






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 • 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:

559-229-2000 • 4440 N First St., Fresno, CA 93726 • www.epuchildren.org • 844-445-0305

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!

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

559-229-2000 • 4440 N First St., Fresno, CA 93726 • www.epuchildren.org • 844-445-0305