



## Something For Everyone

### OCTOBER 2011

#### SUICIDE PREVENTION

October 4 - Tuesday 9:00 - 11:00 a.m.

This training provides a basic outline of how to respond to a potential suicidal situation based on the experiences of our Westside Regional Center Crisis Team. To help someone who is experiencing a crisis we will suggest basic guidelines. Research suggests that the majority of people who attempt suicide literally do something to let others know their intentions before they act. You will learn how to actively recognize the warning signs of depression and suicide risk; as well as some common suicide myths and misconceptions. Presenter: Stephanie Young, LMFT. Please RSVP.

#### SEX ED – BEYOND THE BIRDS AND THE BEES

October 4 - Tuesday 12:00 - 2:00 p.m.

Sex Ed-Beyond the Birds and the Bees is a training for parents and providers with young adults. It will review what the current sexual trends are and how we can help our children navigate through sexual development. Presenter: Stephanie Young, LMFT. Please remember to RSVP.

#### REGULATORY CHALLENGES ATTENTION DEFICIT TRAITS IN CHILDREN

October 12 - Wednesday 9:00 - 11:00 a.m.

Westside Regional Center welcomes back our guest speaker, Dr. Mayra Mendez! Dr. Mendez is an expert in the field of developmental disabilities and we are excited to have her share her experience, knowledge and wisdom. This presentation will include information on the challenges that children have with regulation including Attention Deficit Hyperactivity Disorder (ADHD) and Learning Disabilities. You will learn about the differences between the two, and how both effect a child's development. Parents, family members and service providers are encouraged to attend. Please RSVP so we have a seat for you.

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

October 18 - 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.

#### FAMILY TRAINING IMPORTANT CHANGES IN MEDI-CAL AND L.A. HEALTH PLAN OVERVIEW (AN ENGLISH & SPANISH PRESENTATION)

October 27 - Thursday 10:00 - 11:30 a.m.

Westside Regional Center welcomes Ruth Zuniga, L.A. Care Health Plan Program Specialist for Seniors and People with Disabilities. This presentation will include an overview of the L.A. Care Health Plan, the latest changes with Medi-Cal, and How to navigate your way through an HMO. Information about the L.A. Care Family Resource Center in Inglewood will also be included. A special give-away from L.A. Care will be offered to each person in attendance for the entire presentation. This presentation will be in English and Spanish.

### NOVEMBER 2011

#### UPDATES & CHANGES TO MEDICARE & PART D

November 8 - Tuesday 10:00 - 11:30 a.m.

A NEW DEADLINE FOR CHANGES TO MEDICARE WILL BE IMPLEMENTED THIS YEAR! The Center for Health Care Rights (CHCR) will be at WRC to present all the information that you need to know regarding Medicare. Topics will be: What changes are being done to the Medicare system, When to enroll in a Medicare Part D plan, What benefits are covered by a Part D drug plan, How your Medicare drug benefits work with Medi-Cal or your retiree drug coverage. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare.

#### LET'S TALK SELF-ADVOCACY!

November 15 - 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!

### DECEMBER 2011

#### LET'S TALK SELF-ADVOCACY!

December 20 - 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 November. 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!

#### WESTSIDE REGIONAL CENTER IS NO LONGER MAILING PUBLICATIONS.

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.

*\*THIS IS A LIMITED PRINTED COPY, AVAILABLE ONLY AT OUR OFFICE.*

## Something For Service Providers

OCTOBER 2011

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### DOCUMENTATION TRAINING

October 7 - 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 September 30, 2011.

## 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!

## 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!

### REGULATORY CHALLENGES

#### ATTENTION DEFICIT TRAITS IN CHILDREN

October 12 - Wednesday 9:00 - 11:00 a.m.

This presentation will include information on the challenges that children have with regulation including Attention Deficit Hyperactivity Disorder (ADHD) and Learning Disabilities. You will learn about the differences between the two, and how both effect a child's development. Please RSVP so we have a seat for you. Presenter: Dr. Mayra Mendez. \*For a complete description of this training, please see the For Everyone Section of this bulletin.

### IMPORTANT CHANGES IN MEDI-CAL AND L.A. HEALTH PLAN OVERVIEW

October 13 - Thursday 10:00 - 11:00 a.m.

Westside Regional Center welcomes Ruth Zuniga, L.A. Care Health Plan Program Specialist for Senior and People with Disabilities. This presentation will include an overview of the L.A. Care Health Plan, the latest changes with Medi-Cal, What is a 1115 Waiver?, What is a Medi-Cal Managed Care Plan?, How will residential facilities be impacted by this change?, and What is L.A.Care and its benefits? Information about the L.A. Care Family Resource Center in Inglewood will also be included. A special give-away from L.A. Care will be offered to each person in attendance for the entire presentation.

## 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.**

**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

# TRAINING & EVENTS

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

October 18 - Tuesday 3:00 - 4:30 p.m.

This 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. Participants 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. Please look for the signs to guide you to our meeting room. \*For a complete description of this training, please see the For Everyone Section of this bulletin.

## BI-MONTHLY RESIDENTIAL TRAINING

October 25 - Tuesday 9:45 a.m. - 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 are available 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 October 11.

## THE PRINCIPLES & PRACTICES OF BUILDING COMMUNITY TRAINING SERIES: SESSION 5 - UNIVERSAL LANGUAGE, IT'S ALL IN HOW YOU SAY IT

October 25 - 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: Daniel Hoyos, Quality Assurance Specialist.

## NOVEMBER 2011

### UPDATES & CHANGES TO MEDICARE & PART D

November 8 - Tuesday 10:00 - 11:30 a.m.

A NEW DEADLINE FOR CHANGES TO MEDICARE WILL BE IMPLEMENTED THIS YEAR! The Center for Health Care Rights (CHCR) will be at WRC to present all the information that you need to know regarding Medicare. Topics will be: What changes are being done to the Medicare system, When to enroll in a Medicare Part D plan, What benefits are covered by a Part D drug plan, How your Medicare drug benefits work with Medi-Cal or your retiree drug coverage. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare.

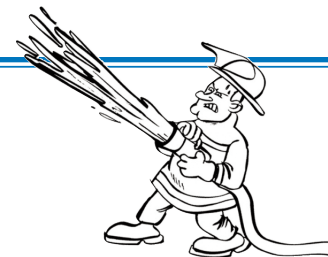
## DECEMBER 2011

- NO TRAINING SCHEDULED FOR DECEMBER -

## Emergency PREPAREDNESS TRAINING

At Westside Regional Center

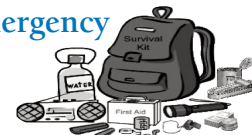
Thursday October 20, 2011 2:00PM - 4:30PM  
3rd Floor Boardroom 3B



Come hear information  
about what you can do to  
prepare and protect  
yourself during an  
emergency.



Get a free backpack  
full of emergency  
supplies!



For more information please contact:

- Carlyn (310) 258-4104
- Linda (310) 258-4245
- Shellena (310) 258-4030

Learn about being safe in an emergency like an earthquake!

## 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 4th Quarter 2011

Dates & Time	Instructors
CPI Class Oct. 26 & 27 - Wed. & Thu. 9:00 - 4:00 p.m. Each Day	Bernadette Daroca & Jill Hewes
CPI Refresher November 4 - Friday 9:00 - 4:00 p.m.	Kerwind Portillo
CPI Class Nov. 9 & 10 - Wed. & Thu. 9:00 - 4:00 p.m. Each Day	Michelle Franklin & Daniel Hoyos

### 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 for Individuals & Families of  
Westside Regional Center 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 vouchered payments for Respite, Specialized Supervision, and Transportation 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 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?

## 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](http://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

IEP Support Group

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!

### 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.

### 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...

Call (310) 258-4063 to RSVP

Groups Meet on Fridays and start at 12:30 PM

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

## WEST SIDE STORY 50TH ANNIVERSARY FILM SCREENING AND SING-ALONG

### The Achievable Foundation and

### William Morris Endeavor Talent Agency present

The "West Side Story" 50th Anniversary Film Screening and Sing-along with a Q&A session with the film's original stars George Chakiris ("Bernardo") and Russ Tamblyn ("Riff"), a live performance by an actors' group including WRC clients and a pre-screening reception.

When: Thursday, November 10, 2011, 6:00 p.m. to 10:00 p.m.

Where: The exclusive William Morris Endeavor (WME) screening room at: 9601 Wilshire Blvd.

Beverly Hills, CA 90210

\$175 tickets are available for purchase at [www.achievable.org](http://www.achievable.org)

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](http://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.

## 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.

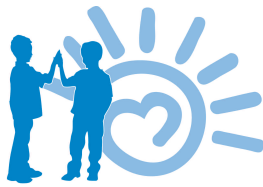
## REGISTRATION FEE POLICY

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



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 sí, entonces nuestro grupo es para usted!!!

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

Para mas información y reservar su espacio, favor de llamar a Ereida 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](mailto: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 número de telefono: (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





**October 20, 2011 - 10:20 A.M.**

**For more information and to register for the Great ShakeOut visit [www.ShakeOut.org](http://www.ShakeOut.org). It is not a matter of *if* an earthquake will occur but *when*.**

✂️ -----  
**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

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