

El Dorado County SELPA Family Newsletter



Get Involved with the El Dorado County CAC

The Community Advisory Committee (CAC) is a collaborative group of parents/guardians, educators, and community members from 14 districts across El Dorado County. The CAC supports special education by providing input on the SELPA's Local Plan, annual priorities, and family education opportunities.

Joining the CAC is a great way to:

- Strengthen communication between families, schools, and agencies
- Share and receive helpful resources
- Support parent and community involvement

Next Meeting: October 28 – All are welcome! See flyer for details.



What to expect in this newsletter:

Resources for
Families

Local
Events

Self-Care
Tips

Learn more about
the EDCOE SELPA

What is a County Office of Education?

Ever wondered what a County Office of Education does? This short, engaging video offers a clear, at-a-glance overview of the essential roles and services that support our students, teachers, and schools. It's a great opportunity for families to learn how local education leaders work behind the scenes to help every child thrive.



New Adult Day Services

Social Vocational Services' Folsom Inclusion Center is a day-program site offering support to adults with intellectual and developmental disabilities. The program features structured social, recreational, and vocational activities designed to build skills and foster community engagement. Participants receive individualized support, including transportation in agency vehicles. The center also provides opportunities for creative expression and real-world experiences—all tailored to help each person grow toward their personal goals





Self-Care Stop

As the busy back-to-school season ramps up, it's important to prioritize self-care to stay grounded and avoid burnout. Even small moments to recharge can boost your energy, focus, and well-being.

- Establish a Healthy Routine: Start adjusting your sleep schedule at least a week before school begins.
- Prioritize Downtime: Set aside just 15 minutes a day to relax—read, walk, or listen to music.
- Stay Organized: Use a planner or calendar to manage dates, to-dos, and goals to reduce stress.

Free Local Trainings



Understanding the IEP Process - Parent Learning Series

Tuesday, September 9th |
6:00 PM to 8:00 PM
Virtual

Are you feeling unsure about how to navigate the special education system or support your child's IEP process? Join our free, virtual 10-part Parent Learning Series designed to empower families with tools, tips, and sample documents to support their child's success. Open to parents, caregivers, and professionals supporting children ages 2–21 receiving or being evaluated for special education services. Registration is required for each session—don't miss this opportunity to build your knowledge and confidence!

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



How to Apply for Supplemental Security Income (SSI)

Wednesday, September 17th |
7:00 PM to 8:00 PM
Virtual

SSI provides financial support to people with disabilities, including children. Join us to learn how to apply and improve your chances of approval.

Topics include:

- Who qualifies and how to apply
- What medical records are needed
- Working while on SSI
- SSDI and other benefit options

Perfect for families of individuals with disabilities—don't miss it!

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



5th Annual TRY-athlon

El Dorado Hills
Community Park and Pool
1021 Harvard Wy, El Dorado Hills,



Scan the QR
code for more
information!

Art on the Spectrum

216 O Street
Sacramento, CA 95814



Scan the QR
code for more
information!



5th Annual TRY-athlon

Join us for the 5th Annual Try-Athlon on Saturday, October 4, 2025, from 9 AM to 12 PM at the El Dorado Hills Community Park & Pool. This inclusive event invites children of all abilities and their families to swim, bike, run, or roll in a supportive, fun environment. Everyone is welcome to participate and celebrate with music, games, and community spirit!



Art on the Spectrum

Saturday, August 30th, 2025 at 9:00 AM
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
COUNTYSELPA
Special Education Local Plan Area

EL DORADO COUNTY OFFICE OF EDUCATION	(530) 295-2470
www.edcoe.org	6767 Green Valley Road Placerville, CA