

December 2025

FEC

Family Empowerment
Center for Disabilities

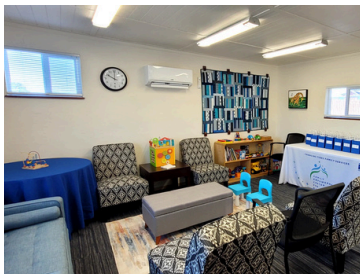
NEWSLETTER



Time for Reflection and Renewal

As December brings crisp air, festive lights, and the two-week school break, families have a chance to reconnect, reflect, and renew. For families navigating disabilities, this season can blend wonder with real challenges—crowds, disrupted routines, new environments, and unfamiliar faces. Lean into gentle rituals: cozy indoor activities like baking treats, looking at photos of extended family before gatherings, or rehearsing special events together to build comfort and confidence. Flexibility is key; honor your children's pace and the unique ways they cope and grow. The FEC—your dedicated support system—is here to provide tools for inclusive planning and virtual check-ins. Explore our Resource Padlet or email fec@changingtidesfs.org to receive one-on-one support from an FEC Navigator. May this holiday season bring warmth, ease, and renewed energy for the year ahead.

Upcoming FEC Events



Special Education Navigation Training: Join us on **Wednesday, December 10th** for **(Communication Bridge - Teachers and Families)**.

Zoom sessions: 9:30 AM–10:30 AM or 6:00 PM–7:00 PM.

Parent/Caregiver Support Group: Join us on **Wednesday, December 17th**, to share experiences, seek advice, and offer mutual support.

Zoom sessions: 9:30 AM–11:00 AM or 6:00 PM–7:00 PM.

Email fec@changingtidesfs.org for Zoom links to the training or support group.

Celebrating Inclusion

December's celebrations offer a beautiful reminder of the heart of **LRE—Least Restrictive Environment**—an essential special education principle centered on belonging and inclusion. LRE goes beyond classroom placement; it's about creating environments where every child, including those with disabilities, can participate, contribute, and feel truly valued. This month's concerts, craft days, cultural events, and gatherings provide wonderful opportunities for families to join in, share traditions, and strengthen connections. These moments of togetherness reinforce the inclusive spirit that LRE represents.

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
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Community Spotlight




 **Toys for Tots makes the holiday season magical!**

Since 1947, the **U.S. Marine Corps Reserve Toys for Tots** program has collected new, unwrapped toys and distributed them as holiday gifts to children who are less fortunate—delivering joy and a message of hope during the season. The Redwood Toys for Tots leads this local campaign that serves Humboldt County and nearby areas like Trinity and Del Norte.

 **Need Toys? Time is limited!** Apply online no later than **December 13th** at redwoodtoysfortots-apply. Click **“Register Family”** and be prepared to provide proof of Humboldt County residency, income eligibility, and child details (ages 0–12).

 **Want to donate? Time is limited! Act before it's too late!** Last collection date will be **December 22nd**. Drop off new, unwrapped toys (ages 0–12 preferred; books and teen items welcomed.) Click redwoodtoysfortots-donate to learn more about how to donate.

 **Host a Family Toy Drive or Volunteer!** Click redwoodtoysfortots-volunteer to learn how and sign up—it's an easy way to spread cheer, build community, and create magic.

 **Together, we can turn holiday wishes into big grins!**

PARENTING TIP ~ Navigating the School Break: Building Routines and Renewal.

While no amount of preparation can make breaks from school easy, these strategies can bring more calm and joy during the two-week break:

Praise Good Behavior: Notice when your child is doing well. A quick whisper like, “You’re listening so nicely—I’m proud of you!” can mean a lot.

Maintain Routines: Keep as much of your child's regular schedule as possible, including meal and bedtimes. This helps your child stay regulated and eases the transition back to school.

Pack a Sensory Support Kit: Meltdowns happen—especially during busy seasons, holiday trips, or outings. Bring a small bag with snacks, water, noise-reducing headphones, fidget toys, and a favorite comfort item to help your child feel safe and regulated wherever you go. (Don’t forget a few comfort items for yourself!)

Be Kind to Yourself: Things won’t always go as planned. Give yourself grace and speak to yourself like you would to a friend. Joy matters more than perfection.

Communicate and Prepare: Use visual calendars and social stories to explain what to expect at events, including who will be there and what will happen. Discuss the schedule and give advance notice of transitions and offer choices when possible to help your child feel more secure. Small steps make a big difference. You’ve got this! The FEC is here if you need extra ideas or support.

We Value Your Feedback!



Please Click or Scan to complete our survey by 12/31 for your chance to win a Surprise!

Not on our mailing list?
Join by sending a request to
FEC@changingtidesfs.org

Local Events for Kids & Families

FREE~ 5th Annual Holiday Decoration & Toy Giveaway~ December 6th, 11:00 AM - 2:00 PM Eureka Center for Spiritual Living, 239 Buhne St, Eureka. First-come, first-served; lines start early!

FREE~ Blue Lake Holiday Celebration~ December 7th, All Day Blue Lake Community Center. Parade, crafts, games, and small-town fun—Wheelchair Accessible.

Season of Wonder and Light Celebration~ December 12th, 5:00-7:00 PM Arcata Plaza. Photos with Santa & Snowflake Queen, carriage rides, and music.

37th Annual Trucker’s Christmas Parade~ December 13th. Starts at 6:00 PM Redwood Acres Click (Parade route map and info.) Spectacular lighted trucks, but bring ear protection if needed.

FREE~ RCRC Annual Winter Event~ December 15th, 11:00 AM-1:00 PM & 3:00-6:00 PM at RCRC Eureka Office, 525 2nd St. Crafts, snacks, and photos with Santa in a relaxed indoor setting. For more information, Click or Google [RCRC Winter Event Flyer](#)

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

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