

El Dorado County SELPA Parent Newsletter February 2024

Events and resources for families!

SIP and Sam Podcast

SIP & Sam Inclusion Coffee Talk lifts the voices of the disability community to challenge the current system and inspire change makers that are empowered to take action in creating inclusive communities rooted in belonging. If you are committed to being an inclusion ally this podcast is for you!



“4 Skills for Making Friends”

Check out this great article and more at Understood.org, an organization dedicated to the neurodivergent!



Parent Resources:

We proudly offer online training opportunities for parents, guardians, and caregivers of students with disabilities. These pre-recorded opportunities include tips on preparing for IEPs, a caregiver’s guide to ABA therapy, and how to build trust and positive relationships among all of your child(ren)’s team members.

Scan here for more information:



Get involved in your community!

SELPA’s Community Advisory Committee (CAC) consists of parents, teachers, and representatives of community agencies serving students with special needs from birth through age 22.

Scan the QR code to learn more about CAC, including upcoming meetings:



THE EL DORADO SELPA
Special Education Local Plan Area



Scan here for more information on your local SELPA Team!



Things to do!



Connections California Spring Events Calendar

****ONLINE****



**The transition to adulthood is HARD!
Connections California can make it a little easier!
Learn about planning for transition, education &
training, adult life, self-advocacy, and work preparation.**

Spring 2024 events now open!

English and Spanish options. Many events have simultaneous translation.

Opciones en inglés y español. Muchos eventos cuentan con traducción simultánea.



Register here:



Please join WarmLine parent and clinical counselor, Catherine "Cassie" Morgan-Look, virtually to chat with other family members, offer support and understanding to each other. This is a monthly group, with a new topic each session. There's no commitment to attend each session, but here you will find a warm, safe fellowship of families who are on the same journey.

Every First Thursday at 4:00 pm

Self Care Stop!

Love is to be celebrated— and loving yourself is a journey! This February, we have a **challenge for you: write yourself a love letter.** This could be a physical, vocal, or mental letter—think about the things you love about yourself. You could also bring in friends and family; talk about the things you love about each other! It may feel a little strange at first but trust us— you're worth it.



**THE
ELDORADO SELPA**
Special Education Local Plan Area

Are we missing something fun? Do you know of a disability-friendly event coming up? Call (530) 295-2470 and let us know!

**El Dorado County Office of Education 6767 Green Valley Road Placerville, CA
(530) 295-2462 / (800) 524-8100**