

**The Westside Family Resource
and Empowerment Center
& CAFEC (Birth to 22 years old)
TOGETHER WE CAN MAKE A DIFFERENCE**

WFREC is staffed by parents and family members of children with disabilities and/or special health care needs.

WFREC provides Bilingual Parent-to-parent support, advocacy training and assistance, referral, resource coordination and information.

WFREC helps new families begin the assessment process.

WFREC helps All students who have Special Education needs.

WFREC sponsors on site support groups, with access to many other groups throughout Los Angeles County. *Childcare is available for most support groups. It is provided at no cost to parents requiring pre-registration due to limited space.*

WFREC is available for consultation and training for professionals.

WFREC maintains a library with many current books, videos and magazines for the public to check out. In addition, Disability Specific Information Packets are available upon request.

WFREC staff will review with families their concerns and dreams for their child and assist them in taking an active role as a full member of your child's team. Families report feeling very confident and capable after this process.

WFREC provides trainings for parents and professionals on a variety of topics including: IEP, 504 Plans, Disability and the Family, Transition from Infant to Preschool, Transition from High School to Adult Services, Parent Leadership, Behavioral Supports, Low-Incidence, ADD/ADHD, LD, Regional Center Clients and our Annual Inclusion Partnership Conference.

All services are free – Serving L.A. County

**The Westside Family Resource
and Empowerment Center staff:**

Center Coordinator

Elizabeth Spencer ext 4099

Grant Coordinator

Ereida Galda ext 4218

Bilingual Outreach Specialist

Daniel Delgadillo ext 4017

Bilingual Family Support Specialist

Martha Montealegre ext 4061

Bilingual Support Specialist

Lizeth Rivera ext 4037

The Westside Family Resource and Empowerment Center and their staff serve ALL families of students with special learning needs regardless of Regional Center qualification.

Affiliated Sites

www.frcnca.org

www.cafec.org

www.westsiderc.org

**The Westside
Family
Resource and
Empowerment
Center**

Serving Children and Students
Birth to 22 years of age



Westside Family Resource
and Empowerment Center
LA County Inclusion Partnership

5901 Green Valley
Circle, Suite 320,
Culver City, CA
90230-6953

Phone: (310) 258-4063

Fax: (310) 338-9664

Website: www.wfrec.org

Hours: 9:00am-5:00pm or by appointment

SUPPORT GROUPS

The Westside Family Resource and Empowerment Center

The staff at the Westside Family Resource and Empowerment Center are experienced parents and family members of children and young adults with special needs who are trained to provide information and emotional support to families who have a child or young adult with a disability, chronic illness or other special learning needs. We also provide information and support for professionals and teachers



working with people who have special learning needs. Support groups and specific disability groups offer family members the opportunity to meet and share information and support. When families share common concerns and experiences, the support can be uniquely meaningful. We also sponsor trainings and workshops to help families advocate for their children and access services and community resources.

Informed Education Partners- IEP Support Group an informal group that shares information to assist parents to become collaborative team members for their child's special education programs. Meets on the **1st Thursday of every month** from 6:30pm to 8:30pm. Call (310) 258-4063 for more information.

Sibshops is an exciting program just for brothers and sisters of children with special needs. Sibshops are held on the **second Saturday of every month** (October – June) from 9:00am to 1:00 pm. Call (310) 258-4063 for more details.

“Siempre Amigas” a support group for Spanish Speaking mothers/women that care for someone with special needs. In a fun stress free environment, information, support and ideas are shared. This support group meets the **3rd Monday from 10:30am-1:30pm**. Childcare* is available. Call Ereida Galda at (310) 258-4218 for more information.

“Parents of Little Angels” Spanish Support Group meets the **2nd Thursday** from 6:30pm-8:30pm. Through shared experiences and support, members learn how to advocate for their child. Call Martha Montealegre at (310) 258-4061 for more information.

Parents of Ethiopian Children with Special Needs Support Group meets the **3rd Friday of each month** from 6:30 -8:30p.m. Call voice mail (323) 692-5669 for more information.

Support Group A.F.E. Off site Support Group for Spanish Speaking parents of children with disabilities. For information please call Eva Gurrola (310) 839-9823 or Claudia Sanchez (310) 815-9224

West LA CHADD Support Group for families of children with ADD AD/HD and Youth or Adults with ADD AD/HD meets **every 3rd Tuesday** of the Month 6:30pm to 9:00pm. Call Miriam Stein at (310) 995-7953 to RSVP.

Westside Parents is a support and education groups for parents of children birth to 5 years old. The group provides open discussions and presentation of educational information pertaining to early childhood development and reinforces family strengths and resiliency. Group meets every **Friday at 12 noon** facilitated by Mayra Mendez, Ph.D., L.M.F.T. Certified Group Psychotherapist. RSVP at (310) 258-4063.

The Westside Family Resource and Empowerment Center provides:

Parent-to-Parent Support

Transition Assistance

(helping you make a smooth transition into Special Education, college, and adult life)

Resource, Research & Referral

Parent Education

(providing information on subjects you may need help with, like IEP's, SSI, Medi-Cal, Disability Rights, Regional Center, and much more)

Information on Early Start Services

(early intervention services for babies 0-3)

Community Outreach

Multi-media lending library

Warmline (staff available 9am-5pm, but if you have a question after hours just leave a message and someone will return your call)

Support Groups

Trainings/Conferences

****Please check with our staff as we often add support groups throughout the year. To receive childcare services, you MUST call in advance as there are limited slots available. Reservations will be made on a first-call, first served basis-please call (310) 258-4063.**