

El Dorado County SELPA Family Newsletter



29th Annual Self Advocacy Conference

The 29th Annual Self-Advocacy Conference, hosted by the Supported Life Institute on May 9-10, 2025, in Sacramento! This in-person event brings together self-advocates, families, students with disabilities, and professionals to build skills in independence, leadership, and community inclusion.

With peer-led workshops and engaging sessions, the conference offers tools and inspiration to support self-determination and personal growth. All are welcome—especially students with disabilities who want to connect, learn, and lead! Clients and their supporters should contact their ALTA Service Coordinator if interested in attending.



IEP Timelines

Understanding IEP timelines helps ensure your child receives the support they need on time. We've attached a helpful guide outlining key deadlines in the IEP process—from initial referral and evaluations to annual reviews and progress updates. Use it as a quick reference to stay informed and involved in your child's educational journey!



Four Ways to Prevent Problem Behaviors

Check out this 12-minute video from The Autism Helper: "Four Ways to Prevent Problem Behaviors."

This short but impactful video shares practical tips to support positive behavior at home or school. It covers:

- Reviewing expectations
- Using schedules for structure
- Providing a way to communicate at all times
- Being mindful of sensory overload

Great for parents, caregivers, and educators—these strategies can help prevent challenging behaviors before they start!



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

As May blooms, it's a great time to refresh your self-care routine and focus on your well-being. With longer days and warmer weather, here are three simple ways to care for your mind and body:

1. Soak Up the Sunshine – Spend at least 15 minutes outside daily to boost your vitamin D and mood.
2. Practice Mindfulness – Try a few minutes of meditation or deep breathing to reduce stress and clear your mind.
3. Hydrate & Nourish – Drink plenty of water and enjoy seasonal fruits and veggies to stay energized.

Small steps can lead to a more balanced, refreshed you!



Free Local Trainings



Preparing Your Kids For Success

Thursday, May 29th |

5:30 PM to 8:00 PM

Exhilaration Station

1412 Broadway, Placerville

Free 2.5-Hour Parent Workshop for Caregivers of Teens (Ages 11–17)
Led by Parent Project, a proven program to help families navigate teen challenges.

- Learn communication & discipline strategies
- Understand teen behavior
- Build stronger connections & manage conflict

Free Arts & Crafts for Kids!

Bring your little ones—they'll enjoy fun activities while you attend.

Free & Open to All Parents and Caregivers

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



Strengthening Partnerships for Students with Disabilities

May 22nd & June 26th |

11:00 AM to 12:00

Virtual Series

The California Department of Education and Seeds of Partnership invite you to a webinar series focused on supporting students with disabilities. Designed for parents, educators, and support staff, each session covers topics like communication strategies, family engagement, and special education supports. Join us to learn, connect, and build stronger partnerships that help students thrive.

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



Special Olympics
Vista Del Lago High School
1970 Broadstone Parkway
Folsom, CA 95630



Scan the QR
code for more
information!

Swimclusion

Adaptive Swim Team
1021 Harvard Wy, El Dorado Hills,



Scan the QR
code for more
information!



Special Olympics
Northern California

Special Olympics

Come support local athletes at the 2025 Folsom Spring Games on Saturday, May 10, 2025, from 8:30 am to 4:30 pm in Folsom, CA. Watch athletes from Sacramento and El Dorado counties compete in sports such as swimming, tennis, and track & field. It's a wonderful opportunity to cheer on these inspiring athletes and celebrate their achievements!



Swimclusion

Swimclusion® is a new initiative from the El Dorado Hills Tasmanian Devils Swim Team (Taz) for kids ages 5–18 who need specialized coaching and support. It serves water-safe swimmers with challenges like autism, ADHD, or sensory differences in an inclusive team setting. The program aims to include 20–30 swimmers in its first year.



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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