

Welcome Back To School!

From SELPA1CAC (Special Education Local Plan Area 1 Community Advisory Committee)

Are you the parent of a child with special needs, behavioral challenges, or a learning difference? We're here to help!



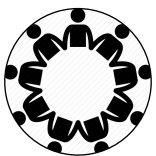
Meet Other Parents

Approximately 10-13% of students in our schools receive special education services, such as academic or social-emotional support, through an Individualized Education Plan (IEP). Additional students have a 504 plan for accommodations. Meet other parents to talk about your experiences.



Receive Event Announcements by Email

Join our parent email list to share resources, ask questions, get support from other parents, and hear about local events geared towards parents and families. We usually send out one announcement email per month (no spam). Sign up here: [Groups.google.com/group/selpa1cac](https://groups.google.com/group/selpa1cac)



Connect With Us

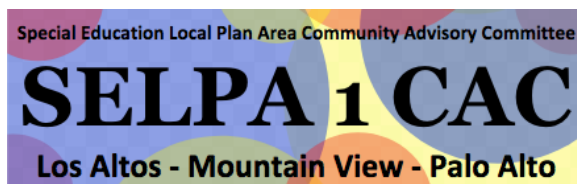
If you have concerns about your child's challenges at school, we can connect you with other parents and direct you to staff who can help. We respect your privacy and all inquiries are confidential. We can also help you arrange a parent get-together at your school. Call our *Warm Line* 650 241 9713, or for fastest response, email us: selpa1cacinfo@gmail.com



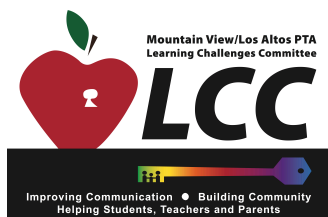
Learn More

Our website and Facebook page provide local resources, event listings, and contact information for parent volunteers. See Facebook.com/selpa1cac & www.selpa1cac.org

SELPA1CAC is made up of parent volunteers, special education staff, and community members. As learning challenges and special needs can emerge at different times for students, all families in our districts receive this flyer.



We support students with special needs and their families in Mountain View, Los Altos and Palo Alto. We would like to thank our partners, the Learning Challenges Committee and the LAMVPTA Council, and the Palo Alto CAC Subcommittee.



Upcoming events and programs, email selpa1cacinfo@gmail.com for Zoom links

General CAC Parent/Community meetings -

All are welcome. Monthly updates from Special Ed. Directors & Staff, to plan programs and parent education

Aug 30 4 pm, Oct 4 9 am, Nov 1 4 pm, Dec 6 9 am, Feb 7 4 pm, Mar 7 9 am, May 2 4 pm

Parent Education Talks

Tuesday October 19 7 pm on Zoom - [SMART Goals – Creating and Troubleshooting IEP Goals that Work](#) IEP Goals are written in very specific language and it can be difficult to see how the goals relate to concrete skills and goals for your child. Learn more about SMART Goals and how they work with Professor Anne Spillane of Brandman University

Let's Talk, IEP/504 Support Group on Zoom -

A chance to ask questions and share ideas, resources, and support with other parents of students with IEPs, 504s, learning differences, mental health challenges, etc. All are welcome; participants must respect confidentiality

Sept 21 10 AM Oct 13 7 PM Nov 16 10 AM Dec 8 7 PM Jan 11 10 AM

Parent Chat, Support for Parents of Teens with Mental Health Challenges

Are you concerned about the emotional well-being of your child? Peer to peer support for parents of teens with mental health challenges

Second Tuesday of every month, 10-11 AM on Google Meet

6th Learning Challenges Resource Fair

Coming in late January 2022, our local resource fair will include a wide variety of providers from summer camps to speech therapists, tutors to financial advisors and everything in between!

Resources:

CAC website: www.selpa1cac.org

Parent Handbook for Special Education [English](#) [Spanish](#)

Local Resource Guide tinyurl.com/localresourceguide

2021/2022 Newsletter [English](#) [Spanish](#)

