EL DORADO COUNTY SELPA
Special Education Local Plan Area

SEPTEMBER 2026

El Dorado County SELPA

Family Newsletter



Get Involved with the El Dorado County CAC

Scan the QR code for more information

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 27 - All are welcome! See flyer linked to the QR Code for details.



Understood App

Scan the QR code for more information

The free Understood app helps parents track their child's challenging behaviors and recognize patterns that may be contributing to outbursts or big emotions. It also provides personalized tips and short, expert-developed lessons to help families respond with greater confidence and support their child over time.

High Quality IEP Parent Toolkit

Scan the QR code for more information

The High Quality IEP Parent Toolkit helps families understand the IEP process and participate confidently as valued members of their child's team. It offers practical guidance for before, during, and after an IEP meeting, along with explanations of important IEP components and common special education terms. Each section provides tools and valuable resources for all things IEP.

What to expect in this newsletter:

Resources for Families

Local Events

Self-Care Stop

Learn more about the EDCOE SELPA



Self-Care Stop

Take time to set clear boundaries to support your mental health and wellbeing.

Protect your energy: It is okay to step away for a short break when you feel overwhelmed. State clearly, "I need 10 minutes to myself right now, and then I will be right back.

Share the load: Do not try to carry the responsibility alone. Involve other family members, trusted friends, or support networks to rotate caregiving duties

Trainings & Webinars:

Turning 3 Years Old

Wednesday, September 30th | 10:00 - 11:30 AM Virtual

Do you have a child who is receiving early intervention services through the regional center or the Infant Development Program in your county? Is your child about to turn 3 years old? Parents of children with developmental delays who are turning 3 years old have questions about upcoming changes in services. WarmLine has created this training just for YOU! Please join us virtually to learn about special education services in preschool and more.

Please scan the QR code to register and learn more.

Understanding Challenging Behaviors in Children With Disabilities

Tuesday, November 10th | 6:30 - 8:30 PM Virtual

This class helps parents and caregivers understand and respond to challenging behaviors in children and teens with developmental disabilities. A certified behavior analyst (BCBA) will share practical strategies for identifying behavior patterns, setting nurturing boundaries, creating a positive home environment, and practicing self-care. Families will also have opportunities to discuss real-life situations in a small, confidential setting. The class is available in English, Spanish, and Vietnamese for families with children ages 0–17

Please scan the QR code to register and learn more.

Department of Rehabilitation's Online Course Benefits to Independence 101: Learn About Work & Benefits

Tuesday, October 6th | 6:30 - 7:15 PM Virtual

Learn how working may affect Social Security benefits through Benefits to Independence 101, a free, self-paced online course from the California Department of Rehabilitation. The course helps people receiving SSDI or SSI—and their families—understand available work incentives, helpful resources, and options for building greater financial independence. This introductory webinar is open to individuals with disabilities, families, educators, and service providers, with live Spanish interpretation available.

Please scan the QR code to register and learn more.

Navigating Regional Center Services: A Guide for Families

Wednesday, October 21st | 6:00 - 7:30 PM Virtual

This workshop will explain who may qualify for services, the role of the California Department of Developmental Services (DDS), and how Regional Centers help individuals access services, navigate systems, and participate fully in their communities. Participants will also learn about the Individual Program Plan (IPP). This workshop focuses on Regional Center services for individuals ages three and older, with special attention to transition-age youth.

Please scan the QR code to register and learn more.

6th Annual TRY-athalon

Saturday, Oct. 3rd 9 AM

El Dorado Hills Community Park & Pool

Scan the QR code for more information



Walk with Austin's 6th Annual TRY-athlon is an inclusive event where children of all abilities can participate, play, and feel welcome. The event will take place on October 3, 2026, from 9:00 a.m. to noon at El Dorado Hills Community Park and Pool, with opportunities to register as an athlete, volunteer, or sponsor. Scan the QR code for more information or to register.

Sensory Friendly Play groups

Thursday, Oct. 15th 3:30-5:00 PM

2701 Prospect Park Rancho Cordova, CA 95670

Scan the QR code for more information



Sensory-Friendly Play is a fully accessible program for children with special or sensory needs, including those on the autism spectrum, as well as their siblings and friends. These 90-minute play sessions include modified open play and special programming. Sensory Friendly Play is held on the third Thursday of every month from 3:30-5:00 PM.

1st Annual Rising Star Pageant

Monday Oct. 5th

Union Mine HS Theatre - 6530 Koki Ln, El Dorado, CA 95623

Scan the QR code for more information



The 1st annual Rising Star Pageant is a welcoming event for children and adults with disabilities to celebrate their talents, strengths, and individuality. Held at Union Mine High School, the event also raises funds for local organizations that support families and provide communication devices for non-speaking individuals. Even time varies based on the age of participants

PODCAST HIGHLIGHT





ListenABLE

Hosts Dylan Alcott and Angus O'Loughlin speak to people living with disabilities about their lives and ask them the questions you thought were off-limits. You'll laugh. You'll cry. You'll learn something. This is a podcast for everyone - disabled or abled, and hopes to break down stigmas, change perceptions, and to challenge what you think it's like to live with disability.

Scan the QR code for more information

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!

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