



El Dorado County SELPA Family Newsletter



Scan the QR code for more information

Oral Health Series for Students with Disabilities

CavityFree SF, in partnership with Dr. Aurora Sin (UCSF), is hosting a virtual workshop series for families of children with disabilities, offering practical tools and strategies to support their oral health and improve dental care at home.

- Desensitization at Home and at the Dentist June 1, 6-7pm – Zoom
- Preventing and Treating Cavities July 13, 6-7pm – Zoom



Scan the QR code for more information

BrightLife Kids

BrightLife Kids is available to all families in California with children ages 0–12. It offers parents and caregivers access to peer support and professional guidance to help address behavioral challenges while building skills like resilience, problem-solving, and communication. Children can benefit from resources and coaching that help them manage anxiety, express strong emotions such as sadness or frustration in healthy ways, and handle complex social situations.



Scan the QR code for more information

30th Annual Self-Advocacy Conference

The 30th annual Self-Advocacy Conference, hosted by the Supported Life Institute, takes place May 8th & 9th at the Wyndham Hotel 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. Clients and their supporters should contact their ALTA service Coordinator if interested in attending.

What to expect in this newsletter:

Resources for Families

Local Events

Self-Care Stop

Learn more about the EDCOE SELPA





Self-Care Stop

Listening to music and engaging in music activities can improve both mental and physical health. Benefits can include improved heart rate, motor skills, brain stimulation, and immune function.

Take some time this summer to explore local music activities or create a summer feel-good playlist.



Trainings & Webinars:



Discipline: What You Need to Know When Your Student Has an IEP (or 504 Plan)

Wednesday, May 20th | 6:00 PM - 7:30 PM

Virtual

In this workshop, families will learn how school discipline works for students with an IEP or 504 Plan, including their rights and protections. We will cover key topics such as suspensions, expulsions, and Manifestation Determination in clear, accessible language, and provide practical tools to help families advocate for their child, ensure their disability is considered in disciplinary decisions, and understand what steps to take if they disagree with a school's actions.

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



Exploring Housing Options: An Overview for Adults Served by Regional Centers

Thursday, May 21st | 6:30 PM - 7:30 PM

Virtual

An informational session led by State Council on Developmental Disabilities managers Jennifer Lucas and Renee Bauer covering regional center housing and living support options in California. Topics include how housing needs are addressed in the IPP, available supports across different living situations, services like ILS and SLS for independent living, and newer programs such as Coordinated Family Support Services. Designed for families, the session offers practical guidance on navigating the system and accessing available resources.

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



Guiding Children Through Dysregulation: The Rage Cycle & the Three R's

Wednesday, May 20th | 5:30 PM - 7:00 PM

Virtual

This session helps participants understand how children experience and express intense emotions by exploring the stages of the rage cycle. It introduces the Three R's—Regulate, Relate, and Reason—as a practical framework for responding to challenging behaviors in supportive, developmentally appropriate ways.

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



When School is Hard: Understanding and Addressing School Avoidance through a Disability Lens

Wednesday, June 10th | 6:00 PM - 7:30 PM

Virtual

This workshop explores school avoidance through a disability lens, to better understand the underlying causes that may impact a student's ability to attend school consistently; including factors such as anxiety, sensory sensitivities, unmet support needs, and school environment.

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



Art on the Spectrum
 Saturday, May 9th 9 AM
 216 O Street Sacramento, CA 95814



This is an art event for children on the autism spectrum or with other developmental differences, along with their families. The event offers hands-on creative activities in a calm, supportive environment before regular public hours. It's open to all, with most activities geared toward ages 5-18. Accommodations like quiet spaces, social narratives, and noise-canceling headphones will be available.

Lions Special Kids Day
 Saturday, May 16th 10 AM-2 PM
 116 Business Park Way Sacramento, CA 95814



The Lions Special Kids Day takes place in Sacramento on May 16th. This event is put on by the District 4-C5 Lions Club. It will be a day full of fun, food, and events for children with special needs and their families. The event is free of charge. Families need to register by May 10th.

Disability Resource Fair
 May 16th 3 PM
 1655 Iron Point Road Folsom, CA 95630



This free community event, put on by WeEMBRACE, brings together self-advocates, parents, caregivers, professionals, and community members to explore disability-related resources across Sacramento, Placer, and El Dorado counties for individuals with intellectual, physical, cognitive, and developmental disabilities.

Swimclusion
 Summer 2026
 41021 Harvard Way El Dorado Hills, CA 95762



The Swimclusion® Adaptive Swim Team provides swim team opportunities to kids who have faced obstacles to success in a traditional swim team setting. Intended for kids who are able to swim and are water-safe, Swimclusion will provide specially trained swim coaching in a safe, compassionate environment. Summer registration is open now

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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