






# Parent Training & Information

**The Family and Education Resource Specialists are here to support parents or caregivers of children with disabilities or challenges, and help them access services and resources.**

We are parents or family members of loved ones living with a disability. We have navigated the Regional Center and/or education systems and can provide support to you as you begin, or continue, your journey with your child.

-  Does your child struggle in school?
-  Does your child have a disability?
-  Would you like to get support and information from someone who understands and will listen?

## WE SERVE 12 COUNTIES OF CALIFORNIA:



## FREE ONLINE WORKSHOPS

CHECK OUT OUR FACEBOOK EVENTS PAGE

## WORKSHOPS FOR YOUTH

AND ADULTS WITH DISABILITIES  
AGE 14-26

## 1:1 PARENT SUPPORT

TO DISCUSS YOUR CHILD'S EDUCATION, IEP OR 504 PLAN(S)

## RESOURCES & LINKS

CONNECT WITH US TO ACCESS SUPPORT IN YOUR COMMUNITY

## COLLABORATE WITH YOUR TEAM

WE CAN HELP!



**\*\*ALL SERVICES ARE FREE - WE ARE NOT ATTORNEYS AND CANNOT OFFER LEGAL ADVICE.\*\***

559-229-2000 • 4440 N First St., Fresno, CA 93726 • [www.epuchildren.org](http://www.epuchildren.org) • 844-445-0305

The contents of this resource were developed under a grant from the U.S. Department of Education, #H328M200055. However, those contents do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.



# FREE ONLINE WORKSHOPS

CHECK OUT OUR FACEBOOK EVENTS PAGE

- **Help! My Child is Struggling!**

Learn about the first steps you can take to help your child who is struggling in school with grades, friends, or attendance

- **A Guide to IEPs and the Special Education Process**

Understanding the various parts of an IEP and how the special education process works under the Individual with Disabilities Education Act (IDEA)

- **Section 504: Removing Barriers and Creating Access to Education**

Learn how a 504 plan can help a student receive accommodations that will support academic success

- **My Child is in Trouble, Again?!? Helping Students on IEPs with Difficult Behavior**

Learn about behavior and discover the educational rights of children with challenging behavioral needs

- **How Parents Can Respond to Bullying**

77% of students are bullied -- only 37% report it. Understand the dynamics of bullying and what parents can do to help

- **How Can I Get Help for My Child? Skills for Effective Parent Advocacy**

Find your voice and discover how to speak up and team up with your child's school

- **My Child is Growing Up, Now What? Future Planning for Families of High School Age Youth**

Find out about the addition of post-high school goals to an IEP, what happens at 18, and the importance of self-advocacy for youth

- **Got Support? Services available for High School Age Youth and Adults with Disabilities**

Find out about the resources and service providers available for individuals living with developmental disabilities in your community

- **From Overwhelmed to Organized: Organizing Your Documents**

Discover how to organize your educational documents

- **Routines that Work!**

Creating structure and visual schedules to help your child through their day

- **A Guide to the IFSP & Early Intervention Process**

Find out about the Individualized Family Service Plan, an early childhood plan for children birth-3 years old

- **Navigating the Regional Center System**

Learn about California's system of support for individuals with developmental disabilities, including how to access services

- **Accessing Assistive Technology**

Discover devices and tools which can support and enhance your child's learning and communication

**FOR MORE INFORMATION ABOUT ANY OF OUR SERVICES OR UPCOMING WORKSHOPS, PLEASE CONTACT US:**

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# WORKSHOPS FOR YOUTH

AND ADULTS WITH DISABILITIES AGE 14-26

**Our Youth Coordinator and team are excited to work with youth and adults with disabilities (age 14-26) in our 12 county region! If your school or organization would like to host one of our workshops, please connect with us.**



WORKSHOPS ARE  
AVAILABLE THROUGH  
ONLINE PLATFORMS.

## Workshop topics include:

- **VIP at my IEP**  
IEPs are all about YOU. Understand the process of the IEP and how to speak up and share with your team.
- **Get (and Stay) Organized**  
Tips for being prepared for school and life
- **Health & Hygiene**  
Eating right and staying clean help us feel better and stay healthy
- **Discovering my Dreams**  
Creating a 5 year plan for my future
- **Dollar\$ & \$en\$e**  
Discuss needs vs. wants in this money focused workshop
- **Get Interview Ready**  
Dress for success and practice skills for interviewing for a job

...and more!



Check out the **Annual Self Advocacy Conference for Youth and Adults** (14-26 years old)  
Join us in partnership with Resources for Independence Central Valley and  
Central Valley Regional Center. Message us for more information!

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