

November 2025

FEC

Family Empowerment
Center for Disabilities

NEWSLETTER



Embracing the Joys November Brings

November brings the scent of wood smoke, golden leaves, the week-long school break for Thanksgiving, and the joy of gathering with loved ones. As the holidays approach, families look forward to creating warm memories—but it’s okay if those moments don’t look picture-perfect. Every child can take part in their own special way. A little planning and flexibility can make the season more enjoyable: offer your children’s favorite foods, plan quiet breaks, and involve them in preparing for the holiday fun. Talk about upcoming changes and allow extra time for transitions. Most importantly, slow down, breathe, and savor the time you have together. The Family Empowerment Center (FEC) is here to support you with ideas for inclusive, meaningful celebrations. Visit our Resource Padlet or reach out by email for holiday tips, event updates, and our parent support group—because the best memories come from shared, heartfelt moments.

Please find the QR code for our padlet below.

Upcoming FEC Events



Special Education Navigation Training: Join us Wednesday, November 12th for IEP Deeper Dive (Top 10 rights).

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

Parent/Caregiver Support Group: Join us Wednesday, November 19th 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.

On November 29, 1975—50 years ago—the Individuals with Disabilities Education Act (IDEA) was signed into law. This landmark legislation transformed the lives of millions of children and families. Since its passage, IDEA has opened classroom doors and ensured that every child has the right to learn, grow, and belong in their school community. Throughout updates and name changes over the years, IDEA has remained true to its original vision of educating all children. As we mark this special milestone, we celebrate not only the law itself but also the families, educators, and advocates who continue to make its promise real every day. The Family Empowerment Center for Disabilities is honored to be part of this continuing story—standing with families, offering guidance, and providing resources as parents help their children thrive. This November, we invite you to celebrate this legacy with us through our workshops and support groups as we work together toward an even brighter future.

Happy 50th
Anniversary
IDEA!!!!



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



For 46 years, Food for People has been at the heart of our community, operating 23 pantries throughout Humboldt County from Orick to Alderpoint. It's simple mission: ensure our neighbors have access to healthy, nourishing food. Food for People understands that holidays can be challenging for many, which is why the organization is especially dedicated to bringing comfort to families, seniors, and people with disabilities who rely on its services.

Through a variety of caring programs—like the Choice Pantry, Backpacks for Kids (sign up at your school), and Mobile Produce Pantry—Food for People works every day to make the season a little less hungry and a lot more hopeful.

Let's all join in the holiday spirit of giving at the annual **Cowboy Canned Food Convoy!** This event kicks off on Saturday, November 15th, at 12:00 PM in Old Town Eureka. Bring your donations and watch as the Redwood Unit of the Backcountry Horsemen parades through the streets, collecting food to help those in need.

To learn more about how you can support its mission and find details on its programs, please visit www.foodforpeople.org or call (707) 445-3166. Together, we can make a difference in our community.



PARENTING TIP ~ Creating Inclusive Holiday Memories

Thanksgiving can be a time of warmth and connection, but for children with impairments, the sensory overload of crowds, new foods, and disrupted routines during the school break can be challenging. With thoughtful planning, you can foster a positive experience that honors your child's needs while embracing the spirit of gratitude.

- 1. Prepare in Advance:** Use social stories or visual calendars to outline the day's events, including school break activities and family meals, to reduce anxiety.
- 2. Adapt the Environment:** Set up a calm corner with familiar comfort items, offer sensory-friendly foods like soft textures or familiar favorites, and schedule quiet breaks during the holiday week.
- 3. Involve Everyone:** Encourage family members to learn simple accommodations, such as using picture cards for communication or flexible seating at the table.
- 4. Focus on Gratitude:** Create accessible traditions, like a "Thankful Jar" with drawings or symbols, to highlight positives without pressure.
- 5. Be Flexible:** If plans change, prioritize your child's comfort—it's okay to shorten visits or celebrate at home. The goal is joy, not perfection.

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**

Local Events for Kids & Families

Fig Twig Holiday Market- November 7th, 4:00 – 9:00 PM (also November 8th, 10:00 AM – 4:00 PM) Redwood Acres Fairgrounds, Eureka. Explore handmade crafts, upcycled goods, and local makers in a welcoming, sensory-considerate space—ideal for starting holiday shopping during school break. Admission \$5.

FREE – Veterans Day Observance- November 11th, 11:00 AM – 12:00 PM Adorni Center, 1011 Waterfront Dr., Eureka. A family-friendly ceremony honoring veterans, with ADA-accessible facilities.

Turkey Trot 5K Run/Walk- November 27th, starts at 9:00 AM, Old Town Eureka Gazebo, between 2nd and F Streets. A fun, inclusive community run or walk on Thanksgiving morning; adaptive options available for families to participate together. \$ 15 pre-registration (\$10 kids); \$20 day-of.

FREE – Arcata Marsh Thanksgiving Day Walk- November 27th, 10:00–11:30 AM Interpretive Center, 569 South G St., Arcata. Join a guided, rain-or-shine nature walk to stretch your legs and enjoy the outdoors before Thanksgiving dinner—great for sensory-friendly family bonding.

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

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