



Something For Everyone

JANUARY 2010

GRIEF AND GRIEVING

January 19 - Tuesday 9:00-11:00 a.m.

The loss of a loved one or close friend is a very profound emotional experience. Even the loss of a neighbor, co-worker, or acquaintance can cause short-term emotional trauma and may have a longer lasting effect. Grief is the mental anguish that accompanies loss, and people with developmental disabilities (no matter how severe) do experience grief. This training will help identify behavioral expressions, understand and acknowledge loss, communicate feelings and look for sources of support. Presenter: Stephanie Young, LMFT. Please remember to RSVP.

UNDERSTANDING BEHAVIOR PLANS

January 19 - Tuesday 12:00-2:00 p.m.

Are you confused or overwhelmed by looking over behavior plans? This training will break down for you the time-lines required for behavior reports, who is involved, and how to read and understand a behavior report. Learn how each Individual Program Plan (IPP) is tied to the behavior plan, what the goals are, and how you can be apart of implementing the plan. We will explain antecedents, precursors, consequence analysis, function of behavior and proactive strategies and so much more. Presenter: Stephanie Young, LMFT. Please RSVP.

LET'S TALK SELF-ADVOCACY!

January 19 - Tuesday 3:00 - 4:00 p.m.

Want to learn more about self-advocacy? Kecia Weller & Linda Butler, WRC's Coordinators 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!

DEVELOPMENT SERIES (PART 1 OF 3)
UNDERSTANDING TYPICAL DEVELOPMENT
FROM BIRTH TO 5 YEARS OLD

January 27 - Wednesday 9:00 - 11:00 a.m.

WRC is proud to have Dr. Mayra Mendez presenting our 3-Part Development Series! This will be the first of three 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 how to assess and understand normal and atypical development in young children. The emphasis will be on play-based developmental and social-emotional functioning and the environmental, familial, cultural and biological interferences that impact the course of development. The learning objective is to strengthen your understanding of typical developmental patterns of birth to 5 year old populations. Participants will learn/review: Elements of differential developmental sequence and sequence issues relevant to birth to 5 year old populations, An increased understanding of the parent-child interaction process, Sensory impact on development, the Emotionally latent developmental process and cultural influences. Please RSVP.

FEBRUARY 2010

HOW MEDI-CARE AND MEDI-CAL WORKS

February 10 - 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 which program pays for what and how they work together with your doctors, Medicare Part B premium and co-payments, dental, eyeglasses and hearing aids; longer-term care in a nursing home and at-home care. Please RSVP for this training. Don't forget to RSVP. CHCR is a non-profit organization that provides free information and help with Medicare.

LET'S TALK SELF-ADVOCACY!

February 16 - 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 January. 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!

DEVELOPMENT SERIES (PART 2 OF 3)
UNDERSTANDING ATYPICAL DEVELOPMENT
FROM BIRTH TO 5 YEARS OLD

February 24 - Wednesday 9:00 - 11:00 a.m.

WRC is proud to have Dr. Mayra Mendez presenting our 3-Part Development Series! This will be the second of three 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 how to assess and understand atypical development in young children from developmental, relational, functional and medical perspectives. The learning objective is to strengthen understanding of atypical developmental patterns in birth to 5 year old populations. You will learn/review: Differences in developmental profiles and sequencing, Risk factors that may have a negative impact development, an Increased understanding of intellectual and developmental disabilities, an Increased understanding of mental health issues in young children, and you will Enhance your capacity to recognize atypical developmental issues and the impact of trauma upon developmental progression. Please RSVP.

MARCH 2010

LET'S TALK SELF-ADVOCACY!

March 16 - 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 January. 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!

250% WORKING DISABLED TRAINING

March 24 - Wednesday 1:00 - 3:00 p.m.

WRC welcomes back Teddie Joy Rimheld! This presentation is a health and benefits training on work and disability! Come and learn vital information on how a person enrolled in the 250% Medi-Cal Working Disabled program can maintain their Medi-Cal and In-Home Supportive Services (IHSS) benefits while earning as much as \$50,000 per year. All persons with disabilities, their families and all professionals that work with persons with disabilities are encouraged to attend. RSVP to WRC.

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

Something For Service Providers

JANUARY 2010

SEMI-ANNUAL ICF/DD H/N PROVIDER MEETING: ACTIVE TREATMENT OBJECTIVES-KEEPING IT REAL January 7 - Thursday 9:00 a.m. - 12:30 p.m.

WRC invites Health Care Providers and Specialists who support people in health care facilities to a unique training opportunity with Dr. Tom Pomeranz. Presentation topic will be Active Treatment Objectives-keeping it real. Included will be how to have meaningful objectives to meet "Active Treatment" criteria while helping the people you are supporting to have a life of quality. All administrators, QMRP Specialists, OT/PT/SLP's, recreational therapists, psychologists, and behavior specialists are invited to attend. Please RSVP to Bdaroca@westsiderc.org or (310) 259-4013.

GRIEF AND GRIEVING

January 19 - Tuesday 9:00-11:00 a.m.

Grief is the mental anguish that accompanies loss, and people with developmental disabilities (no matter how severe) do experience grief. This training will help identify behavioral expressions, understand and acknowledge loss, communicate feelings and look for sources of support. Please remember to RSVP.

UNDERSTANDING BEHAVIOR PLANS

January 19 - Tuesday 12:00-2:00 p.m.

This training will break down for you the time-lines required for behavior reports, who is involved, and how to read and understand a behavior report. Learn how the IPP is tied to the behavior plan, what the goals are, and how you can be apart of implementing the plan. We will explain antecedents, precursors, consequence analysis, function of behavior and proactive strategies. Please RSVP.

DEVELOPMENT SERIES (PART 1 OF 3) UNDERSTANDING TYPICAL DEVELOPMENT FROM BIRTH TO 5 YEARS OLD

January 27 - Wednesday 9:00 - 11:00 a.m.

This presentation will focus on how to assess and understand normal and atypical development in young children. Participants will learn/review: Elements of differential developmental sequence and sequence issues relevant to birth to 5 year old populations, An increased understanding of the parent-child interaction process, Sensory impact on development, the Emotionally latent developmental process and cultural influences. Please remember to RSVP. Please see the FOR EVERYONE section of this bulletin for a complete description of this training.

A Reminder For Service Providers

Beginning January 2009, Westside Regional implemented 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 \$10-\$30 service fee. Re-Payment must be made in person at WRC in CASH ONLY and future acceptance of checks will not be permitted.

FEBRUARY 2010

DOCUMENTATION TRAINING

February 5 - Friday 10:00 a.m. - 12:30 p.m.

REGISTRATION FEE: \$15.00 - certificate included

Please join other service providers in learning and reviewing how to document. 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 January 29, 2010

HOW MEDI-CARE AND MEDI-CAL WORKS

February 10 - Wednesday 10:00 a.m. - 11:30 a.m.

Come and learn how Medi-Care and Medi-Cal works. You will learn the differences between the two types of benefits, which program pays for what and how they work together with your doctors, Medicare Part B premium and co-payments, dental, eye-glasses and hearing aids, longer-term care in a nursing home and at-home care. Please RSVP for this training. Don't forget to RSVP. Please see the FOR EVERYONE section of this bulletin for a complete description of this training.

VICTIMS WITH DISABILITIES: THE FORENSIC INTERVIEW

February 17 - Wednesday 1:00 - 2:30 p.m.

WRC welcomes Dr. Nora J. Baladerian, the producer of this training and DVD series! Dr. Baladerian will screen this new DVD that is the first in a series of two and was produced for law enforcement training. The DVD includes local individuals with disabilities and their families, and will demonstrate the key teaching points. Following the screening, Dr. Baladerian will provide a follow up question and answer period. Service providers and professionals are encouraged to attend. This DVD was produced under the funding auspices of the U.S. Department of Justice Office for Victims of Crime with a grant to the Arc of Riverside.

BI-MONTHLY RESIDENTIAL TRAINING

February 23 - 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. PRESENTATION TOPIC: Universal Precautions. 2 hours of 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 February 9.

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

THE PRINCIPLES & PRACTICES OF BUILDING COMMUNITY TRAINING SERIES:

SESSION 1 - QUALITY INTERACTION

February 23 - Tuesday 12:00 - 2:00 p.m.

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.

DEVELOPMENT SERIES (PART 2 OF 3) UNDERSTANDING ATYPICAL DEVELOPMENT FROM BIRTH TO 5 YEARS OLD

February 24 - Wednesday 9:00 - 11:00 a.m.

This will be the second of three topics in this series. This presentation will focus on how to assess and understand atypical development in young children from developmental, relational, functional and medical perspectives. You will learn/review: Differences in developmental profiles and sequencing, Risk factors that may have a negative impact development, an Increased understanding of intellectual and developmental disabilities, an Increased understanding of mental health issues in young children, and you will Enhance your capacity to recognize atypical developmental issues and the impact of trauma upon developmental progression. Please RSVP

MARCH 2010

MEALTIME TRAINING: DINING WITH DIGNITY

March 11 - Thursday 9:00 am - 12:00 noon

Westside Regional Center's Community Services Department welcomes Julie McRae, RN MS CDDN. Ms. McRae represents the Southern California Integrated Health and Living Project and will present this very informative training. Dining with Dignity is an education tool for providers serving persons with developmental disabilities. People with Intellectual Disabilities/Developmental Disabilities may have physical conditions which alter their ability to take in, chew, swallow and digest food. Some medications that are prescribed to them can also influence their oral motor patterns and cause decreased oral secretions (saliva) needed for safe swallowing. It is an ongoing challenge supporting people with developmental disabilities to experience positive and enjoyable mealtimes through consistent and appropriate supports. Come to this training and learn about positioning, swallowing, different types of foods including temperature and consistency, socialization during mealtimes, and learn which foods are dangerous. This is a great opportunity. Please call to reserve your space, seating will be limited.

VICTIMS WITH DISABILITIES: COLLABORATIVE, MULTIDISCIPLINARY FIRST RESPONSE

March 18 - Thursday 10:00 - 12:00 noon

WRC welcomes Dr. Nora J. Baladerian, the producer of this training and DVD series! Dr. Baladerian will screen this new DVD that is the second in a series of two and was produced for law enforcement training. The DVD includes local individuals with disabilities and their families and will demonstrate the key teaching points. Following the screening, Dr. Baladerian will provide a follow up question and answer period. Service providers and professionals are encouraged to attend. This DVD was produced under the funding auspices of the U.S. Department of Justice Office for Victims of Crime with a grant to the Arc of Riverside.

SEMI-ANNUAL ADULT DAY SERVICES PROVIDER MEETING

March 22 - Monday 10:00 -12:00 noon

All Adult Day Service and Habilitation Service Providers are encouraged to attend this meeting and training. This meeting will feature an update on WRC and discussion regarding current topics. As always, there will be an opportunity for sharing. Reservations are needed and there is no fee for attending. Refreshments will be served. **Please contact Eileen Falvey or Carmine Manicone with any agenda items or for further information at (310) 258-4043 or (310) 258-4080.**

SEMI-ANNUAL TRANSPORTATION COMPANY PROVIDER MEETING

March 23 - Tuesday 10:00 -12:00 noon

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. Our presentation will be **RELATIONSHIPS CAN TAKE YOU EVERYWHERE**, and will focus on understanding and building strong relationships with the individuals that you serve and their families. Reservations are needed and there is no fee for attending. Please contact Lidia Rosales further information and to RSVP (310) 258-4045.

250% WORKING DISABLED TRAINING

March 24 - Wednesday 1:00 - 3:00 p.m.

This presentation is a health and benefits training on work and disability! Come and learn vital information on how a person enrolled in the 250% Medi-Cal Working Disabled program can maintain their Medi-Cal and In-Home Supportive Services (IHSS) benefits while earning as much as \$50,000 per year.

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!

WESTSIDE FAMILY RESOURCE AND EMPOWERMENT CENTER
WILL BE HOSTING A SERIES OF WORKSHOPS FOCUSING
ON EARLY CHILDHOOD TOPICS.

For a list of the trainings, please call (310) 258-4063.

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 1st Quarter 2010

Dates & Time	Instructors
CPI Class January 25 & 26 – Mon. & Tue. 9:00 - 4:00 p.m. Each Day	Carmine Manicone & Daniel Hoyos
CPI Class February 11 & 12 – Thu. & Fri. 9:00 - 4:00 p.m. Each Day	Jill Hewes & Erik Duzell
CPI Refresher March 5 - Friday 9:00 - 4:00 p.m.	Kerwind Portillo
CPI Class March 9 & 10 – Tue. & Wed. 9:00 - 4:00 p.m. Each Day	Bernadette Daroca & 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 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. For 2010, January's meeting will be on Tuesday, January 12 and Wednesday, January 13th. February and March meetings will be the 1st Tuesday and Wednesday of the month. 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?

WESTSIDE NETWORKING AND SOCIAL GROUP PLEASE CONTACT YOUR SERVICE COORDINATOR

The Westside Networking & Social Group will continue to meet every month throughout 2010. 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, to confirm dates, or to get on the mailing list please contact your Service Coordinator or Linda Butler at (310)258-4245.

WESTSIDE ROOMMATE SOCIAL PLEASE CALL (310) 371-7420

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 call the above telephone number 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.PECSG.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 OR the 4th Wednesday 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

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)

Limited
Childcare
Available!

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 *Jam!* 2010

Self-Advocacy Fair



"When the going gets tough. CAC gets going"

An evening of self-advocacy and fun for individuals served by Westside Regional Center hosted by the WRC Client Advisory Council (CAC)

Activities

Music Entertainment
Dancing Food
Live Performances

QUESTIONS: Call Linda at (310) 258-4245,
Kecia at (310) 258-4111, or
Carmine at (310) 258-4080

WHEN: Friday evening, March 26TH - 4:00 – 8:00 PM

WHERE: Veteran's Memorial Building
4117 Overland Avenue (Cross Street Culver Blvd.)
Culver City, CA 90230

HOW: No Pre-Registration Needed
Come to the Jam, Sign-in, and
pay the \$5.00 entry fee!



TRANSPORTATION: Limited transportation will be provided for South Bay residents. Pick up will be at the South Bay Galleria beginning at 3:30 p.m. & drop off at 8:30 p.m. YOU MUST CALL (310) 258-4080 TO RESERVE YOUR SEAT. The first clients to call get the seats on the van. We may run out of seats FAST.



If you are riding on Access Service, please call 1-877-408-9378 to make your reservation. After your reservation is made, call (310) 258- 4080 to register your Access Paratransit Ridership #.

Registration Fee Policy

Please see the training description for fee information. If the training requires a fee, your fee must be paid prior to the training. If your payment does not arrive on or before the designated date, your reservation will be cancelled and your space given to a person on the waiting list.

Fees are to be paid by CHECK ONLY! Check should be made out to Westside Regional Center and include the name, date and time of the training that you are attending. A receipt will be given at the training, by request.

Registration payments cannot and will not be accepted at the door. In addition, we may not be able to accommodate walk in participants if the training is already full. You may call up until one day before the training to check availability.

Please remember: WRC will make every attempt to begin the training sessions on time. In the event that you are more than 30 minutes late, the doors may be closed and you may have to reschedule and pay again. Please be aware that you forfeit your fee for missing any training session. THERE WILL BE NO REFUNDS. Please make every effort to attend.

Westside Regional Center sponsors these Training & 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
Culver City, CA 90230
(310) 258-4000



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. Conviertas 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 Kecia Weller
or Linda Butler

(310) 258-4111 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 or Kecia Weller or at (310) 258-4253 or 4111.

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 presentará información y pláticas 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 desabilidades...



Grupos en Español se reúnen cada segundo y cuarto viernes del mes



WESTSIDE REGIONAL CENTER

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



WESTSIDE REGIONAL CENTER

TRAINING & EVENTS

FIRST QUARTER 2010

The Center's Quarterly & Training Newsletter

DATED MATERIAL PLEASE OPEN IMMEDIATELY

WESTSIDE *Jam!* **2010**
Information Inside!

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