

# WESTSIDE FAMILY RESOURCE & EMPOWERMENT CENTER

Our center provides FREE support, information, and guidance through a variety of support groups, workshops, trainings, and parent-to-parent support for the special needs community within Los Angeles County.

📍 5901 Green Valley Circle  
#320  
Culver City, CA 90230

☎ 310-258-4063  
@ Westsidefrec@gmail.com  
🕒 9:00am - 5:00pm

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## SUPPORT GROUPS

These groups are open to people with developmental disabilities and their families seeking access to information, resources, services, and advocacy skills. For more specific information on each group, click on the link.

\*English \*\*Spanish \*\*\*Interpretation Available

### Ethiopian Parents of Special Needs Children\*

Open to all families from diverse backgrounds

📅 3rd Friday of each month from 6:30pm - 8:30pm

👤 Feben Fantu

@ 310-447-5111

[Click here](#) to register in advance

[Click here](#) to download the flyer

### Informed Education Partners (IEP) Support Group\*

Provides assistance with the Individualized Education Program (IEP)

📅 1st Thursday of each month from 6:30pm - 8:30pm

👤 Barbara Marbach

@ BarbaraM@WestsideRC.org

[Click here](#) to register in advance

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### Level Up! African American/Black Families Support Group\*

Open to all families from diverse backgrounds

📅 3rd Thursday of each month from 6:30pm - 8:30pm

👤 Beverly Hutchinson

@ Sisterspice7@aol.com

[Click here](#) to register in advance

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### Sibshops\*

For the brothers and sisters of individuals served by WRC

👤 Nayma Guerrero

@ NaymaG@WestsideRC.org

Please contact the facilitator for more information

[Click here](#) to download the flyer

## SUPPORT GROUPS CONTINUED

### Siempre Amigas\*\*

A woman support group

📅 3rd Monday of each month from 10:30am - 12:30pm

👤 Martha Montealegre

☎ 310-258-4061

[Click here](#) to register in advance

[Click here](#) to download the flyer

### West Los Angeles C.H.A.D.D.\*

For adults and parents of children with ADHD/ADD

📅 September – November; January – June from 7:00pm - 8:30pm

👤 Regina Lark

☎ 310-710-3379

[Click here](#) to register in advance

[Click here](#) to access the Meetup group

## ONLINE TRAINING

### Different Thinkers, Different Learners: Understanding the Diagnosis\*\*\*

Learn about different disabilities and diagnoses

👤 Trainer: Mariana Leñero

Educational Psychologist at Learning Rights Law Center

[Facebook Page](#) and [YouTube Channel](#)

[Click here](#) to register in advance

[Click here](#) to download the flyer

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

For individuals applying for IHSS

📅 2nd Tuesday of each month from 10:00am - 12:00pm

👤 Trainer: Ereida Galda

EreidaG@WestsideRC.org

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## COLLABORATING COMMUNITY PARTNERS

### Los Angeles Asperger Syndrome Parents' Support Group\*

Open to anyone interested in Asperger syndrome or related issues

📅 2nd Wednesday of each month from 7:30pm - 8:30pm

👤 Facilitators: Jim Divine & Fran Goldfarb

@ Laasperger@gmail.com

☎ 310-636-0101

Please email Fran to access this group

[Click here](#) to learn more