All Services are Free Unless Otherwise Noted.
All classes are subject to change without notice. If you require Spanish interpretation for any training/event, email traininginfo@westsideregionalcenter.org or call 310-258-4063 within one week of the meeting. Please include your name, phone number and the name of the training that you would like to have translated.

Attention Service Providers: If you would like to take the DSP 1 or DSP 2 class, you must enroll directly through the DSP Training website at https://www.dsptrain.org/. If you are in the process of becoming a vendor, you will need to request a letter from the Quality Assurance Specialist that you are working with.

Announcement: As of January 2020 WRC is no longer offering the Non-Violent Crisis Intervention (CPI) Refresher Course. All WRC service providers wishing to take CPI will need to register for the 2-Day course. Please see below for upcoming CPI Training dates and registration information. The class is offered once a month throughout the year.

Service Provider Trainings

JANUARY

January 22 & 23 — Wednesday & Thursday; 8:30am – 4:00pm (2 Day Course)
NON-VIOLENT CRISIS INTERVENTION COURSE (CPI)
Conference Room 4D
Please read carefully, as WRC has a new enrollment policy and procedure for the CPI course:

- This class is available for Westside Regional Center service providers only. Those who are not WRC service providers should contact CPI directly to locate an alternative course.
- All registration and payment for the course must be completed online no later than 2 business days before the training. We will no longer be accepting checks for our courses and we will not be able to admit you if you have not paid ahead of time. This means no walk-ins will be admitted.
- We will be using Eventbrite for registration and payment. The cost of the class is $20 a person. Eventbrite accepts PayPal and all major credit cards. Once you receive your confirmation email and ticket, print it out and ensure that the person attending the training brings it with them.
- If you have not taken CPI since January 2016, you will need to take the full 2-day course instead of the refresher.
  - Please make sure you sign up for the correct class. There are no refunds available.
  - If you are having an issue navigating the online registration, you may call 310-258-4001 and ask to speak with Angela Edmond.
- This is a two day course. Participants must complete both days of training in order to receive certification.

Course Description: Non-violent crisis intervention is a safe, non-harmful 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. **Link to Register:** [https://january2020cpi.eventbrite.com](https://january2020cpi.eventbrite.com)

**January 23—Thursday; 9:00am –1:00pm**
**SOCIAL AND EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN**
Danneker Boardroom
Providers, Early Head Start, and Parents, join Westside Regional Center’s Early Start team in a half day training at Westside Regional Center to refresh and develop your knowledge in social and emotional development in the birth to 3 population hosted by Lauren Belieff from the Los Angeles County Office of Education. **Link to Register:** [https://socialandemotionaldevelopmenttrainingjanuary2020.eventbrite.com](https://socialandemotionaldevelopmenttrainingjanuary2020.eventbrite.com)

**January 23—Thursday; 6:00pm –8:00pm**
**PROJECT SEARCH INFORMATION SESSION: KAISER WEST LA/LAUSD TRANSITION PROGRAM**
Danneker Boardroom, 3rd Floor
Project SEARCH is a one-year education program for students with intellectual and developmental disabilities. Participants have met all academic requirements for graduation and spend a school year reporting to the host business. Interns learn the skills needed to obtain competitive community employment at the conclusion of the program. Project SEARCH combines classroom time with a school-year long unpaid internship at a host healthcare facility or business. This combination of instruction and immersion in the workplace setting prepares enrollees to meet employer expectations. **Link to Register:** [https://projectsearchkaiserjanuarysession.eventbrite.com](https://projectsearchkaiserjanuarysession.eventbrite.com)

**January 28—Tuesday; 10:00am –12:00pm (Networking begins at 9:30am)**
**NAVIGATING THE MENTAL HEALTH AND REGIONAL CENTER SYSTEMS FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES **Limited space available!**
Danneker Boardroom, 3rd Floor
*The Department of Mental Health in partnership with Westside Regional Center presents:*
WRC service providers and DMH Service Area 5 and 6 providers are invited to a training and resource sharing session at Westside Regional Center on Tuesday, January, 28th from 9:30am-12pm.
**Due to limited space, each agency can only send two representatives**
Lisa Schoyer and Bridgida Zamudio from the Los Angeles County Department of Mental Health (DMH) will present on how to navigate the mental health system from the developmental disability perspective as well as how to navigate the Regional Center system for mental health service providers. Helpful resources to assist with navigating both systems will also be shared.
-Arrive by 9:30am to network with providers across both systems and enjoy a continental breakfast. The training will take place from 10am-12pm.
-For questions, call Rhiannon 310-258-4209. If you are a WRC family member, please note that we are planning a session for spring 2020. **Link to Register:** [https://wrcanddmhtraining.eventbrite.com](https://wrcanddmhtraining.eventbrite.com)

**FEBRUARY**

**February 7—Friday; 10:00am – 12:30pm**
**DOCUMENTATION TRAINING**
Conference Room 4D
Please join other service providers and service coordinators 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 recognizing the importance of a detailed documentation plan, understanding what should be reported and why, and how to produce clear and organized incident reports. Presenter: Bernadette Daroca.
All registration and payment for the course must be completed online no later than 2 business days before the training. We will no longer be accepting checks for our courses and we will not be able to admit you if you have not paid ahead of time. This means no walk-ins will be admitted. The cost is $15 which includes a certificate of completion. Link to Register: https://documentationwinterquarter.eventbrite.com

February 19 & 20 — Wednesday & Thursday; 8:30am – 4:00pm (2 Day Course)
NON-VIOLENT CRISIS INTERVENTION COURSE (CPI)
Conference Room 4D
Please read carefully, as WRC has a new enrollment policy and procedure for the CPI course:

- This class is available for Westside Regional Center service providers only. Those who are not WRC service providers should contact CPI directly to locate an alternative course.
- All registration and payment for the course must be completed online no later than 2 business days before the training. We will no longer be accepting checks for our courses and we will not be able to admit you if you have not paid ahead of time. This means no walk-ins will be admitted.
- We will be using Eventbrite for registration and payment. The cost of the class is $20 a person. Eventbrite accepts PayPal and all major credit cards. Once you receive your confirmation email and ticket, print it out and ensure that the person attending the training brings it with them.
- If you have not taken CPI since January 2016, you will need to take the full 2-day course instead of the refresher.
  - Please make sure you sign up for the correct class. There are no refunds available.
  - If you are having an issue navigating the online registration, you may call 310-258-4001 and ask to speak with Angela Edmond.
- This is a two day course. Participants must complete both days of training in order to receive certification.

Course Description: Non-violent crisis intervention is a safe, non-harmful 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. Link to Register: https://february2020cpi.eventbrite.com

February 25—Tuesday; 10:00am – 12:00pm
BI-MONTHLY SERVICE PROVIDER TRAINING: SPECIAL INCIDENT REPORTING
Conference Room 4D
Presented by Bernadette Daroca. Call Joe Montez to RSVP: 310-258-4014.

February 27—Thursday; 2:00pm-4:30pm
APPtastic ADVENTURES: FUN AND EDUCATIONAL APPS FOR SPECIAL EDUCATION
Danneker Boardroom, 3rd Floor
In this workshop, we will introduce some wonderful applications that can be used on iDevices for children with special needs. Some of the applications discussed and demonstrated will include early learning, reading, interactive books, writing, spelling, fine motor skills and much more. Join us for a fun, fast-paced workshop! (Please note: prior technology and iDevice knowledge is recommended but not required.) **Must Register online at taskca.org or call (866) 828-8275.**
Recurring Meetings for Service Providers

JANUARY

January 8 —Wednesday; 10:00am –11:30am
HOME AND COMMUNITY BASED SERVICES (HCBS) ROUNDTABLE SESSIONS
Danneker Boardroom, 3rd Floor
These information sharing sessions provide an opportunity for WRC Providers and Staff to prepare for the transition to the Center for Medicaid Services Home and Community Based Services Final Rule that will be implemented in 2022. Come learn from the experiences of others and explore opportunities for creativity within our ongoing statewide transition plan activities! These meetings will occur the second Wednesday of every month. Questions? Contact Megan Mendes, HCBS Transition and Employment Manager 310-258-4276; MeganM@westsiderc.org

January 15—Wednesday; 2:00pm – 3:30pm
WRC SUPPORTED EMPLOYMENT ROUNDTABLE (BI-MONTHLY MEETING)
Danneker Boardroom, 3rd Floor
This is a forum for Supported Employment Provider Agencies to receive support, education, feedback and information sharing. Meetings are held every other month on the third Wednesday of the month. No RSVP is required.

January 15 —Wednesday; 4:00pm – 5:00pm
EMPLOYMENT FIRST BUSINESS ADVISORY COMMITTEE
Danneker Boardroom, 3rd Floor
The WRC Employment First Business Advisory Committee is looking for a diverse group of individuals and would love to see business owners join! The purpose of the committee is to partner and collaborate; promote outreach and education regarding community-based, integrated employment, resulting in the full inclusion of people with disabilities in the workplace and community. Please inquire about joining the committee with Liddy Amador at lideniraa@westsiderc.org or 310-258-4034.

January 21—Tuesday; 10:30am – 12:00pm
SERVICE PROVIDERS ADVISORY COMMITTEE MEETING
The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. 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. Rotating SPAC members host a continental breakfast each month. New members are WELCOME! Contact Joe Montez at (310) 258-4014.

January 21 —Tuesday; 2:00pm – 3:00pm
COMPETITIVE INTEGRATED EMPLOYMENT (CIE) & PAID INTERNSHIP PROGRAM (PIP) TECHNICAL ASSISTANCE SESSION
Danneker Boardroom, 3rd Floor
Please join us on the 3rd Tuesday of every month at 3pm at WRC (5901 Green Valley Cir., Ste. 320 Culver City, CA 90230) to learn more about CIE & PIP implementation, development, funding and reimbursement process. For more information, please contact Liddy Amador, WRC QA Employment Specialist at lideniraa@westsiderc.org (310) 258-4034.

FEBRUARY

February 12—Wednesday; 10:00am –11:30am
HOME AND COMMUNITY BASED SERVICES (HCBS) ROUNDTABLE SESSIONS
Danneker Boardroom, 3rd Floor
These information sharing sessions provide an opportunity for WRC Providers and Staff to prepare for the transition to the Center for Medicaid Services Home and Community Based Services Final Rule that will be implemented in 2022. Come learn from the experiences of others and explore opportunities for creativity within our ongoing statewide transition plan activities! These meetings will occur the second Wednesday of every month. Questions? Contact Megan Mendes, HCBS Transition and Employment Manager 310-258-4276; MeganM@westsiderc.org

February 18—Tuesday; 10:30am – 12:00pm
SERVICE PROVIDERS ADVISORY COMMITTEE MEETING
Conference Room 4D
The WRC Service Provider Advisory Committee (SPAC) is open to anyone who provides a vendored service to WRC clients. 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. Rotating SPAC members host a continental breakfast each month. New members are WELCOME! Contact Joe Montez at (310) 258-4014.

February 18—Tuesday; 2:00pm – 3:00pm
COMPETITIVE INTEGRATED EMPLOYMENT (CIE) & PAID INTERNSHIP PROGRAM (PIP) TECHNICAL ASSISTANCE SESSION
Danneker Boardroom
Please join us on the 3rd Tuesday of every month at 3pm at WRC (5901 Green Valley Cir., Ste. 320 Culver City, CA 90230) to learn more about CIE & PIP implementation, development, funding and reimbursement process. For more information, please contact Liddy Amador, WRC QA Employment Specialist at lideniraa@westsiderc.org (310) 258-4034.

February 19—Wednesday; 4:00pm – 5:00pm
EMPLOYMENT FIRST BUSINESS ADVISORY COMMITTEE
Danneker Boardroom, 3rd Floor
The WRC Employment First Business Advisory Committee is looking for a diverse group of individuals and would love to see business owners join! The purpose of the committee is to partner and collaborate; promote outreach and education regarding community-based, integrated employment, resulting in the full inclusion of people with disabilities in the workplace and community. Please inquire about joining the committee with Liddy Amador at lideniraa@westsiderc.org or 310-258-4034.

Monthly Public Meetings

JANUARY

January 8—Wednesday; 4:30pm – 5:30pm
CLIENT SERVICES COMMITTEE MEETING
Conference Room 4A
The Client Services Committee reviews services and policies as they relate to clients and families.

January 8—Wednesday; 6:00pm – 8:00pm
BOARD OF DIRECTORS MEETING
Danneker Boardroom, 3rd Floor
The Board Meeting is being held on Wednesday, January 8 at 6:00PM at Westside Regional Center 5901 Green Valley Circle, Mike Danneker Boardroom on the 3rd Floor, Culver City, CA 90230.

January 14 —Tuesday; 5:00pm – 6:00pm
POLITICAL ACTION COMMITTEE
Danneker Boardroom, 3rd Floor
The PAC is looking for new members who would like to get involved with legislative advocacy! We are actively meeting with our local state legislators and will be growing our initiative to include
advocacy with local and county officials in 2019. Please come out to the meeting to share ideas and hear about Westside’s political outreach activities. All are welcome! No RSVP required. Email staff liaison Rhiannon Maycumber with any questions or to request more information.

**January 14 — Tuesday; 6:00pm – 8:00pm**
**SELF-DETERMINATION TASK FORCE**
Danneker Boardroom, 3rd Floor
This is a public meeting typically held on the second Tuesday of each month at 6:00pm. The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent the Regional Center and the Department of Developmental Services.

**FEBRUARY**

**February 11—Tuesday; 5:00pm – 6:00pm**
**POLITICAL ACTION COMMITTEE**
Danneker Boardroom, 3rd Floor
The PAC is looking for new members who would like to get involved with legislative advocacy! We are actively meeting with our local state legislators and will be growing our initiative to include advocacy with local and county officials in 2019. Please come out to the meeting to share ideas and hear about Westside’s political outreach activities. All are welcome! No RSVP required. Email staff liaison Rhiannon Maycumber with any questions or to request more information rhiannonm@westsiderc.org.

**February 11—Tuesday; 6:00pm – 8:00pm**
**SELF-DETERMINATION TASK FORCE**
Danneker Boardroom, 3rd Floor
This is a public meeting typically held on the second Tuesday of each month at 6:00pm. The committee shall review the development and ongoing progress of the Self-Determination Program, including whether the program advances the principles of self-determination and is operating consistent the Regional Center and the Department of Developmental Services.

**Trainings and Events for Individuals Served by WRC and their Families**

**JANUARY**

**January 16—Thursday —6:30pm – 8:30pm**
**ASSISTIVE TECHNOLOGY FOR AUTISM AND OTHER DISABILITIES (Taking place during the African American/ Black Families Support Group Session and is open to all families)**
Danneker Boardroom, 3rd Floor
We will introduce technology specifically related to disorders on the autism spectrum and for those with developmental disabilities, including software and apps with the following focus areas: video modeling, social skills, life skills, vocabulary building, language development, communication, interpreting emotions and more. We will offer many solutions from low tech interventions to high tech AAC devices. **“Must Register online at taskca.org or call (866) 828-8275.”** This workshop will only be available in English.

**FEBRUARY**

**February 27—Thursday; 2:00pm-4:30pm**
**APPtastic ADVENTURES: FUN AND EDUCATIONAL APPS FOR SPECIAL EDUCATION**
Danneker Boardroom, 3rd Floor
In this workshop, we will introduce some wonderful applications that can be used on iDevices for children with special needs. Some of the applications discussed and demonstrated will include early learning,
reading, interactive books, writing, spelling, fine motor skills and much more. Join us for a fun, fast-paced workshop! (Please note: prior technology and iDevice knowledge is recommended but not required.)

**Must Register online at taskca.org or call (866) 828-8275.** This workshop will be available in English and Spanish.

**Monthly Support Groups and Workshops by WRC Family Resource and Empowerment Center**

**JANUARY**

**January 11—Saturday; 9:00am – 1:00pm**

**SIB SHOP**

Danneker Boardroom

Sib shop is a support program for siblings of children who have special health, mental health, and developmental needs. Sib shop acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many something in between. Sib shops are opportunities for brothers and sisters of children with special needs to obtain peer support and education within a recreational environment. For more information on joining this sibling support group, call the Westside Family Resource and Empowerment Center at (310) 258-4063. This group is for families served by Westside Regional Center only.

**January 14—Tuesday**

**IHSS WORKSHOP SERIES**

The Westside Family Resource Empowerment Center (WFREC) is offering workshops to help WRC clients and families learn about In-Home Supportive Services (IHSS). For more information and to RSVP call the FREC at 310-258-4063. No walk-ins will be admitted. You MUST RSVP for this workshop.

**Orientation to the IHSS Program**

This session is for individuals who are initially applying for IHSS or want to know more about the basic steps of the application process. This workshop is held in English on the 2nd Tuesday of every month. **Workshop Time: 10:00AM - 12:00PM. Location: Danneker Boardroom**

**Advanced IHSS Training**

This session is for individuals who need more in-depth information about the IHSS program and who may be in the process of appealing, requesting more hours or requesting re-evaluations. Please bring your IHSS "Notification of Action" (NOA) and any other documentation you want to share pertaining to IHSS. This workshop is held in English on the 2nd Tuesday of every month. **Workshop Time: 1:30PM - 3:30PM**

Location: WFREC Library (inside the center)

**January 14 & 28—Wednesdays; 3:00pm– 4:00pm**

**LGBTQIA+ GROUP AT DISABILITY COMMUNITY RESOURCE CENTER (DCRC)**

**Offsite Location:** DCRC Mar Vista Office, 12901 Venice Blvd., Los Angeles, CA 90066

Meets the 2nd/4th Wednesdays at 3:00pm

Disabled lesbian, gay, bisexual, transgender queer/questioning, intersex and asexual/agender/aromatic people meet for resources and conversation in a safe and confidential setting. All disabilities are welcome- physical, neurodiverse, mental health intellectual and developmental. To request this information in an alternative format and/or a reasonable accommodation in order to participate in this group, please contact us at 310-390-3611. DCRC is a scent-free facility. Please do not wear any scented products while visiting our offices.
January 16—Thursday; 6:30pm – 8:30pm
AFRICAN AMERICAN/BLACK FAMILIES SUPPORT GROUP
Danneker Boardroom, 3rd Floor
Please join us and be a part of our conversation: our safety, our resources, our concerns, our needed services and more. Special Guest Speakers featured every month. Please contact the WFREC for childcare at: 310-258-4063. We have limited space. You must call to reserve child care for children (ages 3 to 13 years of age) by the Wednesday before the meeting.

Happening this month:

ASSISTIVE TECHNOLOGY FOR AUTISM AND OTHER DISABILITIES
We will introduce technology specifically related to disorders on the autism spectrum and for those with developmental disabilities, including software and apps with the following focus areas: video modeling, social skills, life skills, vocabulary building, language development, communication, interpreting emotions and more. We will offer many solutions from low tech interventions to high tech AAC devices.

**Must Register online at taskca.org or call (866) 828-8275.** This workshop will only be available in English.

January 17—Friday; 6:30pm – 8:30pm
SUPPORT GROUP FOR PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS
Danneker Boardroom, 3rd Floor
This support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The objective of this group is to support each other, to share experiences, to empower families, to educate and inform families of resources, and to become an organized community base resource. Meets the 3rd Friday of each month. For more information, please contact Feben Fantu at (310)258-4037 or (310)447-5111. Limited childcare available. To RSVP for childcare, please call the FREC at (310)258-4063.

January 21—Tuesday; 3:00pm – 4:00pm
LETS TALK SELF-ADVOCACY
Conference Room 4B
Are you an individual receiving services from WRC? Want to learn more about self-advocacy? Want to meet others who can support you in advocating for yourself? Want to get your point across and still get your needs met? Or, do you want to encourage, support or teach others the skill of advocating for themselves? If you answered “YES” to any of these questions, please join us. Bring your questions, ideas, bring a friend, we will listen and troubleshoot with you. If you have questions or need more information, please call Linda Butler at (310) 258-4245. Linda, Coordinator of Self-Advocacy for the WRC, will be available for individuals, families, and support staff to come discuss issues of Self-Advocacy. We meet at WRC in the 4th Floor Meeting Room. Take the elevator to the 4th floor and follow the signs to our group!

January 21—Tuesday; 6:30pm – 9:00pm
WEST L.A. CHADD
Danneker Boardroom
A group affiliated with CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder) with monthly meetings and different presenters every month. The West LA Chapter meetings are designed to aid adults with ADD/ADHD and parents of children with ADHD/ADD. This group meets 9 times per year (September to November, January to May) the 3rd Tuesday of each month from 7:00pm-8:30pm. For more information, call Regina Lark at 310-995-7953 or visit their website.

FEBRUARY

February 6—Thursday; 6:30pm – 8:30pm
INFORMED EDUCATION PARTNERS (FOR WESTSIDE FAMILIES ONLY)
Danneker Boardroom, 3rd Floor
This group provides information and strategies to assist parents to become stronger advocates at their Individualized Education Planning meeting with the school districts. Meets 1st Thursday of each month. Call (310)258-4063 to RSVP. Limited childcare available.

February 8—Saturday; 9:00am – 1:00pm  
**SIB SHOP**  
Danneker Boardroom, 3rd Floor  
Sib shop is a support program for siblings of children who have special health, mental health, and developmental needs. Sib shop acknowledge that being the brother or sister of a person with special needs is for some a good thing, for others a not-so-good thing, and for many something in between. Sib shops are opportunities for brothers and sisters of children with special needs to obtain peer support and education within a recreational environment. For more information on joining this sibling support group, call the Westside Family Resource and Empowerment Center at (310) 258-4063. This group is for families served by Westside Regional Center only.

February 11—Tuesday  
**IHSS WORKSHOP SERIES**  
Danneker Boardroom, 3rd Floor  
The Westside Family Resource Empowerment Center (WFREC) is offering workshops to help WRC clients and families learn about In-Home Supportive Services (IHSS). For more information and to RSVP call the FREC at 310-258-4063. No walk-ins will be admitted. You MUST RSVP for this workshop.  
**Orientation to the IHSS Program**  
This session is for individuals who are initially applying for IHSS or want to know more about the basic steps of the application process. This workshop is held in English on the 2nd Tuesday of every month. **Workshop Time: 10:00AM - 12:00PM.** Location: 3rd Floor, Danneker Boardroom  
**Advanced IHSS Training**  
This session is for individuals who need more in-depth information about the IHSS program and who may be in the process of appealing, requesting more hours or requesting re-evaluations. Please bring your IHSS “Notification of Action” (NOA) and any other documentation you want to share pertaining to IHSS. This workshop is held in English on the 2nd Tuesday of every month.  
**Workshop Time: 1:30PM - 3:30PM**  
Location: WFREC Library (inside the center)

February 11 & 25—Wednesdays; 3:00pm– 4:00pm  
**LGBTQIA+ GROUP AT DISABILITY COMMUNITY RESOUCRE CENTER (DCRC)**  
Offsite Location: DCRC Mar Vista Office, 12901 Venice Blvd., Los Angeles, CA 90066  
Meets the 2nd/4th Wednesdays at 3:00pm  
Disabled lesbian, gay, bisexual, transgender queer/questioning, intersex and asexual/agender/aromatic people meet for resources and conversation in a safe and confidential setting. All disabilities are welcome—physical, neurodiverse, mental health intellectual and developmental. To request this information in an alternative format and/or a reasonable accommodation in order to participate in this group, please contact us at 310-390-3611. DCRC is a scent-free facility. Please do not wear any scented products while visiting our offices.

February 18—Tuesday; 3:00pm – 4:00pm  
**LETS TALK SELF-ADVOCACY**  
Conference Room 4E  
Are you an individual receiving services from WRC? Want to learn more about self-advocacy? Want to meet others who can support you in advocating for yourself? Want to get your point across and still get your needs met? Or, do you want to encourage, support or teach others the skill of advocating for themselves? If you answered “YES” to any of these questions, please join us. Bring your questions, ideas, bring a friend, we will listen and troubleshoot with you. If you have questions
or need more information, please call Linda Butler at (310) 258-4245. Linda, Coordinator of Self-Advocacy for the WRC, will be available for individuals, families, and support staff to come discuss issues of Self-Advocacy. We meet at WRC in the 4th Floor Meeting Room. **Take the elevator to the 4th floor and follow the signs to our group!**

**February 18—Tuesday; 6:30pm – 9:00pm**  
WEST L.A. CHADD  
Danneker Boardroom, 3rd Floor  
A group affiliated with CHADD (Children & Adults with Attention-Deficit/Hyperactivity Disorder) with monthly meetings and different presenters every month. The West LA Chapter meetings are designed to aid adults with ADD/ADHD and parents of children with ADHD/ADD. This group meets 9 times per year (September to November, January to May) the 3rd Tuesday of each month from 7:00pm-8:30pm. For more information, call Regina Lark at 310-995-7953 or visit their [website](#).

**February 20—Thursday; 6:30pm – 8:30pm**  
AFRICAN AMERICAN/ BLACK FAMILIES SUPPORT GROUP  
Danneker Boardroom, 3rd Floor  
Please join us and be a part of our conversation: our safety, our resources, our concerns, our needed services and more. Special Guest Speakers featured every month. Please contact the WFREC for childcare at: 310-258-4063. We have limited space. You must call to reserve child care for children (ages 3 to 13 years of age) by the Friday before the meeting.

**February 21—Friday; 6:30pm – 8:30pm**  
SUPPORT GROUP FOR PARENTS OF ETHIOPIAN CHILDREN WITH SPECIAL NEEDS  
Danneker Boardroom, 3rd Floor  
This support group focuses on various challenging issues that Ethiopian families face once their child has been identified with special needs. The objective of this group is to support each other, to share experiences, to empower families, to educate and inform families of resources, and to become an organized community base resource. Meets the 3rd Friday of each month. **For more information, please contact Feben Fantu at (310)258-4037 or (310)447-5111.** Limited childcare available. To RSVP for childcare, please call the FREC at (310)258-4063.

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**Networking and Life Skills Group**  
**Join Us!**

The **Second THURSDAY** of each month & The **Third WEDNESDAY** of each month  
4:30 pm – 6:30 pm  
Westside Regional Center  
5901 Green Valley Circle, Culver City  
*Fun Activities * Yummy Snacks * Get Social –  
*Hang out with your Friends and Meet new ones! * **Participate in Interactive Presentations** *
Who comes to this fun group?
Adults who want to be social and have fun!

May I bring a friend?
Of course! Bring a friend and you will also make friends at the group.

Is there food?
YES! We have tasty refreshments.

How much does it cost to go?
It’s FREE! That’s right, FREE!

What if I’m looking for a roommate?
Attend a “Networking” meeting and one of the peer mentors can assist you.

January 2020 – February 2020

January 9th - Preparing for your Doctor’s Visit

January 15th - Cold and Flu Season, Stay Healthy

February 13th - Emergency Preparedness

February 19th - Community Safety “GET SAFE”