

July 2025

FEC NEWSLETTER

Family Empowerment
Center for Disabilities



Have you met our FEC Navigators?



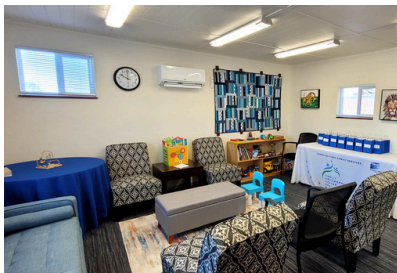
Glenna Howe
FEC Navigator

You may have seen us out in the community tabling at events, at school meetings, or a local parent group. We are here to offer support as you advocate for your child and their success in school. Whether it's a 504 Plan, IEP, or Student Study Team plan, we can help you prepare for meetings, understand the process and the technical language used, and your rights. We are here to help make the special education system less scary and a little easier to understand. If we haven't met yet, we would love to meet you!



Karina Harris
Bilingual
FEC Navigator

Upcoming FEC Events



- Learn more about Special Education navigation every 3rd Wednesday, two time slots! Join us from 9:30 AM to 10:30 AM and from 6:00 PM to 7:00 PM on Zoom. **This month's training is IEP Basics on July 16th!** Contact us to RSVP.
- Join us every 4th Wednesday for our *Parent/Caregiver Support Group* where parents and caregivers can share experiences, seek advice, and offer support to one another. Two time slots! From 9:30 AM to 10:30 AM and from 6:00 PM to 7:00 PM on Zoom. Contact us to RSVP.

SPECIAL EDUCATION acronyms and terms

IEP = Individual Education Plan

What is an IEP? It is a legal document developed under a U.S. law called IDEA that requires one. An IEP is required for each U.S. public school child who needs special education services and support. An IEP must be reviewed yearly to track the child's educational progress.

Visit our FEC Resource Padlet for a variety of information on Special Education, Parenting, Early Start, plus Local and Virtual Events and Training Resources. Check in often to stay updated on the newest information and events.

Click or Scan
for FEC
Resource
Padlet



Open Monday-Friday 8:30 AM to 5:00 PM
Closed 12:00 PM to 1:00 PM

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Community Spotlight

The Humboldt Network of Family Resource Centers is made up of a network of 16 Family Resource Centers and Community Resource Centers consisting of healthcare systems, educational institutions, a tribal entity, and community-led nonprofits. Every one of their member sites works in unique ways, coming together to work on helping our greater community at large. Located throughout Humboldt County from the Northern Region, Eureka Region, Eastern Region, Eel River Valley, and Southern Region – you are sure to find a local center nearest to you. Visit their website HNFRC.org for more information and to find your closest center.



PARENTING TIP



Shopping with children can be a difficult task. Here are a few suggestions from the Triple P Parenting Series:

- Prepare ahead. Tell your child where you are going, the purpose of the trip, and what will happen next: “We are going to the grocery store to get food for dinner, then we will go home to make and eat dinner.”
- Have just two or three simple rules that you remind beforehand: “Remember to stay with me, use our inside voices and ask before touching any food items.” (It is helpful to have rules for what you WANT them to do instead of what NOT to do.)
- Engage your child while shopping. “Can you get that bag of nuggets and put it in the cart?” or “Can you get three apples for us?”
- Think about offering a reward for good behavior.

We Value Your Feedback!



Please Click or Scan the Code to visit our FEC Virtual Suggestion Board and let us know what you would like to see more of at the Family Empowerment Center for Disabilities

Local Events for Kids & Families

FREE ~ Games, Legos, Puzzles & Chess
Arcata Library ~ Every Friday in July – 2 PM to 3:30 PM

SAVE THE DATE! City of Eureka’s Get Out & Play Day
July 26th ~ More Information coming soon!

FREE ~ Drop In for the Little Builders Club (Ages 0-5)
Fortuna Library – July 10th from 10:30 AM to 12:30 PM

FREE ~ Lego Club at the Kim Yerton Library in Hoopa
July 19th from 11:00 AM to 2:00 PM