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Information and Resources: Guide for Westside Regional Center December 2020

Feature News



Limited Stay at Home Order

Effective November 21, stop non-essential activities between 10:00 pm to 5:00 am in counties in the Widespread (purple) tier. As new COVID-19 cases remain at alarming levels and the number of people hospitalized continue to increase, a temporary LA County Health Officer Order will be issued to require additional safety measures across sectors, effective 11/30/20 through 12/20/20.

- **Gatherings:** All public and private gatherings with individuals not in your household are prohibited, except for faith-based services and protests
- **Outdoor Recreation:** Beaches, trails and parks remain open (gatherings at these sites with members outside your household are prohibited)
- **Schools:** All schools and day camps remain open adhering to re-opening protocols
- **Closed Non-essential businesses/activities:** Playgrounds (with exception of playgrounds at childcare and schools) and cardrooms

Read the entire list in the [limited stay at home order](#) or visit the [website](#) of the Los Angeles County Department of Public Health.

Feature Events

COVID-19 TESTING & FLU VACCINES



Friday, December 4 & 11
10:00 AM - 2:00 PM

Westside Regional Center (WRC), in partnership with Central Neighborhood Health Foundation, will be offering drive-through/walk-up COVID-19 testing and flu vaccines for staff and clients of WRC.

Who Should Get Tested?

- Have symptoms of COVID-19
- Were in "close contact" with someone who has COVID-19 in the past 2 weeks
- Other reasons as provided by the LACDPH

Who Should Get Vaccinated?

All persons 6 months of age and older



Make An Appointment

☎ 1-844-660-9086
🌐 tinyurl.com/wrctestng

Location

5901 Green Valley Circle
Culver City, CA 90230

For more information, call 844-660-9086.



Central
Neighborhood
Health
Foundation



@westsideregionalcenter



facebook.com/westsideregionalcenter



SCAN ME

For additional details, [click here](#) to view the flyer.

If you or a family member currently do not have a vehicle to access these events, Ready Responders can assist you. They offer free in-home COVID-19 testing at no cost to you. Call (310) 356-0236 to schedule an appointment. [Click here](#) to download their flyer.

Make An Appointment at WRC

Join us for our
upcoming webinar:

GATEWAY TO HEALTHCARE

Medical Coverage for
Youth with Special
Needs

📅 December 16, 2020

🕒 5:00pm - 6:30pm



Learn about the importance of preparing children and young adults for various transitions that occur in healthcare.

We encourage everyone to participate: transition-aged youth, caregivers and those who support them.

The goal is to be prepared for the inevitable changes that will take place and avoid the pitfalls to ensure seamless continuity of care.



Click the link below to register
tinyurl.com/y56a3uyy

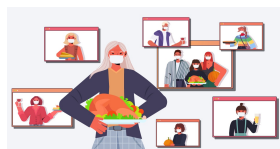


FOLLOW US: @WESTSIDEREGIONALCENTER



[Click here to register!](#)

Upcoming Events, Support Groups, Trainings & Workshops



Surviving the Holidays

The Westside Family Resource and Empowerment Center, in partnership with Claris Health, invite you to join them in a 3-part workshop series titled, "Surviving the Holidays".

Monday, 11/23 at 5:00PM "Teaching Children to be Grateful"

Monday, 11/20 at 5:00PM "Making Holidays Meaningful"

Monday, 12/7 at 5:00PM "Handling Family Conflicts"

Instructor: Niki Woolsey

No registration required. Just click on the link the day of the event. [Click here](#) to download the flyer.

[Join the workshop](#)



Monthly Online Support Group
EVERY 1ST THURSDAY
6:30 PM - 8:30 PM

Informed Education Partners (IEP)

Thursday, December 3, 2020 from 6:30 PM - 8:30 PM

This group will informally address the questions and concerns that 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 of our children. [Click here](#) to download the flyer.

Facilitator: Barbara Marbach, Education Advocacy Specialis

[Click here to register](#)



Understanding and Navigating the In-Home Supportive Services (IHSS) Program

Tuesday, December 8, 2020 from 10:00 AM - 12:00 PM

We will provide: an overview of the IHSS Program; the types of services offered; provide suggestions on the types of information you should collect for the application and how to keep yourself organized; how to submit your application and what to expect at the home visit; next steps; and your right to appeal if you disagree with a decision made. [Click here](#) to download the flyer.

Trainer: Ereida Galda, Family Support and Education Specialist at Westside Family Resource and Empowerment Cente

[Click here to register](#)



Los Angeles Asperger Syndrome Parents' Support Group

Los Angeles Asperger Syndrome Parents' Support Group

Wednesday, December 9, 2020 from 7:30 PM - 8:30 PM

Our group is a drop-in group aimed to assist parents, relatives, guardians, spouses, siblings, parole & probation officers, and caregivers to help our loved ones to be "high functioning" in society despite having some or many of the symptoms which define Autism Spectrum Disorders (ASD).

If you would like to participate in this call, please email Fran at laasperger@gmail.com. She will confirm your RSVP and send instructions on how to log on.



Level Up! African American/ Black Families Support Group

Thursday, December 17, 2020 from 6:30 PM - 8:30 PM

Everyone is welcome to Zoom in to RELAX, RELATE, REVIVE, RELEASE and RESOURCE UP! Our mission is to provide and ensure that people with developmental disabilities and their families have equitable access to information, resources, services, and advocacy skills that facilitates empowerment to "Level Up" their quality of care in collaboration with Westside Regional Center and the Westside Family Resource and Empowerment Center. [Click here](#) to download the flyer.

[Click here to register](#)



Ethiopian Parents of Special Needs Children Support Group

Friday, December 18, 2020 from 6:30PM - 8:30PM

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-based resource. For more information, please contact Feben Fantu at (310) 447-5111 or via email at FebenF@WestsideRC.org. [Click here](#) to download the flyer.

[Click here to register](#)

Get Involved!

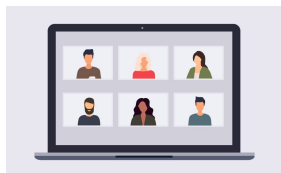


Equity Committee

Wednesday, December 2, 2020 from 4:00PM - 5:00PM

Through our mission, the Equity Committee aims to reinforce trust and partnerships between individuals served, their family members, vendor agencies, and WRC in order to: (1) assure equitable access to appropriate services based on age, disability, and ethnic/cultural diversity; (2) provide a climate and culture that promotes social interactions which encourage appreciation and the celebration of our differences; (3) provide hope through education and outreach in order to empower families to take action and promote awareness of Regional Center services.

[Click here to register](#)



Board of Directors

Wednesday, December 2, 2020 from 6:00PM - 8:00PM

The Board of Directors are meeting on Wednesday, December 2, 2020 at 6:00 PM via Zoom. To access the meeting materials, [click here](#).

Everyone from the community is welcome to attend. Spanish interpretation will be available at the start of the meeting. If you require assistance to register or if you have any questions, please contact the WRC Board Liaison, Lisa Brady, via email at executiveassistant@westsiderc.org

[Click here to register](#)



Political Action Committee

Tuesday, December 8, 2020 from 5:00PM - 6:00PM

The Political Action Committee (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! To participate in this virtual meeting, you must register in advance.

[Click here to register](#)



Self-Determination Local Advisory Committee

Tuesday, December 8, 2020 from 6:00 PM - 8:00 PM

You are invited to join us for our monthly meeting of Westside Regional Center's Self-Determination Local Advisory Committee. We have invited many interested individuals from around the state who may want to join us as well.

[Zoom Session Details:](#)

Meeting ID: 910 0610 9643

Password: 54321

[Click here to join](#)



Strategic Planning Committee

Thursday, December 17, 2020 at 4:30PM

The purpose of the Strategic Planning Committee is to develop, in collaboration with the board, staff and the community, a plan for the direction of Westside Regional Center: where we are, where we are going, our long-term goals and our action plan to reach those goals.

[Click here to register](#)

Past Trainings



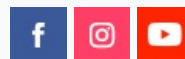
Discussing Race and Related Issues with Children

The recording for our presentation, "Discussing Race and Related Issues with Children" is now available. Please feel free to share this video far and wide. The recording is not yet available in Spanish however, the translated slides can be [downloaded here](#). Our presenter, Lauren Black, M.A. included several resources which can be downloaded by clicking on [this link](#).

[Watch the video](#)

Click here for additional [trainings](#), [workshops](#), and [conferences](#) in your community.

Westside Regional Center
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Culver City, CA 90230
Info-WRC@WestsideRC.org



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Title

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