you are confirmed for any session and payment has not been received, you will be turned away for that session. NO EXCEPTIONS. This policy allows us to prepare properly.

CPI Class Description:

Non-violent Crisis Intervention is a safe, nonharmful behavior management system designed to help professionals provide for the best possible care and welfare of individuals, even during the most violent situations. This course will assist the professional to develop skills in early and appropriate intervention for potential crisis situations while keeping in mind the care, welfare, safety and security of all involved. PARTICIPANTS should wear comfortable clothes, MUST be physically able to participate, MUST TAKE A WRITTEN Pre and Post TEST INDEPENDENTLY, and MUST attend all days in order to complete this class! No exceptions.

If prior arrangements have been made for you to pay at the door you must arrive at class 15 minutes early with a check for the exact amount.

Schedule for 2nd Quarter 2011

Dates & Time	Instructors
CPI Class April 13 & 14 - Wed. & Thu. 9:00 - 4:00 p.m. Each Day	Daniel Hoyos & Carmine Manicone
CPI Class May 26 & 27 - Thu. & Fri. 9:00 - 4:00 p.m. Each Day	Bernadette Daroca & Jill Hewes
CPI Refresher June 10 - Friday 9:00 - 4:00 p.m.	Kerwind Portillo
CPI Class June 21 & 22 - Tue. & Wed. 9:00 - 4:00 p.m. Each Day	Michelle Franklin & Joe Montez

CPI Refresher Class Description:

This class is offered to All SERVICE PROVIDERS who have a current and valid CPI certification card. The CPI Refresher course is for those individuals that have already taken the class and need re-certification. Please bring your current CPI certification card to this class. PARTICIPANTS MUST TAKE A WRITTEN Pre and Post TEST INDEPENDENTLY.

The Mentor Network's Family Behavioral Services at Westside Regional Center

The Mentor Network's Family Behavioral Services offers classes that help families with a child exhibiting behavioral challenges. Classes introduce and discuss behavioral principles and teach new skills using practical and individualized examples. Please contact your service coordinator about details for enrollment.

For general information regarding The Mentor Network's Family Behavioral Services, please contact Samantha Persoff at (310) 258-4209 or Leticia Franco at (310) 258-4277 (para español).

ORIENTATIONS

FOR MANAGING BEHAVIOR CLASSES

ATTENDANCE TO AN ORIENTATION IS REQUIRED PRIOR TO ATTENDING ANY OF THE CLASSES OFFERED BY THE FAMILY BEHAVIORAL SERVICES.

No appointment or reservation needed for Orientation unless childcare is needed. Please note childcare is occasionally available for evening orientations only and reservation is required. Please call Samantha Persoff at (310) 258-4209 at least 2 days ahead to check for availability. Orientations are held at Westside Regional Center Conference on the 4th floor unless indicated otherwise.

These classes are provided to Westside Regional Center Clients and Families ONLY

THE FOLLOWING CLASSES ARE BEING OFFERED:

Managing Behavior Class 1

Managing Behavior Class 2

(Completion of Managing Behavior Class 1 Required)

Managing Behavior Class 3

(Completion of Managing Behavior Class 1 & 2 Required)

Toilet Training

Please Call Mentor FBS for Schedules

(310) 258-4209

(310) 258-4277 (Para español)

GROUPS & MEETINGS

PARENT VOUCHERED RESPITE ORIENTATION SCHEDULE

Orientation meetings regarding payment of Respite, Specialized Supervision, and Transportation Vouchers are generally held on the 1st Tuesday evening of each month & the Wednesday morning that follows. RSVP's ARE REQUIRED for both English and Spanish Speaking Families. Please request a list of dates, a service description and the RSVP form from your WRC Service Coordinator. *It is important that you bring your Orientation/Authorization letter to this meeting.

Meetings will be held at WRC, in the 4th floor meeting room, at the following times:

Tuesday Evening Orientations meet at 5:00 p.m.
Wednesday Morning Orientations meet at 9:00 a.m.

Please follow signs to the correct location and as a courtesy we ask you to please be prompt. Childcare is not available. If there are any questions, please contact the WRC Dept. of Community Services at (310) 258-4019.

PARENT VOUCHER OPEN HOURS

For Parent Voucher participants that have attended the orientation but have additional questions, or need assistance completing the necessary paperwork, WRC offers Open Office Hours. The 3rd Friday of the month from 9:00-10:45 a.m. will be open for you. Come to the WRC 4th floor meeting room, signs will be posted to direct you to the location. You do not need to RSVP, just bring your paperwork during the specified time and we will have a staff member ready to assist you. *If you require English to Spanish Translation, please call at (310) 258-4019 (at least 1 week in advance) to make arrangements.

OPEN HOURS ARE NOT A SUBSTITUTE FOR THE ORIENTATION MEETING ABOVE. WE WILL NOT BE ABLE TO ASSIST INDIVIDUALS WHO HAVE NOT ATTENDED THE ABOVE ORIENTATION.

Need Help?



Sibshops is an exciting program just for brothers and sisters of children with special needs. The goal of Sibshops is to address the needs of siblings by allowing them to share, play and learn with other children through relevant, age-appropriate fun activities in a safe, nurturing environment.

Who attends Sibshops? Sibshops are for 8 to 13 year old brothers and sisters of children who have special needs.

Who sponsors Sibshops? Sibshops are one of the many support groups offered by The Westside Family Resource and Empowerment Center.

Who facilitates Sibshops? Sibshops are run by WFREC staff and volunteers. This year, Sibshops are facilitated by Danny Delgadillo, Bilingual Outreach Specialist, at WFREC. The Staff at WFREC are experienced parents and family members of children with special needs who are trained to provide emotional and informational support to families who have a child or a young adult with a disability.

What are Sibshops? Sibshops are a lively mixture of games, discussion, crafts and guest speakers. Participants should dress comfortably. We also provide lunch!

When and where are Sibshops? Please check the WFREC Website events Calendar for upcoming events (www.wfrec.org). Sibshops are held on the second Saturday of every month (October - June) from 9:00am to 1:00 pm. Each Sibshop will be held at Westside Regional Center, 5901 Green Valley Circle, 3rd Floor, Culver City, CA 90230.

Cost? A \$10 fee to cover the cost of lunch and supplies at each Sibshop is required.

Sounds great! How do I register? Call Danny Delgadillo at (310) 258-4063 or email at DannyD@westsiderc.org for more details on how to register for the upcoming Sibshop series.

****Space is limited. First come, first served.****

WESTSIDE NETWORKING AND SOCIAL GROUP PLEASE CONTACT YOUR SERVICE COORDINATOR

The Westside Networking & Social Group will continue to meet every month throughout 2011. The group typically meets on the second Thursday of each month from 4:30-6:30 p.m. at the Regional Center. This group is for adult clients 18 years or older to meet each other, network, make friends, and maybe even a roommate. For more information and to confirm dates contact your Service Coordinator or Linda Butler at (310) 258-4245.

WESTSIDE ROOMMATE SOCIAL PLEASE CALL (310) 258-4240

Westside Regional Center sponsors this social activity specifically for adults looking for a potential roommate. This group meets at WRC on the THIRD Thursday of each month from 4:30 - 6:30 p.m. All are welcome to attend and it's FREE! Refreshments are served. Please contact Erica Reimer, WRC Liaison, at (310) 258-4240 for more information.

PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS GROUP (PECSG) TO RSVP PLEASE CALL (310) 258-4063

This Support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The group meets at WRC on the 3rd Friday of the month. For more information and to RSVP call our voice mail at (323) 692-5669. Visit our website: www.PECSSG.org



WEST LA CHADD SUPPORT GROUP CALL MIRIAM STEIN AT (310) 281-7757

For families of children with ADD/ADHD and Youth or Adults with ADD/ADHD. This group meets every 3rd Tuesday of the month 6:30pm-9:00pm. Call Miriam Stein at (310) 281-7757. (Sorry no childcare.)

EDUCATION SUPPORT GROUP SPANISH GROUP ONLY

The Spanish group meets the 2nd Thursday of each month at the Westside Regional Center from 7:00 - 9:00PM. We provide transportation, childcare, refreshments and friendship! RSVP to Martha Montealegre at (310) 258-4061.

Informed Education Partners

Date: First Thursday of the Month
Time: 6:30pm-8:30pm
Telephone: (310) 258-4063
Where: 5901 Green Valley Circle, #320
Culver City, CA 90230

Limited
Childcare
Available!

IEP Support Group

Facilitated by Barbara Marbach

This Group will informally address the questions and concern the 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 our children.

**CHILDCARE IS AVAILABLE!!!
(R.S.V.P. For Childcare must be made Monday before the meeting: Limit 15 children, 1:3 adult to child ratio)**

GROUPS & MEETINGS

Westside Parents

Support and education groups for parents of children birth to 5 years

Parents of young children have many questions and concerns regarding their children's development, behavior, learning, social, emotional, and health processes.

This parent group is designed to provide strategies in how to successfully integrate the young child with special needs into family life. The group provides open discussions and presentations of educational information pertaining to early childhood development and reinforces family strengths and resiliency.

Call (310) 258-4063 to RSVP

Groups facilitated by: Mayra Mendez, Ph.D., L.M.F.T. - Certified Group Psychotherapist

Discussion topics include:

- Community in young children
- Feeding and nutrition
- Behavioral challenges
- Sleep concerns
- School transition issues
- Cognition and learning
- Decreasing stressors
- Understanding disabilities
- Celebrating strengths...



Groups Meet on Fridays and start at 12:30 PM



Sibshops es un programa emocionante para hermanos y hermanas de niños con necesidades especiales. La meta de Sibshops es de dirigir las necesidades de hermanos permitiéndolos compartir, jugar y aprender mutuamente tendremos actividades divertidas en un ambiente seguro.

¿ Quien puede asistir? El grupo de apoyo de hermanitos es para hermanos y hermanas de niños especiales de edades 8 - 13 años.

¿ Quien facilita este grupo? El grupo de hermanitos es facilitado por El Centro de Recursos Para Familias del Oeste y voluntarios. La persona de contacto para este grupo será Daniel Delgadillo, Especialista de Apoyo Familiar Bilingüe. El personal del Centro de Recursos son padres con experiencia y miembros de algún individual con necesidades especiales que están entrenados para proveer apoyo de información y emocional a familias de niños con necesidades especiales.

¿ Que es Sibshops? Es una mezcla de juegos, discusión, artes y oradores invitados. Los participantes deben vestir cómodamente. ¡ Proporcionamos también el almuerzo!

¿ Donde y cuando son los grupos de hermanitos? Este grupo tomara lugar cada segundo sábado de todos los meses (Octubre - Junio) de 9:00a.m.-1:00 p.m. Los grupos tomaran lugar en el Centro Regional del Oeste, 5901 Green Valley Circle, 3 Piso, Culver City, CA 90230.

¿ Costo? El Costo será \$10 por sesión para cubrir costos de materiales y el almuerzo.

¡ Suena fabuloso! ¿ Como me registro? Llamar a Daniel Delgadillo al (310) 258-4063 o por correo electrónico:

DannyD@westsiderc.org para recibir mas información y detalles de registraci3n.

****Espacio limitado****

Westside Regional Center sponsors these Trainings & Events for parents, clients, service providers and other professionals within our community. Because this calendar is sent to you in advance, we ask that you call WRC to confirm dates and times. Information can all be accessed via the Internet on our website at www.westsiderc.org. We request that you call **(310) 258-4013**, unless otherwise indicated, to reserve your space to attend any of our sponsored trainings.

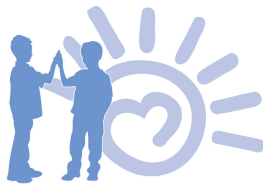
All trainings, unless otherwise specified, will be held at Westside Regional Center.

5901 Green Valley Circle, Suite 320 - (310) 258-4000
Culver City, CA 90230

ALL FAMILIES ARE ENCOURAGED TO ATTEND OUR SUPPORT GROUPS! PLEASE CALL:

(310) 258-4063

TO RSVP, CONFIRM DATES AND TO ENSURE THAT YOU WILL BE NOTIFIED IF THERE ARE ANY UNEXPECTED CHANGES IN THIS SCHEDULE. RESERVATIONS FOR CHILDCARE (AVAILABLE ONLY IF OFFERED UNDER THE GROUP DESCRIPTION) SHOULD BE MADE IN ADVANCE BY CALLING THE DESIGNATED TELEPHONE NUMBER LISTED FOR EACH GROUP.



Westside Family Resource
and Empowerment Center
LA County Inclusion Partnership

“SIEMPRE AMIGAS”

PROYECTO AL ALCANCE PARA FAMILIAS LATINAS

“Siempre Amigas”

PROYECTO AL ALCANCE PARA FAMILIAS LATINAS

Un grupo de apoyo para madres de niños con
necesidades especiales

Siempre Amigas es un grupo de apoyo para madres o mujeres que conviven de alguna manera con un niño o niña con necesidades especiales.

¿ Quiere la oportunidad de participar en un grupo donde se formaran amistades se compartirán sentimientos y apoyo? ¿ Quiere conocer a mujeres que tal vez estén viviendo o vivieron las mismas experiencias? ¿ Quiere sentirse mejor de si misma?
¡ Si contesto si, entonces nuestro grupo es para usted!!!

Este grupo le ofrecerá todo esto en una manera DIVERTIDA Y LIBRE DEL ESTRÉS. Venga y acompáñenos. Conviértas en una Amiga!

Para mas información y reservar su espacio, favor de llamar a Ereira Galda: (310) 258-4218
(Se ofrece cuidado de niños gratis y limitado)

Lista de Distribución por Correo Electrónico

El Centro de Recursos & Enfortalecimiento para las Familias del Oeste de Los Ángeles quiere invitarlo a ser parte de nuestra Lista de Distribución por Correo Electrónico.

Periódicamente enviamos información Valiosa relacionada a las familias que tienen hijos con necesidades especiales. Principalmente mandamos información local del Oeste de Los Ángeles pero también proveemos noticias de varias fuentes a través de la Ciudad y del Estado incluyendo a las organizaciones de origen humilde, grupos de padres, distritos escolares, organizaciones comunitarias, y otras agencias de gobierno.

Si usted quisiera ser parte de nuestra Lista de Distribución por Correo Electrónico por favor contacte a nuestro centro WFREC al (310) 258-4063 o contacte a Daniel Delgadillo por Correo Electrónico al: DannyD@WestsideRC.org

COMMITTEES

WESTSIDE REGIONAL CENTER BOARD OF DIRECTORS MEETINGS

Contact Daisy Marks at

(310) 258-4102 for more details

The Westside Regional Center Board of Directors generally meets on the first Wednesday of each month. Please call the above number to verify. Meetings begin at 6:00 p.m. and there is time for public input at the end of each meeting. This is an open meeting; Clients, families, service providers and community members are welcome.

CONSUMER ADVISORY COMMITTEE

Contact Linda Butler

(310) 258-4245 for more details

The Consumer Advisory Committee (CAC) meets every first Wednesday of the month between 3:30-5:00 p.m. at the Westside Regional Center. The purpose of CAC is for consumer advocacy leaders in the Westside area to meet and share ideas about self-advocacy. CAC is a sub-committee of the WRC Board of Directors. All WRC consumers are invited to attend. For more information, please call Linda Butler at (310) 258-4245.

POLITICAL OUTREACH COMMITTEE

Contact Daisy Marks at

(310) 258-4102 for more details

The WRC Political Outreach Committee meets at 5:00 p.m. before each WRC Board of Director's Meeting at Westside Regional Center. Get involved! Find out about current trends, policies, regulations and their impact on you! For more information, please call Daisy Marks at (310) 258-4102.

Padres de Westside

Grupos de apoyo y educación para padres de niño 0-5 años

Padres de niños pequeños tienen muchas preguntas y preocupaciones sobre el procedimiento de desarrollo, comportamiento, aprendizaje, sociabilidad, emociones y salud de los niños.

Este grupo presentara información y platicas sobre las preocupaciones de padres con niños pequeños.

Llame al telefono numero: (310) 258-4063 para reservar su participación

Grupos seran apoyados por: Mayra Mendez, Ph.D., L.M.F.T. - Terapista Certificada en Grupos

Temas para las platicas incluyen:

- El desarrollo de comunicación
- Nutrición y apetito
- Comportamientos
- Problemas en dormir
- Transición a el Distrito Escolar
- Inteligencia y Aprendizaje
- Impacto de discapacidades...

Grupos en Español se reúnen cada viernes a las 12:30 PM



TRAINING & EVENTS

How To Register

BY PHONE ONLY: Please call WRC's Training and Events RSVP line at (310) 258-4013. You will need to provide the following information to the recording:

- The name of the training and date
- Your name, your organization (if any), and a telephone number where we can reach you if necessary
- The number of people who will attend, if you are registering for other people
- If you will need English to Spanish translation and the number of people

You will NOT receive a return call unless the training is full, there is a change in the calendar, or a registration fee applies. *If your training requires a fee, please see Registration Fee Policy post in the next column.

REGISTRATION FEE POLICY

IF THE TRAINING REQUIRES A REGISTRATION FEE: You must register by phone. Priority will be given to participants on a first come, first served basis. Please wait for a WRC staff person to call you back before sending payments. Thus, if you reserve a space using the telephone, but do not receive a call back, this would mean a fee only class is full. Payment at door without prior arrangement will not be accepted.

All payments should include the following information:

- Name of Person Attending
- Organization
- Address, City and Zip Code
- Telephone number
- Name of Training you will attend
- Date of Training you will attend
- Names of any other participants that you are registering

Payments should be sent to: Westside Regional Center - Training Registration, 5901 Green Valley Circle, Ste. 320, Culver City, CA 90230

PLEASE NOTE: ALL TRAININGS REQUIRE YOU TO RSVP TO ENSURE THAT YOU WILL BE NOTIFIED IF THERE ARE ANY UNEXPECTED CHANGES AND TO HAVE ENOUGH MATERIAL TO HAND OUT. PLEASE READ EACH DESCRIPTION CAREFULLY. UNLESS OTHERWISE INDICATED PLEASE CALL
(310) 258-4013
TO RSVP, AND CONFIRM DATES

Use
this form to
receive future Training
& Events announcements
via e-mail
don't miss out!

E-Mail Registration Form

NAME: _____

E-MAIL: _____

AGENCY/VENDOR(if applicable): _____

INDIVIDUALS NAME(if parent): _____

- Please update my records and share this e-mail with my Service Coordinator/Quality Assurance Specialist.

Please fax back to: (310) 649-1312 or Send/Drop off to Westside Regional Center
Attention: Community Services