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@westsiderc.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.dsprtrain.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

MARCH

March 4—Wednesday; 3:00pm –5:00pm
APPS FOR OLDER STUDENTS: MIDDLE SCHOOL, HIGH SCHOOL AND COLLEGE
Danneker Boardroom, 3rd Floor
Presented by TASK: This workshop will include apps for middle school and college-aged students. We will include apps for reading, writing, math, life skills, social skills, organization and more. Come join us for an informative, fast-paced workshop. **Register online at taskca.org or call (866) 828-8275.

TASK is a nonprofit organization that helps families navigate:
 ■ Disability services ■ Special education ■ Assistive technology

March 12—Thursday; 5:30pm –8:00pm
UNDERSTANDING DISABILITY SERIES: SPEECH AND LANGUAGE DISORDERS
Danneker Boardroom, 3rd Floor
Speech and language Disorders can occur in people with other disabilities, for example, in Autism Spectrum Disorders, Intellectual Disability, in hearing loss, Specific Learning Disabilities, among others. Participants will receive information about communication problems that include language expression and comprehension, vocabulary development, acquisition, grammar and pragmatics areas. They will also learn about potential challenges with articulation and fluency. These skills will encourage students to create strategies that can be used for different needs and environments. Please note that these sessions will be presented in Spanish with the option of English interpretation through headsets. Call 310-258-4063 to reserve your space Limited Child Care available with reservation.
March 18—Wednesday; 10:00am – 11:30am
NAVIGATING THE MENTAL HEALTH SYSTEM FOR PEOPLE WITH DEVELOPMENTAL DISABILITIES
Danneker Boardroom, 3rd Floor
Lisa Schoyer 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. Helpful resources to assist with navigating both the Regional Center and DMH systems will also be shared. **If you are a WRC family member, please note that we are planning a session for Spring 2020.
Link to Register: https://dmhtrainingforwrcproviders.eventbrite.com

March 24 & 25—Tuesday & Wednesday; 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.
  - 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 310-258-4083 and ask to speak with Martha Butler.
- 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://cpimarch2020.eventbrite.com

APRIL

April 7 – 30 (8 Days); 1:00pm – 3:00pm
RESIDENTIAL SERVICES ORIENTATION—SPRING 2020
DAY 1 April 7 Introduction to the Regional Center & Title 17 Regulations
DAY 2 April 9 Client Rights in Residential Settings
DAY 3 April 14 Medication Training
DAY 4 April 16 P & I Procedures / Safeguarding Client funds
DAY 5 April 21 Vendorization Procedure, Program Design, Life Quality
DAY 6 April 23 Special Incident Reporting and Risk Management
DAY 7 April 28 Access Requirements, Documentation and Staff Training
DAY 8 April 30 Quality Assurance Monitoring and Record Maintenance
- All classes begin promptly at 1:00 P.M. and end at approximately 3:00 P.M.
- There is a $200.00 registration and materials fee.
- All 8 sessions must be completed in order to receive the certificate of completion.
- Those arriving more than 15 minutes late will not be admitted to the class.
Please contact Joseph Montez at (310) 258-4014 for more information. To register, click on the following link: https://wrcspring2020rso.eventbrite.com

April 9—Thursday; 5:30pm – 8:00pm
UNDERSTANDING THE DIAGNOSIS SERIES: AUTISM SPRECTRUM DISORDER
Danneker Boardroom, 3rd Floor
This workshop will offer information on the main characteristics, signs, and possible causes associated with Autism Spectrum Disorder (ASD.) Parents will know the main areas affected in this disorder and strategies to apply in the school and family environment. This workshop will cover the areas of language, communication, social interaction, behavior, sensory and cognitive processes. Please note that these sessions will be presented in Spanish with the option of English interpretation through headsets. Call 310-258-4063 to reserve your space Limited Child Care available with reservation.

April 28—Tuesday; 10:00am – 12:00pm
BI-MONTHLY SERVICE PROVIDER TRAINING: Topic to be announced.
Conference Room 4D
Call Joe Montez to RSVP: 310-258-4014.

April 29 & 30—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.
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  - Please make sure you sign up for the correct class. There are no refunds available.
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- This is a two day course. Participants must complete both days of training in order to receive certification.

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Recurring Meetings for Service Providers

MARCH

March 11 —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

March 17—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.

March 17 —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 2pm 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.

March 18—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.

March 18 —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.

APRIL

April 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

April 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.

April 21—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.

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Danneker Boardroom
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Monthly Public Meetings

MARCH

March 4—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.

March 4—Wednesday; 6:00pm – 8:00pm
BOARD OF DIRECTORS MEETING
Danneker Boardroom, 3rd Floor
The Board Meeting is being held on Wednesday, March 4 at 6:00PM at Westside Regional Center 5901 Green Valley Circle, Mike Danneker Boardroom on the 3rd Floor, Culver City, CA 90230.

March 10—Tuesday; 5:00pm– 7:00pm
PUBLIC INFORMATION SESSIONS TO PRESENT THE 2020 COMMUNITY RESOURCE DEVELOPMENT PLAN (CRDP) 1 of 2
Danneker Boardroom, 3rd Floor
Please join Westside Regional Center in a discussion regarding a new community resource development plan, called the (CRDP). Come learn about the CRDP and how it can help you and your family member with needed resources. Provide feedback about what services are needed in the community and how this can help you and your family member(s). You input is valuable. Please share your voice! Spanish Interpretation will be available.

RSVP to 310-258-4013 or traininginfo@westsiderc.org

March 16—Monday; 10:00am– 12:00pm
PUBLIC INFORMATION SESSIONS TO PRESENT THE 2020 COMMUNITY RESOURCE DEVELOPMENT PLAN (CRDP) 2 of 2
Conference Room 4D
Please join Westside Regional Center in a discussion regarding a new community resource development plan, called the (CRDP). Come learn about the CRDP and how it can help you and your family member with needed resources. Provide feedback about what services are needed in the community and how this can help you and your family member(s). Your input is valuable. Please share your voice! Spanish Interpretation will be available.

RSVP to 310-258-4013 or traininginfo@westsiderc.org

March 23—Monday; 3:00pm – 5:00pm & March 24—Tuesday; 6:00pm – 8:00pm
PUBLIC MEETING: DISPARITIES IN ACCESSING REGIONAL CENTER SERVICES
Danneker Boardroom, 3rd Floor
Please join us at one of the upcoming community meetings scheduled in March 2020 hosted by the Westside Regional Center (WRC):

- Hear about the Annual Purchase of Services (POS) Expenditures for Fiscal Year 2018-2019 (sometimes referred to as disparity data);
- Find out about Westside’s proposal to promote equity and reduce disparities in accessing regional center services.
- Help identify barriers that might prevent members of your community from gaining access to services and discuss how to reduce or eliminate these barriers.
- Provide suggestions for ways to improve access to services and
- Discuss obstacles in obtaining services.

BACKGROUND: Regional Centers are required to compile data related to purchase of service (POS) authorization, utilization, and expenditure and share this information with their community prior to March 31st. For your convenience, the same information will be shared at each meeting. For your convenience, the same information will be shared at each meeting. For additional information please go to www.westsiderc.org or contact the FREC at (310)258-4063. You must RSVP by Friday, March 20th to reserve a space at (310) 258-4063. If needed, additional childcare hours may be requested from your Service Coordinator in order to attend a meeting.

March 25 —Wednesday; 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 2020. 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.

March 25 —Wednesday; 6:00pm – 8:00pm
SELF-DETERMINATION ADVISORY GROUP
Danneker Boardroom, 3rd Floor
This is a public meeting typically held on the Fourth Wednesday 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

APRIL

April 29—Wednesday; 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 2020. 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.

April 29—Wednesday; 6:00pm – 8:00pm
SELF-DETERMINATION ADVISORY GROUP
Danneker Boardroom, 3rd Floor
This is a public meeting typically held on the Fourth Wednesday 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

MARCH

March 4—Wednesday; 3:00pm –5:00pm
APPS FOR OLDER STUDENTS: MIDDLE SCHOOL, HIGH SCHOOL AND COLLEGE
Danneker Boardroom, 3rd Floor
Presented by TASK: This workshop will include apps for middle school and college-aged students. We will include apps for reading, writing, math, life skills, social skills, organization and more. Come join us for an informative, fast-paced workshop.

**Register online at taskca.org or call (866) 828-8275.**

This workshop will be available in English and Spanish.

March 7—Saturday; 9:30am – 12:30pm
2nd ANNUAL TRANSITION TO ADULTHOOD SATURDAY SERIES-
Session 1: The Individual Transition Plan (ITP)
Danneker Boardroom, 3rd Floor
WRC Education Support Services will present information on the Individual Transition Plan (ITP) which outlines goals and services which will help a student in special education to successfully transition to life after high school. Learn about transition assessments and how students, parents and educators can use those individualized results to plan for the future. Space is limited! Please register by visiting the link below or by calling 310-258-4063. Registration is required. *Spanish interpretation will be provided at all sessions*

Link to register: https://itp-saturdayseries.eventbrite.com

March 12—Thursday; 5:30pm –8:00pm
UNDERSTANDING DISABILITY SERIES: SPEECH AND LANGUAGE DISORDERS
Danneker Boardroom, 3rd Floor
Speech and language Disorders can occur in people with other disabilities, for example, in Autism Spectrum Disorders, Intellectual Disability, in hearing loss, Specific Learning Disabilities, among others. Participants will receive information about communication problems that include language expression and comprehension, vocabulary development, acquisition, grammar and pragmatics areas. They will also learn about potential challenges with articulation and fluency. These skills will encourage students to create strategies that can be used for different needs and environments. Please note that these sessions will be presented in Spanish with the option of English interpretation through headsets. Call 310-258-4063 to reserve your space Limited Child Care available with reservation.
APRIL

April 9—Thursday; 5:30pm – 8:00pm
UNDERSTANDING THE DIAGNOSIS SERIES: AUTISM SPECTRUM DISORDER
Danneker Boardroom, 3rd Floor
This workshop will offer information on the main characteristics, signs, and possible causes associated with Autism Spectrum Disorder (ASD). Parents will know the main areas affected in this disorder and strategies to apply in the school and family environment. This workshop will cover the areas of language, communication, social interaction, behavior, sensory and cognitive processes. Please note that these sessions will be presented in Spanish with the option of English interpretation through headsets. Call 310-258-4063 to reserve your space Limited Child Care available with reservation.

April 18—Saturday; 9:30am – 12:30pm
2nd ANNUAL TRANSITION TO ADULTHOOD SATURDAY SERIES - Session 2: The Pathway to Employment: A Panel Discussion and Resource Fair
Danneker Boardroom, 3rd Floor
WRC Education Support Services will present information on the Individual Transition Plan (ITP) which outlines goals and services which will help a student in special education to successfully transition to life after high school. Learn about transition assessments and how students, parents and educators can use those individualized results to plan for the future. Space is limited! Please register by visiting the link below or by calling 310-258-4063. Registration is required.**Spanish interpretation will be provided at all sessions**
Link to register: https://transitionseriessession2.eventbrite.com

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

MARCH

March 5—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.

March 10—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)

**March 11 & 25—Wednesdays; 3:00pm– 4:00pm**  
**LGBTQIA+ GROUP AT DISABILITY COMMUNITY RESOCUCRE 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.

**March 14—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.

**March 17—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.

**March 19—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.

**March 20—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.
APRIL

April 2—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.

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April 8 & 22—Wednesdays; 3:00pm– 4:00pm
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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.

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Advanced IHSS Training
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Location: WFREC Library (inside the center)
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Danneker Boardroom, 3rd Floor
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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.

March 2020 – April 2020

March 12th – Healthy Meal Preparation
March 18th – Spring Cleaning, Clean that Refrigerator
April 9th - Topic to be announced
April 15th - Topic to be announced