

# PARENTS' PLACE NEWSLETTER

Volume 28, Issue 4

OCTOBER-DECEMBER 2020

## A Message from Elena Sanchez, Executive Director

**Contact us:**  
**626.919.1091**  
**1500 S Hyacinth Ave #B**  
**West Covina, CA 91791**  
**www.parentsplacefrc.com**

**Dear Families, Friends, Professionals and Community Members,**

We want to welcome the new school year 2020-2021, with special recognition to our children, parents, and teachers. We hope that you and your loved ones remain safe during these very challenging times. This school year comes to us with new technological strategies, new ways of thinking and new educational opportunities. As we continue dealing with the coronavirus pandemic's ongoing struggles, one thing remains constant: The value of collaborating with parents.

Here at Parents' Place, we welcome the new school year with an exciting, free-virtual training for our families and community, our very own 31st Annual Disabilities/Possibilities Seminar. This year our seminar is titled "Supporting Families, Caregivers and Professionals of children with Special Needs During Uncertain Times." Our speaker Laura Counts, MA from the Child Development Institute in Reseda, CA, will also present on navigating the Early Start to school district transition process. Moreover, she will be focusing on understanding the complex family/caregiver needs and the importance of managing stress during the quarantine. Please register on the link here:  
<https://us02web.zoom.us/meeting/register/tZwvd-6tpzkoHdR2ray2AptYT8MTjt0IXkNb>

As students head back to school either in person or distance learning, there might be questions that parents have about their parental rights under Individual Disabilities Education Act (IDEA). Please join us for a training on Special Education and COVID-19 on Oct. 21, 2020, from 10 am to 12 pm presented by Disability Rights California.

Our Chinese speaking support group will host a special training via Zoom for families who speak Mandarin about Apps for Social and Life Skills on Oct. 27, 2020 from 2 pm to 4 pm

Our special gratitude goes out to Dr. Scott Turner, Director of the ESGV/SELPA, for sharing a dialogue via ZOOM with families of the English-Speaking support group REACH about distance learning and resources. If you would like to receive a copy of the PowerPoint presented that day, please contact us at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com).

Every year with a collaboration with the West Covina Fire Department and the Baldwin Park CHP, we have provided toys for children and young adults who have special needs and participate in our support groups. Due to the Coronavirus, our Holiday Toy Giveaway is uncertain. We are asking organizations or individuals who wish to donate a new toy to provide your assistance in helping make this holiday season brighter for our families served.

Finally, we are excited to announce a new partnership with the San Gabriel Pomona Regional Center. Mr. Anthony Hill, Esq. and his dedicated team has partnered with Parents' Place to establish a Technology Lending Library Program for Regional Center service recipients. Together, we will have technology devices/iPads through our lending program. On a case by case basis, Parents' Place might also assist with internet connectivity. This much-needed program is in its inception stages; however, if you are on our email list, you will receive details of the Technology Lending Library as soon as we have it up and running <http://www.parentsplacefrc.com/newsletter.html>. Thank you, SGPRC, for advocating for technology accessibility on behalf of our families and community.

If you are seeking support or if you are interested in attending a specific training during this distance learning, please reach out to us at 626-919-1091 or [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com). We welcome your suggestions. ~ Remember to allow yourself space to rest and recharge.  
 On behalf of Parents' Place Board of Directors, staff and myself, we wish you stay safe and healthy on this new school year 2020-2021.

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**Queridas Familias, Amigos, Profesionales y Miembros de la Comunidad,**

Nosotros le damos la bienvenida al nuevo año escolar 2020-2021, con un especial reconocimiento a los niños, padres, y maestros.

Nosotros deseamos que usted y sus seres queridos se encuentren seguros en estos tiempos difíciles. Este año escolar viene con nuevas formas de acercamientos, nuevas formas de pensar, y nuevas soluciones. Mientras continuamos enfrentándonos a estos desafíos de coronavirus y de pandemia, una cosa sigue constante: El valor de la colaboración de los Padres.

Aquí en Parents` Place nosotros recibimos el nuevo año escolar con un emocionante entrenamiento virtual gratis para nuestras familias y nuestra comunidad, Nuestro propio 31vo Seminario Anual de Discapacidades/Posibilidades. Este año nuestro seminario se titula “Dando apoyo a las Familias, Cuidadores, y Profesionales de niños con Necesidades Especiales Durante tiempos Inciertos” Nuestra oradora Laura Counts, MA del Instituto de Desarrollo Infantil en Reseda CA, También estará presentando Navegando La Intervención Temprana y El proceso de Transición al Distrito Escolar, y enfocándonos en entender las necesidades complejas de todos los miembros de la familia, la importancia de permanecer en cuarentena, y el estrés en los padres. Por favor vea el volante incluido para más detalles e instrucciones para registrarse.

De acuerdo y los estudiantes vayan regresando a la escuela en persona, o con aprendizaje a distancia, talvez los padres tengan preguntas acerca de sus derechos paternales bajo la ley– El Acta de educación para personas con discapacidad (IDEA)=Individual Disability Education Act (IDEA). En Oct-21-2020 de 10:00 am a 12:00 pm Por favor acompañenos en un entrenamiento en Educación Especial y COVID-19 presentado por los Derechos de Discapacitados en California.

Nuestro grupo de apoyo en chino tendrá un entrenamiento para las familias que hablan mandarín acerca de las aplicaciones para aprender destrezas para la Vida y como Socializar. Las aplicaciones se enfocarán e incluirán, cuidado personal, tareas de casa, decir el tiempo, marcar al 911, destrezas sociales y más. El día Oct. 27, 2020 de las 2 pm a 4 pm

Nuestro especial agradecimiento para el Dr. Scott Turner, El director de ESGV/SELPA por darnos su tiempo y conversar vía ZOOM con nuestras familias de idioma Ingles en el grupo de apoyo REACH acerca de la participación y el aprendizaje a distancia y muchos recursos compartidos durante la presentación. Si usted quiere recibir una copia de la presentación de este día por favor contáctese con nosotros enviándonos su información a: empower@parentsplacefrc.com y nosotros se la enviaremos por correo electrónico.

Cada año en colaboración con el Departamento de Bomberos de West Covina y El Departamento de Policía de Baldwin Park CHP hemos podido proveer juguetes a todos los niños y jóvenes adultos que tienen necesidades especiales y que participan en nuestros grupos de apoyo. Debido al Coronavirus la entrega de juguetes es incierta. Estamos pidiendo a organizaciones y personas que deseen donar un juguete nuevo para darlo a los niños y con su asistencia podremos tener una mejor temporada navideña para nuestros niños y jóvenes.

Finalmente, nosotros estamos muy contentos de anunciarles una nueva colaboración con nuestro Centro Regional de San Gabriel, Mr. Anthony Hill y su grupo tan dedicado en la creación del Programa de Préstamo Biblioteca y Tecnología. Gracias SGPRC por siempre abogar por nuestras familias y nuestra comunidad.

Si usted necesita ayuda, y quiere algún entrenamiento en especial o programa que usted piensa que es necesario durante el aprendizaje a distancia, por favor contáctenos al 626-919-1091 o al empower@parentsplacefrc.com. Sus sugerencias son bienvenidas. ~ Recuerde permitirse un espacio para descansar y recargar energías.

En el nombre de Parents` Place y La Mesa Directiva, trabajadoras y yo deseamos que usted se mantenga seguro y saludable en este año escolar 2020-2021.



**THE SAN GABRIEL/ POMONA PARENTS' PLACE FAMILY RESOURCE & EMPOWERMENT CENTER**

*Calendar of Events*

**Calendar of events for Zoom Webinars and Support Groups Effective: October 2020  
PRE- REGISTRATION REQUIRED: CALL (626)919-1091 (ALL WORKSHOPS ARE FREE).**

**OCTOBER**

**NOVEMBER**

**DECEMBER**

**BIRTH TO 5 SEMINAR SATURDAY, OCTOBER, 24TH, 2020 10:00 AM TO 11:30 AM FOCUSING ON SOCIAL EMOTIONAL DEVELOPMENT OF YOUNG CHILDREN VIA ZOOM**

**A Special presentation for the Chinese Support Group on Tuesday, October 27, 2020 2:00p.m. 4:00 p.m.**

**Topic: There's an App for That: Social and Life Skills Apps**

**Office of Clients Rights Advocacy, (Disability Rights CA)  
OCRA, IFSP, IPP**  
Friday,  
October 9, 2020  
1:00 p.m. - 2:00 p.m., English

**Navigating IEPs, TASK**  
Tuesday  
October 13, 2020  
2:00 p.m. - 3:00 p.m., English

**IEP Clinic, TASK**  
Tuesday  
October 20, 2020  
9:00, 10:00, 11:00 a.m.  
English/Spanish

**Special Education COVID19, Disability Rights California**  
Wednesday  
October 21, 2020  
10:00 a.m. - 12:00 p.m., English

**OCRA and SSI**  
Friday  
October 23, 2020  
1:00 p.m. - 2:00 p.m., English

**SPECIAL EDUCATION - TASK & Parents' Place**  
For registration questions or to schedule a telephone appointment, please call (626) 919-1091.

**Transition to Adult Services**  
Tuesday  
November 10, 2020  
2:00 p.m.-3:00 p.m., English

**IEP Clinic, TASK**  
Tuesday,  
November 17, 2020  
9:00, 10:00, 11:00 a.m.  
English/Spanish

**Assessment Process, TASK**  
Tuesday  
December 8, 2020  
2:00 p.m. - 3:00 p.m., English

**Office of Clients Rights Advocacy, (Disability Rights CA).  
OCRA, IFSP, IPP**  
Friday,  
December 4, 2020  
1:00 p.m. - 2:00 p.m. English

**OCRA and IHSS**  
Friday  
December 11, 2020  
1:00 p.m. - 2:00 p.m. English

**DRAWING CLASSES ONLINE-** Young Rembrandts and Parents' Place Collaboration (This program teaches children how to draw using a step-by-step process. Students develop their skills and abilities, their confidence grows and are motivated to create) Visit Young Rembrandts for pricing options: [www.youngrembrandts.com/esgv](http://www.youngrembrandts.com/esgv) or call (626) 974-1806. Please contact Parents' Place if a full scholarship is needed at (626) 919-1091  
**September 1st-November 27, 2020**

Funded in part by California Department of Developmental Services & California Department of Education

**OCTUBRE**

**NOVIEMBRE**

**DICIEMBRE**

**SEMINARIO ANUAL DE DISCAPACIDADES POSIBILIDADES**

**SÁBADO**

**24 DE OCTUBRE!  
10AM TO 11:30 AM**

**DE 0-5 AÑOS ENFOCANDOSE EN EL DESARROLLO SOCIAL Y EMOCIONAL DE LOS NIÑOS POR ZOOM**

**EDUCACIÓN ESPECIAL -TASK -Clínicas de IEP:**

**IEP Clínica**  
Martes  
20 de Octubre, 2020  
9:00, 10:00, 11:00 a.m.  
Ingles y Español

**EDUCACIÓN ESPECIAL TASK Aplicaciones de Lectura!**  
hay una aplicación para eso!  
Miércoles  
28 de Octubre  
1:00 p.m. - 2:00 p.m.  
Español

**OFICINA DE LOS DERECHOS DEL CLIENTE- DRC OCRA, IHSS**  
Viernes 6 de Noviembre  
1:00 p.m.-2:00 p.m.  
Español

**OCRA, SSI**  
Viernes 20 de Noviembre  
1:00 p.m.-2:00 p.m.  
Español

**EDUCACIÓN ESPECIAL-TASK - Clínicas de IEP:**

**IEP Clínica**  
Martes  
17 de Noviembre, 2020  
9:00, 10:00, 11:00 a.m.  
Ingles y Español

**CLASES DE DIBUJO- Colaboración Young Rembrandts y Parents' Place**

(Este programa enseña a los niños a dibujar usando un proceso paso a paso. Los Estudiantes desarrollan sus habilidades y capacidades, su confianza crece y están motivados para crear.)  
Visite Young Rembrandts para conocer las opciones de precios: Tenemos becas completas disponibles!

llames directamente a: [www.youngrembrandts.com/esgv](http://www.youngrembrandts.com/esgv) o llame al(626)974-1806

**1 de Septiembre y 27 de Noviembre Ahora**  
Disponible por Internet  
Ingles y Español

# BIRTH TO FIVE

*31st Annual Birth to Five  
Disabilities/Possibilities Seminar*



## **SUPPORTING FAMILIES, CAREGIVERS AND PROFESSIONALS OF CHILDREN WITH SPECIAL NEEDS DURING UNCERTAIN TIMES**

**FREE**

**Saturday, October 24, 2020**

**10:00 A.M. - 11:30 A.M.**



**REGISTER HERE:** <https://us02web.zoom.us/meeting/register/tZwvd-6tpzkoHdR2ray2AptYT8MTJT0IXkNb>  
Call us at 626.919.1091 or Email us at [empower@parentsplacefr.com](mailto:empower@parentsplacefr.com)

Now more than ever, encouraging infants and young children to practice skills like self-regulation, social engagement, problem-solving and play is critical. During these uncertain times, families and children are experiencing unprecedented stress and challenges. Especially our families of children with special needs. Families need opportunities to recover from adversity, heal from trauma and get stronger again. They need safe places and, at times, guidance to grow. Working to strengthen families gives us hope in a stronger community and a brighter future. This presentation will focus on understanding the complex needs of all family members and the impact of quarantine on parent stress, children with special needs and navigating the early start to school district transition process. We will also explore strategies to support stress management, sensory, educational and social-emotional needs in families.



**ABOUT THE SPEAKER:** Laura Counts, MA, is a Licensed Marriage and Family Therapist and is the Assistant Clinical Director at the Child Development Institute in Reseda, CA. Laura provides training and consultation to a variety of professionals in the areas of early development, strengthening families, challenging behaviors, reflective practice and trauma-informed care. Laura also supervises the CDI Early Learning Center, a free, drop-in play center whose programs promote the protective factors framework. Laura is endorsed as an Infant-Family and Early Childhood Mental Health Specialist and Reflective Practice Facilitator II by the California Center for Infant-Family and Early Childhood Mental Health. She also focuses on Social Emotional Foundations of Early Learning Coach, a clinical supervisor of MFT Trainee's and Associates and was a Lead Trainer and Consultant with Zero to Three on the Prenatal through Three Workforce Development Project.



Funded in part by California Department of Developmental Services &  
California Department of Education

# DEL NACIMIENTO A LOS CINCO AÑOS

*31° Seminario anual de  
Discapacidades / Posibilidades  
Del Nacimiento a los Cinco años*



**GRATIS**

## **APOYANDO A FAMILIAS, CUIDADORES Y PROFESIONALES DE NIÑOS CON NECESIDADES ESPECIALES DURANTE TIEMPOS DE INCERTIDUMBRE**

**Sábado 24 de Octubre de 2020**

**10:00 A.M. - 11:30 A.M.**



**Registrarse aquí: <https://us02web.zoom.us/meeting/register/tZwvd-6tpzkoHdR2ray2AptYT8MTjT0IXkNb>  
Llámenos al 626.919.1091 o envíenos un correo electrónico a [empower@parentsplacefr.com](mailto:empower@parentsplacefr.com)**

Ahora más que nunca, es importante alentar a los bebés y niños pequeños a practicar destrezas como la autoregulación, el compromiso social, la solución de problemas y el juego.

Durante estos tiempos de incertidumbre, las familias y los niños están experimentando un gran estrés y desafíos. Especialmente nuestras familias de niños con necesidades especiales.

Las familias necesitan oportunidades para recuperarse de la adversidad, trauma, fortalecerse nuevamente, necesitan lugares seguros y guía para crecer. Trabajar para fortalecer a las familias nos da esperanza en una comunidad más fuerte y un futuro más brillante. Esta presentación se centrará en comprender las necesidades complejas de todos los miembros de la familia y el impacto que la cuarentena hace en el estrés de los padres, los niños con necesidades especiales y como navegar los servicios Intervención Temprana y la transición a los distritos escolares. También exploraremos estrategias para apoyar el manejo del estrés, sensorial, educación y necesidades socio-emocionales en las familias.



**ACERCA DE LA PRESENTADORA:** Laura Counts, MA, es una terapeuta con licenciatura en matrimonio y familia y es la Asistente Directora Clínica del Child Development Institute en Reseda, CA.

Laura provee entrenamiento y consulta a varios profesionales en las áreas de desarrollo temprano, fortaleciendo familias, comportamientos desafiantes, practica reflectiva, y atención informada sobre el trauma.

Laura supervisa el CDI Early Learning Center, un centro de juego gratuito cuyos programas promueven la estructura de factores de protección.

Laura está capacitada como Especialista en Salud Mental Infantil, Familiar y de la Primera Infancia y es Facilitadora de Práctica Reflektiva II por el mismo centro.

También es entrenadora del Centro sobre Fundamentos Socio-emocionales del Aprendizaje Temprano y supervisora clínica de MFT Trainee's and Associates y fue Entrenadora Líder y Consultora en el Proyecto de Desarrollo de la Fuerza Laboral Prenatal a través de la organización Zero to Three.

**Financiado en parte por el Departamento de Servicios de Desarrollo de California y El Departamento de Educación de California**



# 初生到五歲

第31屆“初生至五歲  
殘障/可能性”研討會



在这一切未能確定的時刻，支援有特殊需要兒童的  
家庭，照顧者和專業人員

**10月 24 日, 2020**  
上午 10:00 - 11:30



注册：<https://us02web.zoom.us/meeting/register/tZwwd-6tpzkoHdR2rav2AptYT8MTjT0DXkNb>

電話：626.919.1091 或 電郵：empower@parentsplacefrc.com

現在比過去更重要的是，應該鼓勵嬰幼兒練習自我調節，社交參與，解決問題和遊戲等技能。在这一切未能確定的時刻，家庭和兒童正面對著前所未有的壓力和挑戰，特別是有特殊需要兒童的家庭。家庭需要從逆境中恢復過來，從創傷中恢復過來，並且要更加堅強。他們需要安全的地方，有時甚至需要成長的指導。努力鞏固家庭會給我們帶來一個更強大的社區和更光明的未來。今次的主題將著重了解所有家庭成員的複雜需求及隔離對父母和有特殊需要的孩子所做成的壓力和影響。我們還會探討策略來支援家庭在壓力管理，感官，教育和社交情感等的需要。



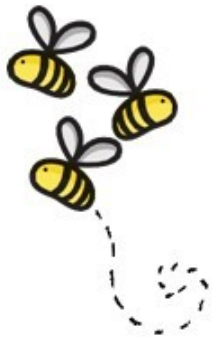
**關於講員：Laura Counts, MA**，是持牌婚姻和家庭治療師，並且是加州 Reseda 市兒童發展研究所 (CDI) 的助理臨床主任。Laura 在早期發展，鞏固家庭，挑戰行為，反思性的實踐及創傷後的護理等領域為不同專業人員提供培訓和諮詢。Laura 還負責監督 CDI 的早期學習中心，這是一個免費加入遊玩中心，學習內容主要是促進保護因素框架的發展。Laura 被加州嬰幼兒和早期心理健康中心認可為嬰幼兒和早期心理健康專家及反思性實踐促進員。她還是社交及情感研究中心的早期學習導師，婚姻和家庭治療受訓者的臨床主管，並且曾是產前到三歲發展項目中的首席培訓師和顧問。



Funded in part by California Department of Developmental Services  
& California Department of Education

# Sơ Sinh tới Năm Tuổi

Chương Trình Hội Thảo Khuyến  
Tật/Khả Năng từ 0 đến 5 Tuổi, Lần Thứ 31



## HỖ TRỢ CÁC GIA ĐÌNH, NHÂN VIÊN CHĂM SÓC, VÀ CHUYÊN MÔN CỦA CÁC EM CÓ NHU CẦU ĐẶC BIỆT TRONG THỜI GIAN BẤT THƯỜNG NÀY

October 24, 2020 10:00 A.M. - 11:30 A.M.



**XIN GHI DANH :** <https://us02web.zoom.us/join/zoom/register/tZwvd-6tpzkoHdR2ray2AptYT8MTt0IXk4nb>

Call us at 626.919.1091 or Email us at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

Hơn bao giờ hết, việc khuyến khích trẻ sơ sinh và trẻ nhỏ thực hành các kỹ năng như tự điều chỉnh, tham gia xã hội, giải quyết các vấn đề và sự vui chơi là rất quan trọng. Trong những thời điểm bất thường này, gia đình và trẻ em đang trải qua **những căng thẳng và thách thức** chưa từng có.

Đặc biệt là các gia đình có trẻ em có nhu cầu đặc biệt. Gia đình cần cơ hội để phục hồi sau nghịch cảnh, chữa lành vết thương và mạnh mẽ trở lại. Họ cần những nơi an toàn và đôi khi, sự hướng dẫn để phát triển. Cùng Làm việc để **củng cố gia đình mang** lại cho chúng ta hy vọng vào một cộng đồng mạnh hơn và một tương lai tươi sáng hơn. Phần trình bày này sẽ tập trung vào việc tìm hiểu các nhu cầu phức tạp của tất cả các thành viên trong gia đình và tác động của việc cách ly đối với **căng thẳng của cha mẹ và trẻ em có nhu cầu đặc biệt**. Chúng tôi cũng sẽ khám phá các chiến lược để hỗ trợ quản lý căng thẳng, các nhu cầu về giác quan, giáo dục và xã hội-tình cảm trong gia đình..



**GIỚI THIỆU NGƯỜI NÓI:** Laura Counts, MA, là Nhà trị liệu Hôn nhân và Gia đình được Cấp phép và là Trợ lý Giám đốc Lâm sàng tại Viện Phát triển Trẻ em ở Reseda, CA. Laura cung cấp đào tạo và tư vấn cho nhiều chuyên gia trong các lĩnh vực phát triển sớm, củng cố gia đình, hành vi thách thức, thực hành phản xạ và chăm sóc chấn thương. Laura cũng giám sát Trung

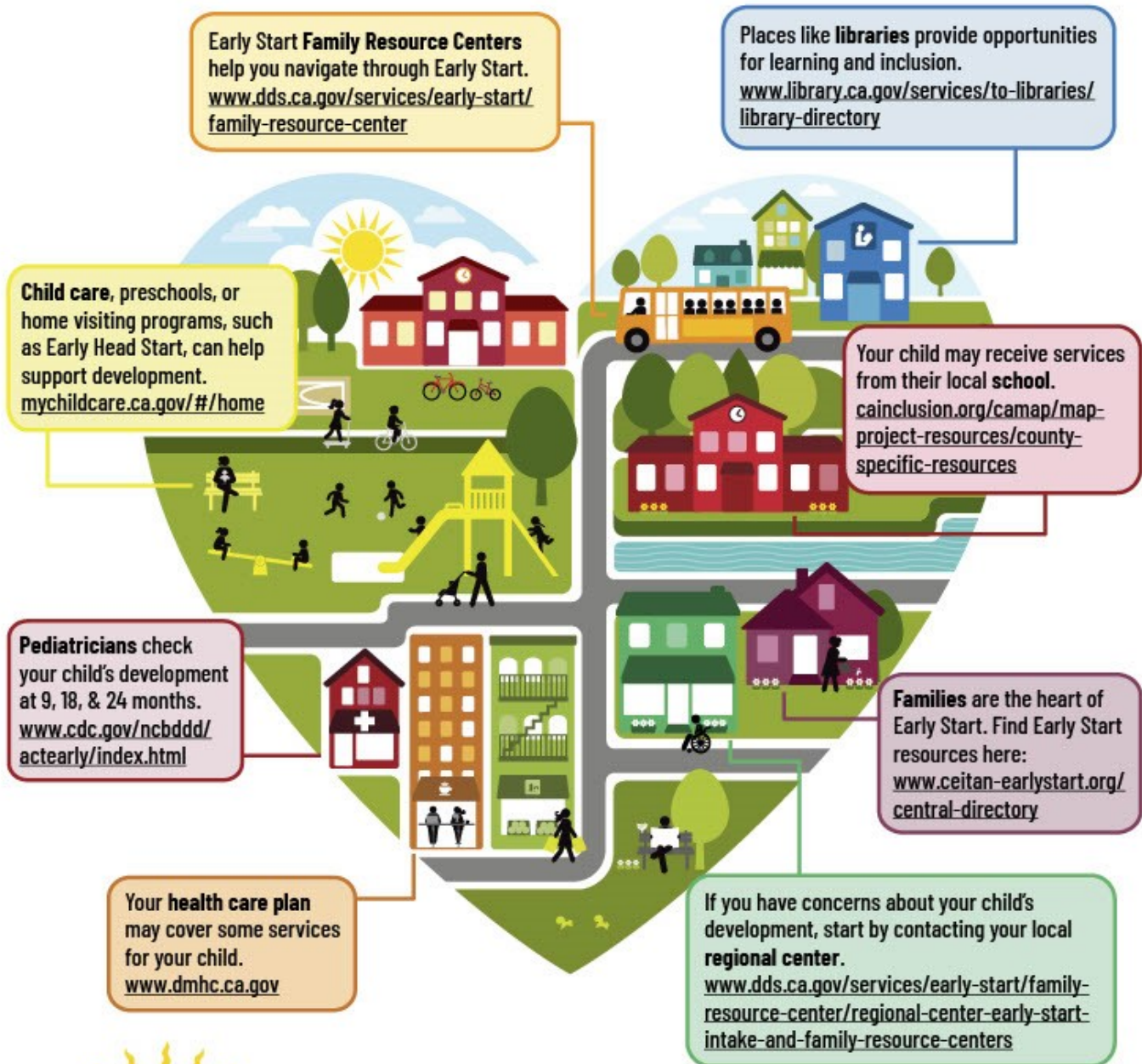
tâm Học tập Sớm CDI, miễn phí, drop-in play center là chương trình thúc đẩy khung các yếu tố bảo vệ. Laura được chứng nhận là Chuyên gia Sức khỏe Tâm thần Trẻ sơ sinh-Gia đình và Trẻ nhỏ và Người hướng dẫn Thực hành Phản xạ II bởi Trung tâm Sức khỏe Tâm thần Trẻ sơ sinh-Gia đình và Trẻ thơ ở California. Cô ấy cũng là nhân viên Trung tâm về Cơ sở Cảm xúc Xã hội của Huấn luyện viên Học tập Sớm, một giám sát lâm sàng của MFT Trainee's and Associates, đồng thời là Huấn luyện viên trưởng và Chuyên gia tư vấn về Zero to Three về tiền sản thông qua Dự án Phát triển Lực lượng Lao động Ba.

Tài Trợ Từng Phần bởi **California Department of Developmental Services & California Department of Education**



# The Early Start Community

If you have a young child who needs specialized care or has a disability, or if you have a concern about your child's development, there is help and support in your community!



The California Department of Developmental Services and the Interagency Coordinating Council on Early Intervention have information for parents and professionals about how to get help and support. For additional questions, please call the Early Start BabyLine at 800-515-BABY (800-515-2229).

Design created by Guthrie Devine at Eastern LA FRC.





## **PARENTS' PLACE**

# **ENGLISH, SPANISH, MANDARIN & CANTONESE PARENT SUPPORT GROUP MEETINGS VIA ZOOM!**

**For more information**

**call or email us at**

**(626) 919-1091**

**[empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)**

**[www.parentsplacefrc.com](http://www.parentsplacefrc.com)**



# The San Gabriel/Pomona PARENTS' PLACE

Invites you to...



## Young Adult Social Group

Our goal is to provide a safe and supportive environment for young adults (18-21 & 11 months) with mild to moderate disabilities to come together to socialize and make new friends.

**When: Fourth Friday of the month**

**\*Group meets every other month**

**Time: Varies depending on activity**

**Meetings change each month**

**Cost : Varies depending on the activity**

**Call (626) 919-1091 to register**

**Transportation is not provided. Participants will meet at the location of the activity.**

**Contact Parents' Place office to be added to the mailing list and be notified for upcoming events. Pre-Registration for each event is required.**

**Register by phone**

### **Meeting Dates:**

January 24, 2020

March 27, 2020

May 22, 2020

July 24, 2020

August 7, 2020 (All Family Summer Potluck)

September 25, 2020

November 20, 2020

December 18, 2020 (All Family Holiday Potluck)

Please note- While we strive to include all young adults, Parents' Place is unable to provide 1:1 assistance for the young adults. If your child needs 1:1 support please contact Angie to discuss options.

This event is specifically for your young adult, age 18-21& 11 months. Please stay within close proximity of Parents' Place/event

FUN!

MAKE NEW FRIENDS!





## The San Gabriel/Pomona Lugar de Los Padres



### Grupo Social Para Adultos Jóvenes

Nuestra meta es de proveer un lugar seguro para que los jóvenes (18-21 y 11 meses) puedan socializar, hacer nuevos amigos y sentirse apoyados.

**Cuando: El Cuarto Viernes del Mes**

**\*Grupo se reúne cada dos meses**

**Hora: Varía dependiendo de la actividad**

**Donde: Las juntas cambian cada mes**

**Costo: Varía, dependiendo de la actividad**

**Llame (626) 919-1091 para registrarse**

**No proporcionamos transportación. Participantes tienen que reunirse en el lugar de la actividad.**

Contacte al Lugar de Los Padres para ser agregado a la lista para notificarles de otros eventos. Registración es mandatorio para cada evento.

#### **Días de las Juntas en 2020**

*24 de Enero del 2020*

*27 de Marzo del 2020*

*22 de Mayo del 2020*

*24 de Julio del 2020*

*7 de Agosto del 2020 (Fiesta de verano para toda la familia)*

*25 de Septiembre del 2020*

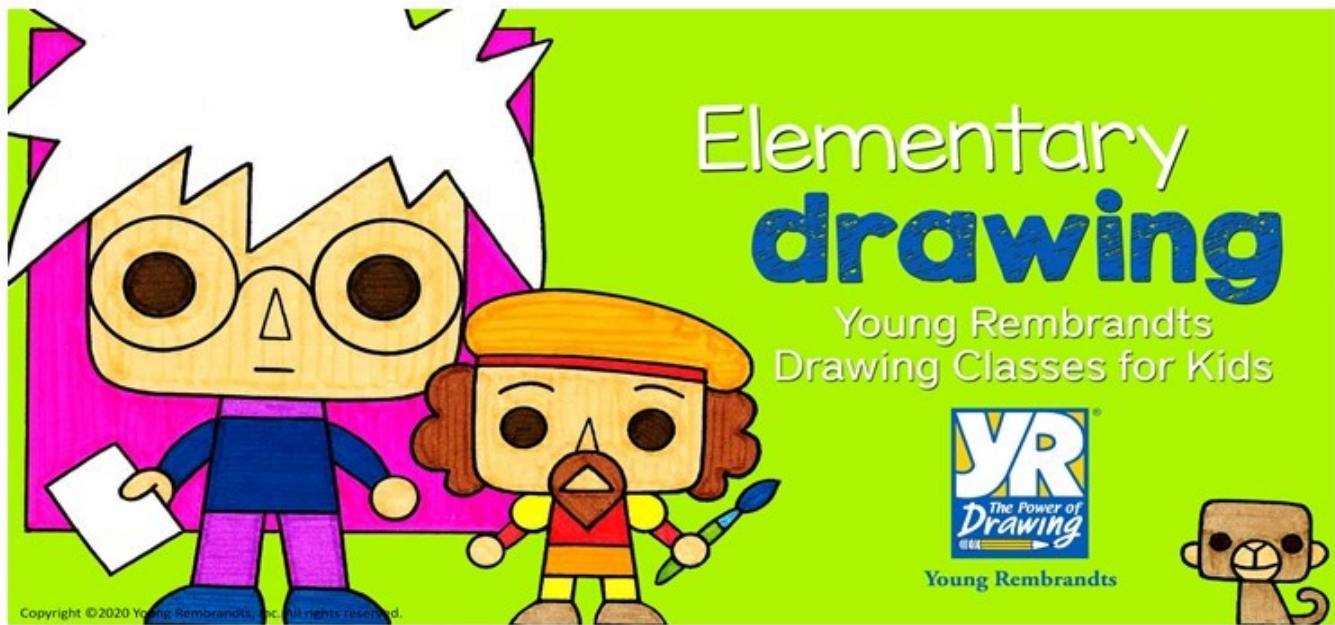
*20 de Noviembre del 2020*

*18 de diciembre 2020 (Fiesta navideña para toda la familia)*

Este evento es específicamente para los jóvenes, 18 a 21 y 11 meses. Sin embargo, se requiere que los padres/cuidadores estén cerca durante el evento por si se necesita de su asistencia o el joven quiera retirarse antes de que el evento termine.

VENGA A DIVERTIRSE!

HAGA NUEVOS AMIGOS!



**CLASSES NOW ONLINE  
ON-DEMAND!**

*Clases de dibujo para niños  
Ahora Disponible por Internet!*

Offered in collaboration between Parents' Place FRC and Young Rembrandts.

Parents' Place (626) 919-1091

Young Rembrandts (626) 974-1806

Estas clases son por video grabado. Los estudiantes pueden participar cuando sea mas conveniente para ellos. No se necesita un horario especifico. Young Rembrandts enseña a los niños a dibujar paso a paso. *Los hermanitos pueden participar GRATIS!*

These are pre-recorded classes that can be accessed when it's most convenient for each family. A specific schedule is not required. Young Rembrandts teaches children how to draw using a step-by-step process and fun curriculum. *Siblings can join for FREE!*

**Semester**

Sept. 1 - Nov. 27  
Register any week. The link to class will be sent on Mondays.

Puede registrarse cualquier semana. Recibirá el enlace a la clase cada Lunes.

**Tuition / Precio**

2 classes \$15 (mini-session paquete pequeño)  
6 classes \$45

Scholarships available for Parents' Place families upon request.

Becas disponible bajo petición a familias de Parents' Place.

**Registration / Registro \***

[www.youngrembrandts.com/esgv](http://www.youngrembrandts.com/esgv)  
Phone (626) 974-1806. Se habla Español.  
MCMISA/DISCOVER

Register any week during the semester.

Puede registrarse cualquier semana durante el semestre.

\*payable to Young Rembrandts

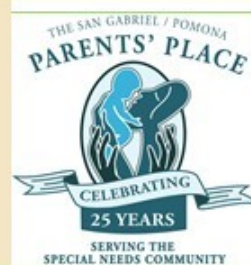
**HOW IT WORKS / COMO FUNCIONA**

Classes can be accessed through computer, tablet, iPad or smart phone. You must have internet service and an email address available. Once the session starts, an email with a link to each class will be sent on Mondays. Students can then access the lesson at anytime.

Estas clases son disponible por computadora, tableta o telefono. Se necesita acceso a internet y correo electronico. Una vez empiece el semestre, recibirá un correo electronico cada Lunes con la nueva leccion. Los estudiantes entonces pueden participar a cualquier hora.

*This is not a School District sponsored activity and this material was not prepared at District expense.*

# PARENTS' PLACE PRESENTS: HOW TO UNDERSTAND YOUR CHILD'S IFSP/IPP



How do I plan for the transition from Regional Center's Early Start Services?

How do you develop an appropriate plan?



**Presented by Aimee Delgado, Clients' Rights Advocate,  
Office of Clients' Rights Advocacy (OCRA)**

**PRE-REGISTRATION REQUIRED!  
SIGN UP EARLY, AS SPACE IS LIMITED**

**What is OCRA, the Individual Family Service Plan (IFSP) and  
the Individual Program Plan (IPP)**

**Friday, October 9, 2020 1:00 pm-2:00 pm**

Learn to understand the IFSP/IPP Document.

Tips on how to prepare for the meeting and be a better advocate.

**To Pre-Register please use the Zoom Registration Link:**

<https://us02web.zoom.us/meeting/register/tZcpduysrjwoHNPDQStW0anCbwn8lr2s-12M>

After registering, you will receive a confirmation email containing information about joining the meeting. Any questions, please contact Parents' Place at (626) 919-1091, or by email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

# TASK

*Educating and empowering  
people with disabilities and  
their families.*

GUIDANCE | EDUCATION | SUPPORT



## **Navigating IEPs Hosted by Parents' Place**

**Tuesday, October 13, 2020, 2:00 PM—3:00 PM**

To register for Virtual Workshop, please click link below:

<https://us02web.zoom.us/meeting/register/tZ0qf-6pqTlvHtVux3WnGn5tAJmldmYMSdbM>

Contact Parents' Place at (626) 919-1091 or email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

An overview of the rights and protections mandated for children with special needs by IDEA and Section 504 of the Rehabilitation Act, the value of record keeping, the requirements of the assessment process, timelines, and other legal components of an IEP, including goals and objectives. Communication techniques are interspersed throughout the workshop.

TASK is a nonprofit organization that helps families navigate:

- Disability services
- Special Education
- Assistive Technology

We serve Imperial, Los Angeles, Orange, Riverside, San Diego, and Ventura Counties.

*Major funding for TASK workshops is provided by the United States Department of Education, Office of Special Education Programs and the California Department of Education.*

**626-300-1043 | [taskca.org](http://taskca.org)**

# TASK

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GUIDANCE | EDUCATION | SUPPORT



## 1:1 Parent IEP Clinics

**Tuesday, October 20, 2020**

**9:00 a.m., 10:00 a.m., and 11:00 a.m.**

**Please contact Parents' Place at 626-919-1091  
to schedule your telephone appointment**

**Need help navigating the special education process or related services? TASK can help! TASK is a nonprofit that educates and empowers people with disabilities and their families. We help families understand the special education process. We promote cooperation between families and schools. Meet with a 1:1 TASK Representative for an hour over the telephone.**

*\*If you schedule an appointment for consultation, Please  
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spot will be given to the next family.*

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# TASK

*Educando y capacitando  
a personas con  
discapacidades y sus familias*

GUIDANCE | EDUCATION | SUPPORT



## 1:1 IEP Clínica

Martes 20 de Octubre, 2020

9:00 a.m., 10:00 a.m., y 11:00 a.m.

Consulta telefónica gratuita

En el Centro de Recursos Familiares "Parents' Place"

Para registrarse en línea [parentsplacefrc.com](http://parentsplacefrc.com) o llame a Parents' Place al (626) 919-1091.

\*Si programa una cita para consulta, Por favor confirme o cancele su cita con 24 horas de anticipación. Si no se recibe respuesta, su lugar será dado a la siguiente familia.

**¿Necesita ayuda para navegar por el proceso de educación especial o los servicios relacionados?  
¡TASK puede ayudar! TASK es una organización sin fines de lucro que educa y capacita a personas con discapacidades y sus familias. Ayudamos a las familias a entender el proceso de educación especial. Promovemos la cooperación entre familias y las escuelas.**

TASK es una organización sin fines de lucro que ayuda a las familias a navegar:

- Educación especial
  - Servicios sobre la discapacidad
  - Tecnología de asistencia
- Cubre los condados de Los Ángeles, Orange, Riverside, San Diego y Ventura.

*Los fondos principales para los talleres de TASK son proporcionados por: El departamento de educación de los Estados Unidos, Oficina de educación especial y del departamento de educación del estado de California.*

626-300-1043 | [taskca.org](http://taskca.org)





## **Disability Rights of California Presents:**

**Maria Iriarte, Senior Attorney  
Mary Rios, Senior Advocate**

### **Special Education COVID-19**

**Date: Wednesday, October 21, 2020  
Time: 10:00am-12:00pm**

**Please join us for this training on Special Education and COVID-19.  
If you need a reasonable accommodation, please indicate when  
registering by October 9, 2020.**

**Register in advance for Virtual Training by clicking link below:  
<https://zoom.us/meeting/register/tJcscmqgTkqEtyqdQgdJGhqdpooEpQIdM4i>**

**After registering, you will receive a confirmation email containing  
information about joining the meeting.**

**For more information about the training please contact: Parent's Place  
(626) 919-1091, Or email [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com), Or call Mary  
Rios at (213) 213-8151, Or via email at: [mary.rios@disabilityrightscal.org](mailto:mary.rios@disabilityrightscal.org)**

# PARENTS' PLACE PRESENTS: HOW TO UNDERSTAND YOUR CHILD'S SSI



What is Office of Clients'  
Rights Advocacy?

What is Supplemental  
Security Income and  
how do I apply?



**Presented by Aimee Delgado, Clients' Rights  
Advocate, Office of Clients' Rights Advocacy (OCRA)**

**PRE-REGISTRATION REQUIRED!  
SIGN UP EARLY, AS SPACE IS LIMITED**

**What is OCRA and what is Supplemental Security Income (SSI)?**

**Friday, October 23, 2020 1:00 pm-2:00 pm**

Overview of the benefit and application process.

To Pre-Register please use the Zoom Registration Link:

<https://us02web.zoom.us/meeting/register/tZ0tdOqhrTosGdMenkBjx7PrAftkS0v5g8tE>

After registering, you will receive a confirmation email containing information about joining the meeting. Any questions, please contact Parents' Place at (626) 919-1091, or by email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

# TASK

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and their families*

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## **TASK Live Webinar**

### **There's an App for That: Social and Life Skills Apps**

Parents' Place will provide interpretation in Mandarin.

Many kiddos (and adults) struggle with social and life skills. Join this session, in which we will demonstrate apps that can help with these skills. App focus will include: personal grooming, household chores, telling time, dialing 911, social skills and more. Apps for various ages will be shown.

**Tuesday, October 27, 2020, 2:00 p.m. - 4:00 p.m.**

**NOTE: This workshop will be conducted using Zoom.  
You MUST register to participate. Registration link:**

<https://bit.ly/34BRPmr>

Any questions? Contact Parents' Place: [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

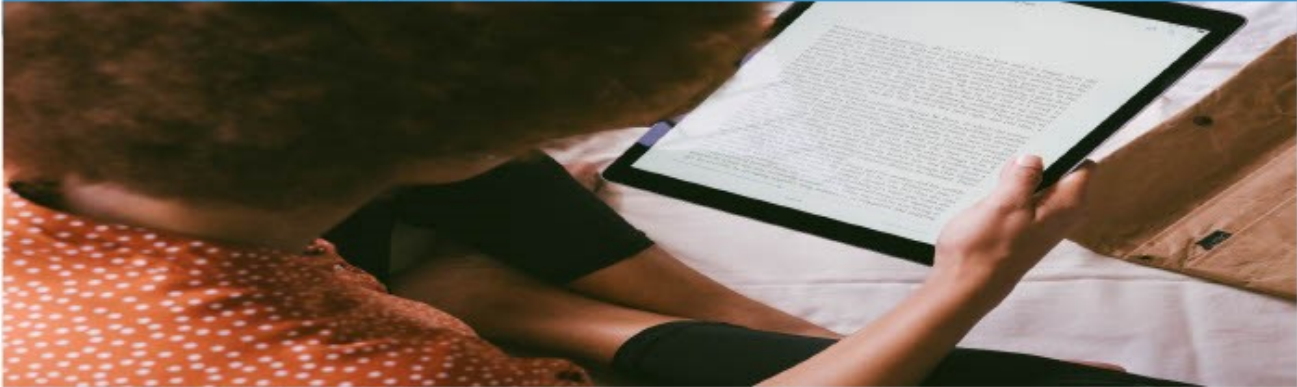
TASK is a nonprofit organization that helps families navigate:  
▪ Disability services    ▪ Special education    ▪ Assistive technology  
We serve Imperial, Los Angeles, Orange, Riverside, San Diego and Ventura Counties.

**866.828-8275 | [taskca.org](http://taskca.org)**

# TASK

ORIENTACIÓN | EDUCACIÓN | APOYO

*Educando y capacitando  
a personas con  
discapacidades y  
sus familias*



## Seminario Web

Presentado por TASK en colaboración con Parents' Place

# ¡Hay una aplicación para eso! Aplicaciones de Lectura

¡Hay tantas aplicaciones de lectura por ahí! Mostraremos algunas de las que creemos que valen la pena y son educativas, así como algunas herramientas de lectura súper útiles. Las categorías incluyen comprensión, fluidez, decodificación y más. Las aplicaciones que se muestran serán para edades que van desde la primaria hasta la secundaria y más allá.

**miércoles, 28 de octubre, 2020, 1:00 p.m. - 2:00 p.m.**

***NOTA: Esta sesión de capacitación en línea se realizará en Zoom.  
DEBE registrarse para poder participar. HAGA CLIC EN EL ENLACE.***

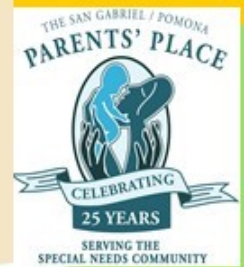
<https://bit.ly/3gEGmVq>

***Tiene una Pregunta? Contacte Parents' Place: [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)***

TASK es una organización sin fines de lucro que ayuda a las familias a navegar:  
■ Servicios sobre la discapacidad    ■ Educación especial    ■ Tecnología de asistencia  
Atendemos los condados de Los Angeles, Imperial, Orange, Riverside, San Diego y Ventura.

**866.828-8275 | [taskca.org](http://taskca.org)**

# COMO ENTENDER EL PROCESO Y COMO APLICAR PARA LOS SERVICIOS DE ASISTENCIA EN EL HOGAR (IHSS)



¿Qué cubre  
IHSS?



Como entender y  
aplicar para los  
servicios de  
IHSS?



**Presentado por Aimee Delgado, Defensora de los Derechos del Cliente, Oficina de Defensa de los Derechos del Cliente**

**¡Se requiere registro previo!  
Registrarse temprano el espacio es limitado**

**Servicios de Apoyo en el Hogar (IHSS)**

**Viernes, 6 de Noviembre 2020, 1:00 pm - 2:00 pm**

Como aplicar para (IHSS) servicios de apoyo en el Hogar Supervision Preventiva.

**Por favor use el enlace para registrarse:**

<https://us02web.zoom.us/meeting/register/tZArdOqrpz8sHteiC-Ol-Bs4ytHNNhwUlj4lm>

Después de registrarse, recibirá un correo electrónico de confirmación. Cualquier pregunta, comuníquese con Parents 'Place al (626) 919-1091, o por correo electrónico a [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

# TASK

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people with disabilities and  
their families.*

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## Transition to Adult Services

Hosted by Parents' Place

**Tuesday, November 10, 2020, 2:00 PM—3:00 PM**

To register for Virtual Workshop, please click link below:

<https://us02web.zoom.us/meeting/register/tZYkduuvrjsjGdJLq3hqLnpaF9ZJbQxHUC3H>

Contact Parents' Place at (626) 919-1091 or email at [empower@parentsplacefc.com](mailto:empower@parentsplacefc.com)

Focuses on the development of the Individual Transition Plan and the transition process from school to adult services. Explains other system criteria and application processes, i.e. Social Security Administration, Department of Rehabilitation and Regional Center. Discusses supports for the individual to live independently and productively within the community.

Positive communication techniques are interspersed throughout the workshop.

TASK is a nonprofit organization that helps families navigate:

- Disability services
- Special Education
- Assistive Technology

We serve Imperial, Los Angeles, Orange, Riverside, San Diego, and Ventura Counties.

*Major funding for TASK workshops is provided by the United States Department of Education, Office of Special Education Programs and the California Department of Education.*

**626.300.1043 | [taskca.org](http://taskca.org)**

# TASK

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## 1:1 Parent IEP Clinics

**Tuesday, November 17, 2020**

**9:00 a.m., 10:00 a.m., and 11:00 a.m.**

**Please contact Parents' Place at 626-919-1091  
to schedule your telephone appointment**

**Need help navigating the special education process or related services? TASK can help! TASK is a nonprofit that educates and empowers people with disabilities and their families. We help families understand the special education process. We promote cooperation between families and schools. Meet with a 1:1 TASK Representative for an hour over the telephone.**

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- Special Education
- Assistive Technology

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Office of Special Education Programs and the California Department of Education.*

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# TASK

*Educando y capacitando  
a personas con  
discapacidades y sus familias*

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## 1:1 IEP Clínica

**Martes 17 de Noviembre, 2020**

**9:00 a.m., 10:00 a.m., y 11:00 a.m.**

**Consulta telefónica gratuita**

En el Centro de Recursos Familiares "Parents' Place"

Para registrarse en línea [parentsplacefrc.com](http://parentsplacefrc.com) o llame a Parents' Place al (626) 919-1091.

\*Si programa una cita para consulta, Por favor confirme o cancele su cita con 24 horas de anticipación. Si no se recibe respuesta, su lugar será dado a la siguiente familia.

**¿Necesita ayuda para navegar por el proceso de educación especial o los servicios relacionados?  
¡TASK puede ayudar! TASK es una organización sin fines de lucro que educa y capacita a personas con  
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Promovemos la cooperación entre familias y las escuelas.**

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- Educación especial
- Servicios sobre la discapacidad
- Tecnología de asistencia

Cubre los condados de Los Ángeles, Orange, Riverside, San Diego y Ventura.

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**626-300-1043 | [taskca.org](http://taskca.org)**



# COMO ENTENDER EL PROCESO Y COMO DEL APLICAR PARA LOS SERVICIOS DE ASISTENCIA SUPLEMENTARIA DEL SEGURO SOCIAL (SSI)

¿Qué cubre SSI?



Como entender e proceso y como aplicar para servicios Suplementarios del Seguro Social?



**Presentado por Aimee Delgado, Defensora de los Derechos del Cliente, Oficina de Defensa de los Derechos del Cliente**

**¡Se requiere registro previo!  
Registrarse temprano el espacio es limitado**

**Supplemental Security Income (SSI)**

**20 de Noviembre 2020, 1:00 pm - 2:00 pm**

Mostraremos los beneficios y el proceso de la aplicación.

**Por favor use el enlace para registrarse:**

**[https://us02web.zoom.us/meeting/register/tZ0kduGvqzorE9eL9XbylXXmENhfBGy0L\\_F4](https://us02web.zoom.us/meeting/register/tZ0kduGvqzorE9eL9XbylXXmENhfBGy0L_F4)**

Después de registrarse, recibirá un correo electrónico de confirmación.

Cualquier pregunta, comuníquese con Parents 'Place al (626) 919-1091, o por correo electrónico a [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

# PARENTS' PLACE PRESENTS: HOW TO UNDERSTAND YOUR CHILD'S IFSP/IPP



How do I plan for  
the transition from  
Regional Center's  
Early Start  
Services?

How do you  
develop an  
appropriate plan?



**Presented by Aimee Delgado, Clients' Rights Advocate,  
Office of Clients' Rights Advocacy (OCRA)**

**PRE-REGISTRATION REQUIRED!  
SIGN UP EARLY, AS SPACE IS LIMITED**

**What is OCRA, the Individual Family Service Plan (IFSP) and  
the Individual Program Plan (IPP)**

**Friday, December 4, 2020 1:00 pm-2:00 pm**

Learn to understand the IFSP/IPP Document.

Tips on how to prepare for the meeting and be a better advocate.

**To Pre-Register please use the Zoom Registration Link:**

**<https://us02web.zoom.us/meeting/register/tZ0rdu-srTorG9T-oXCKqFma37fTIJyblr2z>**

After registering, you will receive a confirmation email containing information about joining the meeting. Any questions, please contact Parents' Place at (626) 919-1091, or by email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

# TASK

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## Assessment Process Hosted by Parents' Place

**Tuesday, December 8, 2020, 2:00 PM—3:00 PM**

To register for Virtual Workshop, please click link below:

[https://us02web.zoom.us/meeting/register/tZwsf-GuqTssGdf\\_ADkY8\\_6SbAAgmnw4-KBi](https://us02web.zoom.us/meeting/register/tZwsf-GuqTssGdf_ADkY8_6SbAAgmnw4-KBi)

Contact Parents' Place at (626) 919-1091 or email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)

This workshop provides an overview of the importance of parent input and ways to ensure that all the child's needs are being considered when determining appropriate services and placement options. TASK is a nonprofit that educates and empowers people with disabilities and their families.

We help families understand the special education process. We promote cooperation between families and schools.

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- Assistive Technology

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Office of Special Education Programs and the California Department of Education.*

**626-300-1043 | [taskca.org](http://taskca.org)**

# PARENTS' PLACE PRESENTS: HOW TO UNDERSTAND YOUR CHILD'S IHSS



What is Office of  
Clients' Rights  
Advocacy?

How do I apply for  
In Home Supportive  
Services?



**Presented by Aimee Delgado, Clients' Rights  
Advocate, Office of Clients' Rights Advocacy (OCRA)**

**PRE-REGISTRATION REQUIRED!  
SIGN UP EARLY, AS SPACE IS LIMITED**

**What is OCRA and what is Home Supportive Services (IHSS)**

**Friday, December 11, 2020 1:00 pm-2:00 pm**

Learn to understand IHSS services and how to prepare for the assessment.

To Pre-Register please use the Zoom Registration Link:

[https://us02web.zoom.us/meeting/register/tZcqduiqpjsvG9MkE1mB7YXVZIJas\\_Hogmcd](https://us02web.zoom.us/meeting/register/tZcqduiqpjsvG9MkE1mB7YXVZIJas_Hogmcd)

After registering, you will receive a confirmation email containing information about joining the meeting. Any questions, please contact Parents' Place at (626) 919-1091, or by email at [empower@parentsplacefrc.com](mailto:empower@parentsplacefrc.com)



# Navigating the Regional Center System



## An Informative 5-Module Parent Workshop Series

These workshops will be held via ZOOM  
Log in link will be given at registration confirmation

*Workshops will be held on 5 consecutive Saturdays from 9:00 a.m. to 11:30 a.m.*

**Module 1 - October 24th**  
The Regional Center Purpose

**Module 2 - October 31st**  
A Parents Grief & the Collaboration with the Regional Center

**Module 3 - November 7th**  
Person Center Thinking and the IPP

**Module 4 - November 14th**  
The Process to have Access to Resources and Services

**Module 5 - November 21st**  
Parent Empowerment and the Fair Hearing Process



**REGISTER NOW**

[CLICK HERE](#)

“After completing the workshop, I felt very informed and empowered by the information I learned. It’s already making a difference for my sons.” -*Testimony from an SG/PRC Parent*

[TO READ MORE TESTIMONIES FROM OTHER PARENTS, CLICK HERE](#)



For information call Xochitl Gonzalez (909) 868-7738



**SUPPORTING PARENTS & CAREGIVERS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES**



**Advocate**

through educating local childcare agencies, law enforcement, and school districts



**Support**

through training, mentoring, and education to empower parents and caregivers



**Connect**

through social media, support groups, and community outreach

**Sign up for a Free Wellness Kit**

includes Protective Face Masks for the Entire Family



If you are a Parent or Caregiver of an African American with Developmental Disability  
 Leave Your Name and Best Contact Info at  
 626-387-3858 or  
 welcome@parentingblackchildren.org



Thank You to our partners - San Gabriel/Pomona Regional Center, Dept. of Development Services & the Kennedy Austin Foundation



[www.ParentingBlackChildren.org](http://www.ParentingBlackChildren.org)  
 [Instagram.com/parenting\\_black\\_children](https://www.instagram.com/parenting_black_children)  
 [Facebook.com/Parenting-Black-Children](https://www.facebook.com/Parenting-Black-Children)



# Home Internet

You may qualify for affordable, Home Internet if you are participating in one of the following programs:

Child Enrolled in the NSLP (National School Lunch Program)

CalFresh (food stamps) or Supplemental Nutrition Assistance Program (SNAP)

Supplemental Security Income (SSI)

Medi-Cal

Or Have a Household Income Under \$40,000/year

Only  
**\$10-\$23**  
a month

For a limited time  
some providers  
are offering  
2 months free.

To determine which of the Internet providers serves your area enter your zip code at this site: [www.everyoneon.org/cetf](http://www.everyoneon.org/cetf). It will list your choices and you can call the companies in your area.



844-525-1574

**\$23/mo**

*For 2 months free ask for Spectrum Internet Assist. If you qualify your bill will be \$23 after the free offer. No school lunch letter required for a limited time only.*



888-519-4724

**\$15/mo**



855-220-5211

**\$10/mo**

*2 months free of Access for a limited time.*



855-970-1449

**\$20/mo**



855-846-8376

**\$9.99/mo**

*2 months free of Essential for a limited time.*





# Internet en el Hogar

Usted puede calificar para servicio de Internet económico en su hogar si participa en uno de los siguientes programas:

Niño Inscrito en el Programa Nacional de Almuerzo Gratis Escolar (NSLP)

Programa de estampillas de comida CalFresh ó Programa de Asistencia de Nutrición Suplementaria (SNAP)

Seguridad de Ingreso Suplementario (SSI)

Medi-Cal

Ó tener un ingreso total de su hogar menos de \$40,000/año

Solo  
**\$10-\$23**  
al mes

Por tiempo limitado algunos proveedores están ofreciendo 2 meses gratis.

Para determinar cuál de los proveedores sirve en su área, entre su código postal en este sitio web: [www.everyoneon.org/cetf](http://www.everyoneon.org/cetf). Le enumerará sus opciones y puede llamar a las compañías en su área directamente.



844-525-1574

**\$23/mes**

*Durante 2 meses, gratis pregunte al principio por Spectrum Internet Assist. Si califica su factura será de \$23 después de la oferta gratuita. Por tiempo limitado, no se requiere la carta de programa Nacional de Almuerzo Gratuito para calificar.*



888-519-4724

**\$15/mes**



855-220-5225

**\$10/mes**

*2 meses gratis de Acceso por tiempo limitado.*



844-359-3941

**\$20/mes**



855-765-6995

**\$9.99/mes**

*2 meses gratis de Essential por tiempo limitado.*







**PARENTS' PLACE FAMILY RESOURCE AND EMPOWERMENT CENTER**  
1500 S. HYACINTH AVENUE, SUITE B, WEST COVINA, CA 91791  
[WWW.PARENTSPLACEFRC.COM](http://WWW.PARENTSPLACEFRC.COM) (626) 919-1091

## **FOOD BANK INFORMATION**

(subject to change):

### **1-SHEPARDS PANTRY**

13020 FRANCISQUITO AVE. STE.10  
BALDWIN PARK CA 91706, 626-671-0090  
FRIDAY 5:00pm-7:00pm, location sometimes has diapers.

### **2- SHEPARDS PANTRY**

1418 ARROW HWY. IRWINDALE CA 91706  
(626) 305-0392 TUESDAYS EVENING  
5:00pm-7pm, location sometimes has diapers.

### **3- SHEPARDS PANTRY**

667 E. ARROW HIGHWAY STE. J  
GLEN DORA CA 91740 626-852-7630  
WEDNESDAYS & THURSDAYS  
5:00 –7:00 pm (626) 305-0392 (location sometimes has diapers) [www.shepardspantry.com](http://www.shepardspantry.com)  
[www.shepardspantry.com/locations-services/](http://www.shepardspantry.com/locations-services/)  
Irwindale

All Los Angeles County residents. You must register. You must go only to the location you registered. Bring proof of address-Proof of income all household- Proof of children living at home (School ID, medical or any ID with a picture.) HOMELESS: Open Monday-Wednesday-Friday from 10:30 am-11:30 pm

### **ST. JOHN VIANNEY CHURCH**

1345 TURNBULL CANYON RD.  
HACIENDA HTS. CA 91745  
Ph: 626-330-2269  
Food distribution on Saturdays 8:00-12:00pm.  
Food open to residents/non-residents.

### **ST STEPHENS BAPTIST CHURCH**

1720 N. WALNUT AVE.  
LA PUENTE CA 91744 626-918-3227  
2ND & 4TH THURSDAY 3:00 pm 6:00 pm  
[www.stsbc.org](http://www.stsbc.org). Contact number is  
(626) 918-3225 and (626) 918-3227.

### **INLAND VALLEY HOPE PARTNERS**

110 E. THIRD ST. SAN DIMAS CA 91768  
909-622-3806 MONDAY THRU THURSDAY 8:00  
am -6:00 pm (Need to bring ID- Proof of income-  
School ID for children or any proof document, that  
show living at residence.  
Email: [Info@inlandvalleyhopepartners.org](mailto:Info@inlandvalleyhopepartners.org)

### **GREATER NEW LIGHT BAPTIST CHURCH**

1734 ARROYO AVE. POMONA CA 91768, 909  
623-7616 TUESDAY 11:00am-12:00pm,  
[greatlightbaptist.com](http://greatlightbaptist.com) (Bread only)

### **SAN GABRIEL VALLEY FAMILY CENTER**

4602 N. PECK ROAD. EL MONTE CA 91732  
Please call no website: 626-442-5470 THURSDAYS  
2:00 pm.-4:00pm.(You must wear mask and gloves.  
They will distribute food during the summer).

### **OUR SAVIOR CENTER**

4368 SANTA ANITA AVE. EL MONTE, CA 91731  
626-579-2190 TUESDAYS-THURSDAYS  
10:00 am-1:00 pm [www.our-center.org](http://www.our-center.org), [info@our-center.org](mailto:info@our-center.org),  
Picture ID-Proof of Income. Proof of children living at home. Address proof.  
Appointments only. (Locations sometimes has  
diapers) <http://www.our-center.org/outreach>

### **Foothill Family Shelter Information & Resources (BABY SUPPLIES):**

1501 W. NINTH ST. STE. D UPLAND, CA  
(909) 920-0453, Food Assistance Tuesday-Friday  
from 9:00 am to 12:00 pm & 1:00 pm to 5:00 pm  
Closed for lunch from 12:00 pm-1pm pm [https://  
www.foothillfamilyshelter.org/How-To-Get-Help.asp](https://www.foothillfamilyshelter.org/How-To-Get-Help.asp)

### **Community Heart Food Bank**

10871 S. Central Avenue, Ontario, CA 91762  
Thursdays from 9 am to 2 pm, Contact number is  
(909) 364-1677



**PARENTS' PLACE FAMILY RESOURCE AND EMPOWERMENT CENTER**  
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**WWW.PARENTSPLACEFRC.COM (626) 919-1091**

**FOOD BANKS (continued)**

**LA HABRA CHRISTIAN CHURCH**

1400 BELLA VISTA DR. LA HABRA CA 90631,  
562-691-0514

4<sup>TH</sup> SATURDAY OF THE MONTH  
9:00am-11:00pm. [Office@mylhcc.com](mailto:Office@mylhcc.com)

**CHURCH OF REDEEMER**

3739 NORTH MONTEREY AVE.  
BALDWIN PARK CA 91706 Monday thru  
Thursday 9:00 am to 1:00 pm 626-206-4040  
(**APPOINTMENT ONLY.**) Call to make an  
appointment. **Delivery for Seniors**  
Contact: Cecilia (626) 552-2277

**LA PUENTE SPANISH S.D.A. CHURCH**

18047 VALLEY BLVD. LA PUENTE CA 91744,  
Please call hours vary 626-824-9285  
[www.adventistdirectory.org](http://www.adventistdirectory.org)

**FIRST UNITED LA PUENTE METHODIST CHURCH**

15701 E. HILL ST., LA PUENTE CA 91744,  
626-968-9394, Last Sunday of the month  
(10:00am-12:30pm)  
<https://www.facebook.com/pages/First-United-Methodist-Church-of-La-Puente/109521375750649>

**II ADAM MINISTERS**

15849 E. MAIN ST. LA PUENTE CA 91744,  
1-562-706-9373  
EVERY OTHER THURSDAY 5:00pm-7:00pm  
<https://www.facebook.com/2adamministries/>

**VISION DE CRISTO MINISTERIO KAIROS**

371 WORKMAN MILL ROAD LA PUENTE CA  
91746, 626-367-0690 SATURDAY 9:00am-  
10:30am (Drive thru. Will continue every Saturday.  
Need to write down in a paper. Name & Address  
also the # of persons in the family).  
[Ministeriokairosinternacional.com](http://Ministeriokairosinternacional.com)

**GODS PANTRY**

246 E. CENTER ST. POMONA CA 91767,  
(909) 455-4531 TUESDAY-THURSDAY 2:00pm to  
6:00pm. [www.godspantry.org](http://www.godspantry.org), [www.facebook.com/godspantryca](http://www.facebook.com/godspantryca)

**FOOTHILL UNITY CENTER, IN PASADENA**

The center provides emergency food, health services,  
holiday assistance, personal goods, and shelter for  
people who live in the eleven city service areas;  
services are provided through two sites. The service  
areas for the *Monrovia site* are *Arcadia, Azusa, Baldwin Park, Bradbury, Duarte, Irwindale, Monrovia,* and *Sierra Madre*; the service areas for the *Pasadena site* are *Altadena, Pasadena,* and *South Pasadena*. Geographic restrictions apply for most services. (Monday-Wednesday, and Friday, 8:00 am to 4:30 pm, Thursday, 10:00 am to 6:30 pm (Call for service (626) 579-2190 ext. 100) [Sometimes has diapers]

**211 FOOD FINDER LOCATOR:**

Click on the link and you can find food locations in our area. You are able to narrow the search down by address and it will show you food locations close by. This system is updated every two weeks or as needed.

<https://foodfinder.211la.org/-118.624071,33.687458,-117.225295,34.258734?layers=22>

**The Health Homes Program:**

(Med-I-Cal)Website: [bit.ly/plandirectory](http://bit.ly/plandirectory) The Health Homes Program (HHP) offers extra services at no cost to Medi-Cal members with certain chronic health and/or mental health issues who have high health care needs or do not have a place to live. Contact winter [@harbageconsulting.com](https://www.facebook.com/harbageconsulting) or call 1-800-430-4263 to see if you would qualify for the program. Hours: Monday –Friday, 8am –5pm PT (not holidays) For phone numbers for members who speak languages other than English TTY 1-800-430-7077



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WWW.PARENTSPLACEFRC.COM (626) 919-1091

## **FOOD BANKS (continued)**

### **ROWLAND HEIGHTS COMMUNITY CHRISTIAN CHURCH**

19309 COLIMA ROAD. ROWLAND HTS. CA  
91748, 626-965-3033  
4<sup>TH</sup> THURSDAY OF THE MONTH  
9:00am.-11:00am. ([rhcc.net/meet-our-staff/rhccc.net](http://rhcc.net/meet-our-staff/rhccc.net),  
[www.facebook.com/rhcccunited](http://www.facebook.com/rhcccunited))

### **ST. JOHN COPTIC ORTHODOX**

21329 E. CIENEGA AVE. COVINA CA 91724  
562-691-0299 /909-592-8847  
2<sup>ND</sup> & 4<sup>TH</sup> THURSDAY OF THE MONTH  
4:00pm -6:00pm [www.mystjohn.org](http://www.mystjohn.org)

### **BALDWIN PARK BILINGUAL S.D.A. CHURCH**

13965 E. RAMONA PARKWAY.  
BALDWIN PARK CA 91706  
626-338-4828, WEDNESDAY  
4:00 pm-7:30 pm (Except 5<sup>th</sup> Wednesday of the  
month). (626) 727-2018 ask for access code.  
[baldwinparkbilingualca.adventistchurch.org](http://baldwinparkbilingualca.adventistchurch.org)

### **IGLESIA DE CRISTO ELIM**

550 S. HOLLENBECK AVE. COVINA CA 91723  
626-915-5300 SATURDAYS 8:00 am -9:00 am  
[www.elimchurch.org](http://www.elimchurch.org)  
[www.iglesiaelim.org](http://www.iglesiaelim.org),[www.facebook.com/Iglesia-De-Cristo-Elim](http://www.facebook.com/Iglesia-De-Cristo-Elim)

### **PROJECT 29:11, A COMMUNITY DEVELOPMENT CORPORATION**

418 N. SECOND AVE. COVINA CA 91723  
626 373-2976, FRIDAY 1:00 pm- 5:00 pm

For more information go to:  
<https://www.govserv.org/>

### **BUDDHIST TZU CHI FOUNDATION**

17840 VILLA CORTA ST. LA PUENTE CA 91744  
626-448-1362  
JUNE 3<sup>RD</sup>-4<sup>TH</sup> 9:00 am -11:00 am  
[www.tzuchi.us](http://www.tzuchi.us), [info@tzuchi.us](mailto:info@tzuchi.us)

### **SOWING SEED FOR LIFE**

763 N. SUNSET AVE. WEST COVINA CA.  
626-962-8501  
SATURDAY 9:00 am -10:30am  
[sowingseedforlife.org/visit-the-foodbank](http://sowingseedforlife.org/visit-the-foodbank)  
[sowingseedsforlife.org](http://sowingseedsforlife.org)

### **ARABIC EVANGELICAL CHURCH**

8109 GREENLEAF AVE. WHITTIER CA 90602  
626-255-7323  
1<sup>ST</sup> & 3<sup>RD</sup> FRIDAY 6:30 pm -8:00 pm  
1<sup>ST</sup> & 3<sup>RD</sup> SUNDAY 3:30 pm -4:30 pm  
[about.com/ArabicEvangelicalChurch](http://about.com/ArabicEvangelicalChurch)

### **Project Room Key:**

helps with housing during COVID.  
<https://covid19.lacounty.gov/project-roomkey/#:~:text=Project%20Roomkey%20is%20a%20collaborative%20effort%20by%20the,stay%20inside%20to%20prevent%20the%20spread%20of%20COVID-19>

### **NEW SONG CHURCH**

945 W. COVINA BLVD.  
SAN DIMAS CA 91733 909-394-9488  
1<sup>ST</sup>, 3<sup>RD</sup> & 5<sup>TH</sup> THURSDAY 7:00 pm -8:00 pm  
2<sup>ND</sup> & 4<sup>TH</sup> SATURDAY 10:00 am - 12:00 pm  
(Drive thru only one car per family.)  
[Newsong.org](http://Newsong.org), [info@newsongsd.org](mailto:info@newsongsd.org)



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WWW.PARENTSPLACEFRC.COM (626) 919-1091**

## **GRAB-N-GO MEALS**

### **Alhambra USD**

**Link-** <http://www.schoolnutritionandfitness.com/index.php?sid=2911100126122933>

Meals will be distributed on Mondays, Wednesdays, and Fridays from noon to 1:30 pm. Please go to the district's website, click on Parent Portal to print the barcode. You may want to create an account in order to access the bar code. Bring the printed bar code to the curbside.

Baldwin, Brightwood, Emery park, Fremont, Garfield, Granada, Marguerita, Monterey Highland, Northrup, Park, Ramona, Repetto, Ynez and High Schools only.

**Alhambra, Mark Keppel** and **San Gabriel** starting 9/4/20 Bus Stop School Meals Noon to 1:15 pm **Del Mar** and **Graves** -Bus will park @normal bus stop in front of **William ES. Del Mar** and **Garvey** – Bus will park on Garvey S/E corner on parking lot. **Del Mar** and **Hershey** – Bus will park on Hershey N/E corner. **San Gabriel** and **Keim** – Bus will park on **Keim** N/E corner. **Walnut Grove** and **Klingerman** S/E corner Muscatel and Garvey – Bus will park on Muscatel S/W corner. Call 626-943-6590 for further information.

### **Technology**

Help desk for parents and students

Office: 626-943-3040

### **Arcadia**

**Link** - <http://www.schoolnutritionandfitness.com/index.php?sid=1305082032372861>

Please have your student's ID number with you. Please follow traffic flow signs at each site.

Students are allowed one breakfast and one lunch per day. Parents may pick up meals for all of their students at one site. **Baldwin Stocker:** 11:30 am -12:30 pm daily in the parking lot off of Lemon Avenue.

**Camino Grove:** 12:00-1:00 daily in the parking lot off of Camino Grove Avenue, near the MPR building. **Highland Oaks:** 11:30 am -12:30 pm daily in the parking lot off of Virginia Road. **Holly Avenue:** 11:30 am -12:30 pm daily in the parking lot off of Duarte Road. **Hugo Reid Primary & Elementary:** 11:30 am -12:30 pm daily on the south side of Hugo Reid Drive near the MPR. **Longley Way:** 12:00 am -1:00 pm daily in the parking lot off of Longley Way Drive. **Dana Middle School:** 7:30-8:30 am daily in the parking lot off of First Avenue. **First Avenue Middle School:** 7:30-8:30 am daily on the south side of California Drive, near the entry gate. **Foothill Middle School:** 7:30-8:30 am daily in the parking lot off of Oakhaven Road. AHS: 7:30-8:30 am daily in the PAC parking lot.

### **Technology**

First point of contact will be the School they are enrolled.

### **Azusa USD:**

Meals will be served on Mondays from **7am to 8:00 am & 2:00 pm to 4pm** at **Azusa HS** 240 North Cerritos Avenue, CA 91702. Meals will be served on Mondays from 12 pm to 2 pm at **Gladstone HS** 1340 N Enid Ave, Covina, CA 91722, **Murray Elementary School** 505 East Renwick Road, Azusa, CA 91702. Meals will be available to any child under the age of 18 and persons with disabilities. No QR codes are required, and children do not have to be present.

### **Technology**

Call: 626-967-6211

Email: [help.parent@azusa.org](mailto:help.parent@azusa.org)



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**WWW.PARENTSPLACEFRC.COM (626) 919-1091**

## **GRAB-N-GO MEALS**

### **Baldwin Park USD**

**Link** – <https://www.bpUSD.net/apps/news/article/1289586>

**All Schools except North Park High School and Santa Fe High School**

Twenty BPUSD schools are open and provide a five-day meal supply, which includes breakfast, lunch and dinner, to all students wishing to participate. The Grab and Go meals are available for pick up from 9 to 11:30 am every Wednesday. Children do not need to be present to pick up meals. Meal distribution cards will be required for BPUSD students, and name and birthdate will be required for students not enrolled with the District. Updated meal announcements will be shared on the District's parent portals, as well as the District's website and social media pages.

For more information, contact nutrition services at (626) 856-4224.

### **Technology**

626-962-3311 ext: 4273

### **Basset USD**

All enrolled students in Basset USD can go to any of these 6 sites: **Don Julian Elementary, Torch Middle School, Basset High School, Sunkist Elementary, Bandwick Elementary and Edgewood Academy.** Hours for pick up is 11:30 am -12:30 pm

### **Technology**

626-931-3031 IT Help Desk

**Bonita USD:** Meals will be available for pick up at the following locations. Pick-up times are Monday - Thursday, 11:30 am - 1:30 pm. Double meals will be served on Thursday. **Central Kitchen** -125 W. Allen Avenue, San Dimas 91773 (currently serving

summer meals) **Roynon Elementary** – 2715 E. Street, La Verne 91750 (*currently serving summer meals*) **Ekstrand Elementary** -400 N. Walnut Avenue, San Dimas 91773 (bus drop off site) **Lone Hill Middle School** -800 West Covina Blvd, San Dimas 91773 (staff parking lot) **La Verne Heights** -1550 East Baseline, La Verne 91750 (staff parking lot)  
Please visit: <https://mealapps.bonita.k12.ca.us>

### **Technology** 909-971-8200

<https://sites.google.com/bonita.k12.ca.us/edtechresource/home>

### **Charter Oak USD**

**Link**-<https://www.cousd.net/site/default.aspx?PageType=3&ModuleInstanceID=505&ViewID=7b97f7ed-8e5e-4120-848f-a8b4987d588f&RenderLoc=0&FlexDataID=3649&PageID=1> Student PIN numbers still need to be shown or a school ID. For younger siblings not in school, they need to be present in vehicle. Meals include breakfast and lunch one per student.

### **Locations are:**

**All Elementary Sites:** Curbside Service 11:00 am to 12:45 pm, **Royal Oak:** Curbside Service 11:00 am to 12:45 pm, **COHS:** Curbside Service 11:00 am to 12:45 pm,

**Technology** Tech Support 626-974-0270

### **Claremont USD:**

Claremont USD will begin meal distribution beginning on September 2nd at each site. Principals will dictate the time at each individual site. Each day the student will receive lunch for that day and breakfast for the following. You will need a Claremont USD meal card as you will be charged for each meal according to eligibility. We will be returning to the regular NSLP meal service. For questions contact nutrition services at (909)398-0358

### **Technology**

909-398-0609 <https://www.cusd.claremont.edu/>



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WWW.PARENTSPLACEFRC.COM (626) 919-1091

## School Meals Continued:

### Covina-Valley USD:

Link – [https://www.c-vusd.org/cms/lib/CA02218491/Centricity/Domain/4/FREE%20Meal%20Box\\_ENG.pdf](https://www.c-vusd.org/cms/lib/CA02218491/Centricity/Domain/4/FREE%20Meal%20Box_ENG.pdf)

**Curbside Pick-Up 3:00 pm to 5:00 pm on Wednesdays at Covina High School** 463 S. Hollenbeck Avenue, Covina 91723, **Northview High School** 1016 W. Cypress Street, Covina, 91722, **Sierra Vista Middle School**, 777 East Puente Street, Covina, 91723.

If children are not present at curbside pick-up please provide student I.D. or barcode where children are attending. Other documentation for younger children.

### **Technology**

626-974-7000 Ext. 800040

### Duarte USD:

Link -<https://www.duarteusd.org/domain/55>

Monday - Friday from 6:30 am to 8:30 am

except for major holidays. **Andres Duarte Arts Academy** (1433 Crestfield Drive, Duarte, CA 91010) **Maxwell Academy** - IB World School (733 Euclid Avenue, Duarte, CA 91010) **Royal Oaks STEAM Academy** (2499 Royal Oaks Drive, Bradbury, CA 91008). Parents can pick up meals from the location that is the most convenient for them. If you have any questions, please contact our Food Services Team at (626) 599-5022/(626) 599-5023 or by email to [bvolz@duarteusd.org](mailto:bvolz@duarteusd.org)

### **Technology**

First point of contact will be the school where child is enrolled.

### El Monte Union High School USD

Link – <http://www.schoolnutritionandfitness.com/index.php?sid=0807112154327223>

Meals will be distributed for pick up at the five comprehensive high schools TUESDAY AND

FRIDAY FROM 11am - 1pm **Arroyo HS, El Monte HS, Mountain View HS, Rosemead HS, South El Monte HS.** Arroyo and El Monte HS will have an additional distribution time on the same days at 7am - 8 am

### **Technology**

Help Desk 626-444-9005 ext 9900

### Glendora USD:

[www.glendora.k12.ca.us](http://www.glendora.k12.ca.us). Location of meals is as follows: Grab n Go Meals are being offered from 9:30 am to 1:45 pm at Sellers and Stanton Elementary Schools. **Sellers Elementary** 500 North Loraine Avenue, Glendora, CA 91741 in the School Parking Lot. **Stanton Elementary** 725 South Vecino Drive, Glendora, CA 91740 in the School Parking Lot. <http://www.schoolnutritionandfitness.com/index.php?sid=2811122225362294> Please contact the Glendora USD Nutrition Services Department at, 626 963-1611 x 1401.

### **Technology**

626-385-5600 from 8:00 am to 11:00 am

### Hacienda La Puente USD:

Link – <http://www.schoolnutritionandfitness.com/index.php?sid=2802081804065495&page=menus>

Meals Free Breakfast and Lunch for September 8, 2020 – December 18, 2020

7:00 am to 8:30 am Locations are: **Sparks MS, Kwiss ES, Grazide ES and Valinda.**

11:45 am to 1:00 pm Locations are: **La Puente HS, California ES, Lassalette, Los Altos HS, Los Molinos, Palm ES, Wilson HS, Cedarlane, Mesa Robles, Workman HS, Baldwin Acad., Fairgrove Acad.**

### **Technology**

Help Desk 626-933-1111



**PARENTS' PLACE FAMILY RESOURCE AND EMPOWERMENT CENTER  
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**School Meals (Please visit websites to confirm distribution locations/ dates and times): Subject to change.**

### **Monrovia USD**

Meals For Free

7:30 am to 11:30 am Locations are:

**Canyon Early Learning Center, Bradoaks ES**

### **Technology**

Help Desk 626-471-2015

### **Pasadena USD**

**Link** – <https://www.pusd.us/foodservices>

Grab & Go breakfast and lunch will be distributed curbside Monday-Friday between 9:00 am to Noon at all PUSD school sites.

See locations below:

***Blair Middle and High School at Blair High School***

1201 South Marengo Avenue

Pasadena, CA 91106

***McKinley School and Rose City High School at the McKinley School campus***<sup>[1][2][SEP]</sup>

325 South Oak Knoll<sup>[1][2][SEP]</sup>

Pasadena, CA 91101

***Willard Elementary meal distribution at Wilson Middle School campus***

300 S Madre Street

Pasadena, CA 91107

***Washington Elementary and Washington Middle at Washington Elementary School***<sup>[1][2][SEP]</sup>

1520 North Raymond Avenue<sup>[1][2][SEP]</sup>

Pasadena, CA 91103

**Technology** Call 626-396-3699

Email [helpdesk@pusd.us](mailto:helpdesk@pusd.us)

### **Pomona USD**

**Link** – <https://proudtobe.pusd.org/apps/pages/covid19parentupdates>

Meals available Monday-Friday 7:00-9:30am.

One Breakfast and Lunch per student.

Bar Code ID must be presented to receive meals. Students do not need to be present.

Locations are: **Emerson MS, Ganesha HS, Garey HS, Golden Springs, Palomares Academy and Washington**

### **Technology**

(909) 397-4800 ext. 23780

### **Rowland USD**

Meal distribution will take place on Wednesdays only Beginning September 23,2020 from 11:00 am to 1:00 pm Locations are **Blandford ES, Hollingworth ES, Hurley ES, Jellick ES, Nogales HS, Northam ES, Rorimer ES, Rowland ES, Rowland HS, Villacorta ES, Ybarra Academy and Yorbita ES**

### **Technology**

Help Desk

(626) 854-8543 or Ext. 3043

[OR-RUSD-HelpDesk@rowlandschools.org](mailto:OR-RUSD-HelpDesk@rowlandschools.org)

### **San Gabriel USD**

Free curbside grab and go meals from 11:00 am to 12:30 pm on weekdays. You may pick up to four children per car at the curbside period. If you have more than four children, please call office in advance. Locations are: **Coolidge ES, Mckinley ES, Roosevelt ES, Washington ES and Wilson ES.** Further information 626-451-5453 or 626-451-5454

### **Technology**

First point of contact will be where child is enrolled.



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## **Grab-n-Go Meals (continued):**

### **Walnut Valley USD:**

**Link** – <https://walnutnutrition.org/>

through December 31. Drive-through meal service is available weekdays for all children under 18.

**Elementary Schools:** 11:30 am – 1:10 pm

**Middle & High Schools:** 7:30 am – 9 am

Parents/guardians may pick up for all students at one location. Student does not have to be present. (909) 595-1261 x31322

### **Technology**

909-595-1261 Office number will put families through tech support.

### **West Covina USD:**

**Effective August 17, 2020.** Drive-through meal service will be provided at the following schools during the following times: **Monte Vista**-1615 W. Eldred Avenue, 91790 (Schedule:

M,T,Th,Fri 10:45 am to 12:45 pm, Wednesdays

11:45 am to 1:45 pm, **Edgewood School**-1625

W. Durness Street, 91790, Schedule:

M,T,Th,Fri 6:30 am to 7:30 am and 10:45 am to 12:45 pm, Wednesdays 11:45 am to 1:45 pm,

**West Covina HS** 1609 E. Cameron Ave, West Covina CA 91791 Every meal pickup will include both a breakfast and lunch meal for the day. In order to pick up a meal from any of the above locations, please ensure that you bring the barcode letter you received in the mail with you. In efforts to keep everyone safe, please also remember to wear your mask. Please contact nutrition services at (626) 939-4600 x1505. To apply for Free/Reduced Meals please visit [www.schoolcafe.com](http://www.schoolcafe.com)

### **Technology**

626-939-4600 ext.4357

### **Whittier USD:**

**Link**- <http://www.schoolnutritionandfitness.com/index.php?sid=2202132206290041>

Free meal service will be provided to children 1 to 18 years of age at the following locations Grab and Go Meals from 7:00 Am to 9:00 am When: Monday through Friday (except holidays and non – school days) Where: Available at **all WUSD Locations** What: Breakfast & Lunch & Supper Who: Parents may pick up meals for their children, students need not be present.

### **Technology**

Tech support hotline 562-789-3183

## **ONLINE RESOURCES:**

### **Aquarium of the Pacific Online Academy:**

<http://www.aquariumofpacific.org/news/aquariumacademy>

### **CAPTAIN (Autism & Other Disabilities):**

Resources for parents and professionals.

### **English Padlet:**

<https://padlet.com/SELPACAPTAIN/xr3r3q3szpyf>

### **Spanish Padlet for Families:**

<https://padlet.com/SELPACAPTAIN/c4ibcglc414h>

### **CAPTAIN Information for Parents:**

**English Information:** <http://www.captain.ca.gov/documents/CAPTAIN%20infographic%20for%20families%20v7.pdf>

**Spanish Information:** <http://www.captain.ca.gov/documents/CAPTAIN%20infographic%20for%20families%20v9-Spanish-4-3-20.pdf>





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## **Online Resources (continued)**

### **About LA County Library**

Founded in 1912, LA County Library is one of the largest and most innovative library systems in the US. It offers free public resources including books, music, multimedia materials, computer and internet access, and educational and recreational services to 3.4 million residents across 3,000 square miles through its 86 community libraries and mobile fleet of 14 vehicles, including 3 bookmobiles, 6 MāK Mō (maker mobiles), and 5 Reading Machines. LA County Library is dedicated to reducing barriers and increasing access to and equity of public services for all. To learn more, visit [LACountyLibrary.org](http://LACountyLibrary.org) and follow @LACountyLibrary on [Facebook](#), [Twitter](#) and [Instagram](#).

### **CONTACT:**

Pam Broussard, Public Information Officer

A C Bilbrew	Lancaster
Angelo M. Iacoboni	Lawndale
Baldwin Park	Leland R. Weaver
Carson	Lennox
Compton	Los Nietos
El Camino Real	Paramount
El Monte	Quartz Hill
Hawthorne	Rowland Heights
Huntington Park	San Fernando
Lynwood	San Gabriel
La Puente	South Whittier
Lake Los Angeles	West Covina

562.940.7106, [pbroussard@library.lacounty.gov](mailto:pbroussard@library.lacounty.gov)

### **LA COUNTY LIBRARY MINDFULNESS:**

<https://lacountylibrary.org/mindfulness-tips/>

### **LA COUNTY LIBRARY ACTIVITIES TO DO AT HOME:**

<https://lacountylibrary.org/activities-at-home/>

### **ACTIVIDADES EN ESPANOL:**

<https://lacountylibrary.org/actividades-en-espanol/>

### **LA COUNTY LIBRARY LINK CORONAVIRUS RESOURCES:**

<https://lacountylibrary.org/coronavirus/>

### **LA COUNTY LIBRARY SAFE AT HOME RESOURCES:**

<https://lacountylibrary.librariesshare.com/saferathome/>





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## **Online Resources (continued)**

### **Braille Institute:**

Dr. Bill Telephone series is an educational program focusing on pediatric eye conditions for parents, teachers and other professionals working with young children with visual impairment (s). Tele-seminars held on the 2nd Tuesday of the month from 7:00-8:00pm PST, unless a change in time/date is announced. To join the call, please dial: 1-888-247-8947. When the operator prompts, dial the pass code: 460500. Once you have entered the call, you will be asked to press \*6 to mute your line to ensure the quality of the recording.  
[www.brailleinstitute.org](http://www.brailleinstitute.org)

### **Braille Podcast:**

The lecture portion of the call is available as a podcast after the call on the Airs-LA and Braille Institute websites: To access the podcasts please visit: [www.airsla.org](http://www.airsla.org)

## **EARLY INTEVENTION:**

### **Birth to 5 Watch Me Thrive:**

<https://www2.ed.gov/about/inits/list/watch-me-thrive/index.html>

### **What is Early Intervention?:**

<https://www.cdc.gov/ncbddd/actearly/parents/states.html>

### **Take a Minute (Relationships Matter):**

<https://earlystartneighborhood.ning.com/ssip-resources/TaMvideo>

### **Indoor Gross Motor Activities:**

<https://www.themeasuredmom.com/indoor-gross-motor-activities/>

## **STRUCTURE AND ROUTINES:**

### **Parents Video on Routines**

<https://www.parents.com/baby/sleep/schedule/how-to-develop-bedtime-routines/>

### **Creating Routines for Love & Learning**

<https://www.zerotothree.org/resources/223-creating-routines-for-love-and-learning>

### **Social and Emotional Development Video:**

Zero to Three provides videos on a variety of topics for children birth to 3 years of age.

<https://www.zerotothree.org/espanol/social-and-emotional-development>

### **Action for Healthy Movement:**

<https://www.actionforhealthykids.org/healthy-activities-to-do-at-home/>

### **Behavior and Education:**

At Education and Behavior, their mission is to help create positive experiences for children, schools, and families by providing an online library of practical, effective, research-based strategies! The goal of our library is to keep parents, caregivers, educators, counselors, and therapists on the same page, so we can most effectively support our children!

<https://educationandbehavior.com/>

### **SAN GABRIEL POMONA REGIONAL CENTER PARENT TRAINING PORTAL:**

This is an online resource that offers training modules to parents; providing tools and techniques that will effectively guide parents on how to support their children by navigating the entire support system. To register you will need an email address.

<https://sgprcparent.arcalearn.org/Login/Login.aspx>



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## **Online Resources (continued)**

### **Arcadia Library**

is offering a front door pick up options.

[https://www.arcadiaca.gov/enrich/arcadia\\_public\\_library/general\\_information/whats\\_new\\_at\\_the\\_library.php](https://www.arcadiaca.gov/enrich/arcadia_public_library/general_information/whats_new_at_the_library.php)

### **Azusa Library Online:**

Storytime! Don't miss out on Storytime! We are offering virtual storytime three days a week. Be sure to follow the City of Azusa on Instagram

@azusacity to see storytime live!

<https://www.ci.azusa.ca.us/1841/Activities-for-Kids>

### **Baldwin Park Library**

<https://lacountylibrary.org/baldwin-park-library/>

### **Covina Library Online:**

Offering ebooks.

<https://covinaca.gov/library/page/e-books-audio>

### **Diamond Bar Library:**

<https://lacountylibrary.org/diamond-bar-library/>

### **Glendora Library:**

Offering Library to Go option.

<https://www.cityofglendora.org/services/library/library-to-go>:

**Glendora Library is also offering Story Time on Instagram. @cityofglendora**

### **Pasadena Public Library**

**Kids:** <https://www.cityofpasadena.net/library/kids/>

### **Teens:**

<https://www.cityofpasadena.net/library/teens/>

### **Resources for All**

<https://www.cityofpasadena.net/library/ebooks-and-audiobooks/>

### **San Dimas:**

<https://lacountylibrary.org/san-dimas-library/>

### **Walnut Library:**

<https://lacountylibrary.org/walnut-library/>

### **West Covina:**

<https://lacountylibrary.org/west-covina-library/>

### **Internet For All:**

[http://www.internetforallnow.org/get\\_affordable\\_internet\\_today](http://www.internetforallnow.org/get_affordable_internet_today)

### **Parenting Classes 4 U:**

1055 E. Colorado Blvd. 5th floor, Pasadena CA, 91106 open 24hrs. 1 888-595-4557  
[Parentingclasses4u.com](http://Parentingclasses4u.com)

### **Co-Parenting classes on line:**

Parenting classes/group in home video conf. Court ordered. Provides co-parenting classes  
<https://www.choose2bebetter.com>

### **Center for Integrated Family + Health Services**

<http://www.cifhs.org/classes>



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## **Online Resources (continued)**

### **Happy Heart Parenting:**

Parenting Classes online/Court approved Please call for prices! 760-415-0550  
<https://happyheartparenting.com/>

### **Logan Parenting Classes:**

DCFS court approve, check chart for price.  
<http://www.loganparentingclasses.com/>

### **NAMI:**

[https://publiccourseapi.nami.org/Learner/Login?&utm\\_source=Facebook&utm\\_medium=Newsfeed&utm\\_campaign=Basics2020](https://publiccourseapi.nami.org/Learner/Login?&utm_source=Facebook&utm_medium=Newsfeed&utm_campaign=Basics2020)

### **Support Groups Central:**

Offers a variety of different support groups online.  
[www.supportgroupscentral.com](http://www.supportgroupscentral.com)

### **Virtual Museum Tours:**

<https://www.abc10.com/article/entertainment/museumofferingvirtualtours/103-3b3be900-2956-4ac3-88e3-43ec2880fc2b>

### **Family Autism Network:**

Serving families in Orange County, CA and sharing ideas and resources world-wide.

### **Parenting Black Children:**

Our partners include San Gabriel Pomona Regional Center, Department of Developmental Services & the Kennedy Autism Foundation ideas and resources world-wide. [www.parentingblackchildren.org](http://www.parentingblackchildren.org)

### **Virtual Field Trips for Early Learners:**

<https://www.waterford.org/resources/3-great-virtual-field-trips-for-early-learners/>

## **Free Learning Resources:**

### **We Are Teachers**

<https://www.weareteachers.com/free-online-learning-resources/>

### **Scholastic Learning:**

<https://www.scholastic.com/teachers/teaching-tools/articles/resources/scholastic-learn-at-home--free-resources-for-school-closures.html#>

### **Cal Poly Pomona Discovery Farm Field trips:**

have become a very popular virtual outlet for exploring and learning about Agriculture and the Food we eat. Come explore and learn about farming. Students receive badges as they complete each topic!  
<https://www.cpp.edu/~agriscapes/field-trips-virtual.html>

### **Mt. Sac Classes: FREE:**

available through Mt. San Antonio College's School of Continuing Education. Anyone 18 years of age and older can enroll. **IMPACT** courses are specifically adapted for adults with special needs. Contact Sabeena Sonia at [ssoni@mtsac.edu](mailto:ssoni@mtsac.edu) for further information. Instagram information [@mtsacimpact](https://www.instagram.com/mtsacimpact)

### **Housing Rights:**

Contact: Susan Lin, Outreach Coordinator;  
[outreachmeetings@housingrightscenter.org](mailto:outreachmeetings@housingrightscenter.org),  
[www.housingrightscenter.org](http://www.housingrightscenter.org)

### **Rent Assistance:**

[www.lacda.org/programs/rent-relief](http://www.lacda.org/programs/rent-relief)



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## **Online Resources (continued)**

### **TRANSITION RESOURCES:**

#### **Department of Rehabilitation:**

<https://www.dor.ca.gov/Home/StudentsandYouth>

#### **SPIRITT FAMILY SERVICES:**

Providing weekly workshops on Fridays from 2 pm to 3:30 pm on Zoom. Meeting ID: 104 511 900 Password: 38655 Contact person: Daisy R., (562) 322-5277 or Maria L. (562) 631-3701.

**ZOOM:** [https://zoom.us/j/104511900?](https://zoom.us/j/104511900?pwd=UXZMSzZqRkc5SkhjSE1s)  
[pwd=UXZMSzZqRkc5SkhjSE1s](https://zoom.us/j/104511900?pwd=UXZMSzZqRkc5SkhjSE1s)

#### **Transition to Adulthood Resource:**

##### **Information:**

UC Davis MIND Institute. Provides information on emergency preparedness, college, housing, videos, and much more!

<https://health.ucdavis.edu/mindinstitute/resources/adulthood.html>

#### **Transition Toolkit Resources:**

Provides information for young adults/parents to print out and create your own notebook for transition services.

<http://tknlyouth.sdsu.edu/resources.html>

### **San Gabriel/Pomona Regional**

#### **Center Resources:**

##### **COVID-19**

<https://www.sgprc.org/about-us/coronavirus-covid-19/-fsiteid-1>

##### **SG/PRC COMMUNITY MEETINGS**

<https://www.sgprc.org/about-us/coronavirus-covid-19/sg-prc-community-meetings>

##### **WEEKLY COVID-19 VAC**

##### **MEETINGS**

<https://www.sgprc.org/Home/>

## **DISCLAIMER**

Parents' Place is not affiliated in any way with the resources listed. The information above is to be used only as a resource/ reference list. If you have any questions please contact our agency at 626-919-1091.

Parents' Place no está afiliado de ninguna manera con los recursos en estas listas. La información debe usarse solo como una lista de recursos / referencias Si tiene alguna pregunta, comuníquese con nuestra agencia al 626-919-1091.

[家長天地]與所列資源沒有任何關係。以上訊息僅用作資源/參考列表。如有任何疑問，請致電626-919-1091與我們聯繫。

Parents' Place không có sự liên kết nào với các tài liệu được liệt kê. Những thông tin trên chỉ được sử dụng làm tài liệu / danh sách tham khảo. Nếu quý vị có bất kỳ câu hỏi nào, xin vui lòng liên lạc với cơ quan của chúng tôi tại 626-919-1091.