

August 2025

FEC NEWSLETTER

Family Empowerment
Center for Disabilities



Do you know about our Early Start Family Resource Center?

It can be challenging when parents or caregivers learn that their newborn or young child may have or could be at risk of having a developmental delay. Our Early Start Family Resource Center for families with children ages birth to 3 offers a wealth of resources, including parent-to-parent networking, information, referrals, and activities to support families. For more information, please call (707) 444-8293 or send an email to fec@changingtidesfs.org

Upcoming FEC Events



- Learn more about Special Education navigation every 3rd Wednesday! ***This month's training is [IEP Deeper Dive \(Top 10 rights you should know\)](#)***. Join our ZOOM from 9:30 AM – 11:00 AM or from 6:00 PM – 7:00 PM.
- 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. Join our ZOOM from 9:30 AM – 11:00 AM or from 6:00 PM – 7:00 PM
- Email us at fec@changingtidesfs.org and we will send you the ZOOM links to the training or support group.

SPECIAL EDUCATION acronyms and terms

A **504 Plan** is a customized roadmap to help students with disabilities thrive in school by providing accommodations, like extra time on tests, to ensure equal access to education. Unlike an IEP (Individualized Education Plan), which offers specialized instruction for students needing academic support, a 504 Plan is for students who do not need special education but still need support. It focuses on removing barriers so kids can fully participate in regular classrooms. Reach out to the Family Empowerment Center at fec@changingtidesfs.org to discover how we can support your child with a 504 Plan tailored to their needs!

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

2249 Myrtle Avenue
Eureka, CA 95501

Phone (707) 444-8293
FEC@changingtidesfs.org
www.changingtidesfs.org

Community Spotlight

Community schools are public schools that serve both students and the community. They are not just a place for learning during the school day- they also offer extra help, health care, after-school programs, and family support services all in one place. The goal is to help students succeed in school and life by meeting their academic, social, emotional, and health needs.



Changing Tides Family Services Family Empowerment Center connects with local Community School Liaisons to provide additional partnership and support to families and students in Eureka City Schools. Please reach out to the FEC for more information/questions.

PARENTING TIP

Mealtimes can be one of the most difficult times for families, but with a little planning, they can become enjoyable for the whole family.



Every family is different, but what matters most is creating mealtime routines that support your family's needs while helping everyone feel included, safe, and loved.

Here are a few tips that might be helpful:

Limit snacks and drinks before meals

- Try to reduce snacks and drinks close to mealtime to help your child come to the table with an appetite.

Give a heads-up

- Transitions can be tough. Let your child know when mealtimes are coming up so they have time to shift gears.

Model table manners

- Children learn best by watching others. Show them what mealtime behavior looks like—use simple language to describe your actions and invite them to copy you.

Set clear, positive rules

- A few consistent rules can make mealtimes more predictable. Focus on what to do, like “we use indoor voices” or “we stay at the table,” rather than what not to do.

Celebrate the wins

- A kind word, a high-five, a special treat, or a little extra family time can go a long way.

Make it accessible

- Adjust the food, seating, and expectations to meet your child's unique needs so they can participate comfortably and confidently.

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 ~ “The Raven Project Game Night”-Every Friday
3:00 PM-5:30 PM at 523 T. St., Eureka (Ages 16-24)

SAVE THE DATE! “Kids’ Environmental Fair” at Clara May Berry Park (Outside the Eureka Library)
August 9th from 11 AM – 2:00 PM

FREE ~ “IEP Binder Organization Workshop”- August 13th
from 9 AM – 4:30 PM at our FEC office
(Email or Call The FEC to reserve your spot)

FREE ~ “Eureka City Schools Community Schools Resource Fair” - August 15th from 10 AM – 3 PM
at Zoe Barnum High School
216 West Harris St., Eureka

Bilingual Spanish Services Available
Community Resource Referrals
Contact us for more information about our services!

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