



El Dorado County SELPA Family Newsletter



New Family Empowerment Center

We're excited to share a new resource for you! The California Department of Education (CDE), in partnership with Seeds of Partnership, has launched the Family Empowerment Center (FEC) website. This easy-to-use site helps parents find support, connect with resources, and navigate special education with confidence. Check it out today!



IEP Tip Sheet

Want to learn more about your child's IEP and how it's created? This tip sheet breaks down the key elements of an Individualized Education Program (IEP) and the development process to help you navigate it with confidence.



How to Help Your Child Build Strengths From Challenges

Kids who learn and think differently often face challenges in school and social situations. But overcoming these struggles builds emotional strength, helping them navigate life's ups and downs. Learn how to support their growth—check out this resource and more at Understood.org.



What to expect in this newsletter:

Resources for
Families

Local
Events

Self-Care
Tips

Learn more about
the EDCOE SELPA



New Website





Self Care Stop

March is National Reading Month in honor of Dr. Seuss, making it the perfect time to nourish your mind and well-being. It's a great opportunity to practice self-care while embracing the joy of reading. Here are three simple tips to get started:

- Read Daily – Set aside 20 minutes to read something you enjoy to relax and spark imagination.
- Get Fresh Air – Take a short walk outside to refresh your mind and boost creativity.
- Limit Screens – Swap your phone for a book before bed to improve sleep and unwind.

Taking small steps this month can lead to a healthier, more balanced you!

Free Local Trainings



New Diagnosis Family Support Group

Thursday, March 13th |
4:00 PM to 5:30 PM
Online

This is a monthly group, hosted by Warmline Family Resource Center 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.

Please scan the QR code to register and learn more about this free event.



Love and Literacy For Deaf and Hard of Hearing Families

Saturday, March 15th |
10:00 AM to 2:00 PM
4044 North Freeway Blvd.
Sacramento, CA 95834

Join LEAD-K Family Services for Love and Literacy on Saturday, March 15, from 10 AM – 2 PM! Enjoy a fun-filled day of storytelling, activities, food, and free books. This free event is open to families of Deaf and Hard of Hearing children—don't miss out!

Please scan the QR code to register and learn more about this free event.



Children's Museum

2701 Prospect Park
Rancho Cordova, CA 95670



Scan the QR
code for more
information!



Shamrock Shimmy

Children with special needs, along with their families and friends, are warmly invited to partake in a delightful evening of joyous dancing and enchanting museum play on March 15, 2025, from 5 p.m. to 6:30 p.m. Join us for the whimsical Shamrock Shimmy! Kindly note that registration is required.

Crocker Art Museum

216 O Street
Sacramento, CA 95814



Scan the QR
code for more
information!



Art on the Spectrum

Children on the autism spectrum or with developmental differences can enjoy a special morning with siblings and caregivers. Before public hours, drop in for art explorations in a supportive space with social narratives, noise-canceling headphones, and a quiet area. Arrive anytime during this drop-in program.



Are we missing something fun? Do you know of an upcoming disability-friendly event? Call (530) 295-2470 and let us know so we can include it in a future newsletter!

Thank you for reading!



EL DORADO
COUNTY SELPA
Special Education Local Plan Area

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