

October 2025

FEC Family Empowerment Center for Disabilities NEWSLETTER



Join us for Navigating New Horizons—our 50th Anniversary Gala honoring five decades of community service, growth, and resilience. This elegant evening will support the ongoing work of Changing Tides Family Services and the families we serve across Humboldt County.

CELEBRATING
50 YEARS OF IMPACT
AND NAVIGATING
THE FUTURE

For tickets or more information about supporting the event, please visit <https://changingtidesfs.org/gala/>

Upcoming FEC Events



- Learn more about Special Education navigation every 3rd Wednesday!
This month's training is [IEP Basics](#) (a brief overview)
Join our ZOOM from 9:30 AM – 11:00 AM or 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 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

Accommodations =
same goals and
individualized paths
Modifications =
adjusted goals and
individualized path

Accommodations Vs Modifications

Accommodations: changes **HOW** a student learns, not **What**.
Examples include extended time on tests, large print materials, preferential seating, or text read aloud.

Modifications: changes **WHAT** a student learns to make it easier.
Examples include simplified assignments, alternate projects, or reducing the number of test questions.

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 up to date

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

Humboldt Autism Alliance

Founded in 2009 as Families Advocating Autism Now (FAAN), the Humboldt Autism Alliance is led by a six-member all-volunteer board of local parents dedicated to supporting individuals with autism and their families. Here are some of their upcoming events.

- Caregiver support groups.
- Sensory-friendly times at HealthSPORT Gymnastics
- Sensory-friendly movie screenings at Broadway Cinema

Please check their website for dates and times.

They offer activities and events that promote awareness, acceptance, and community connection throughout the year.

They also host a **FREE** Discovery Museum **"Sensory Night"** every last Tuesday of the month from 5:00 PM to 6:00 PM



Learn more

humboldtautismalliance.org

PARENTING TIP



Halloween can be magical—but for children with special needs or sensory sensitivities, it can also feel overwhelming. With a bit of planning, you can help make the night safe, fun, and comfortable.

The goal isn't to do everything—it's to create a positive and enjoyable Halloween experience for your child.

1. Plan Ahead: Read Halloween stories, decorate together, and roleplay trick-or-treating. Use a simple visual schedule with pictures or words to help your child know what to expect.

2. Keep Costumes Comfortable: Choose soft, tag-free fabrics that don't itch or restrict movement. Try them on beforehand and bring a change of clothes just in case. Adapt costumes for comfort. Remember! Halloween PJs or themed T-shirts are great alternatives.

3. Pick the Right Setting: Opt for quieter neighborhoods and sensory-friendly events. You can also go out earlier in the evening to avoid large crowds and noise.

4. Support their Comfort: Go with familiar friends, bring comfort items, or noise-canceling headphones. Remember to offer choices in activities. Bring your child's communication systems, such as iPad Touch or picture exchange systems.

5. Include Everyone & Respect Choices: Provide allergy-friendly treats like stickers, small toys, or glow sticks. Listen to your child's feelings and respect their decisions—even if they prefer to skip certain activities or costumes.

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

Not on our mailing list?

**Join by sending a request to
FEC@changingtidesfs.org**

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

Local Events for Kids & Families

FREE ~ "Fortuna Apple Harvest Festival"

October 4th, 9:00 AM-5:00 PM

Main Street and throughout Fortuna

FREE ~ Pastels on the Plaza

October 4th, 8:00 am - 3:30 pm

Arcata Plaza

FREE ~ "Pumpkin and Bat Crafty Party for kids"

October 30th, 5:30-7:00 pm

at The Eureka Main Branch Children's Room- 1313 Third St.

FREE ~ Halloween on the Plaza

October 31 from 4:00 pm- 7:00 pm

9th and "G" streets, Arcata Plaza

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