



FAMILY CIRCLE NEWSLETTER

WWW.ESFRN.ORG

1-800-974-5553

We are growing! Meet our new staff on page 2.



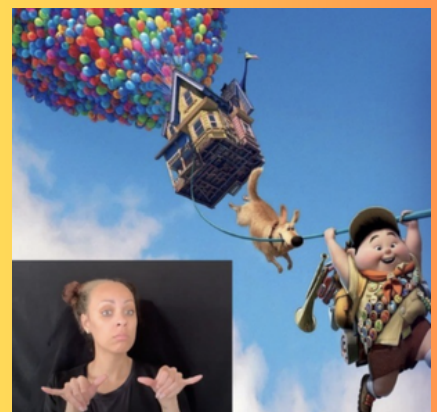
Taking care of yourself as a parent is so important

Being a parent can be demanding, and sometimes it can feel like you're running on empty. But taking care of yourself is essential. Self-care isn't a luxury; it's fuel for your parenting journey. Even taking small, mindful moments dedicated to yourself can make a big difference. Building a strong support network is crucial. Surround yourself with other adults who understand your challenges and can offer a helping hand. This network could include your partner, family members, friends, or fellow parents in your community. Share responsibilities delegate tasks and ask for help when you need it.

For more tips on why taking care of yourself as a parent is so important visit bit.ly/3NsEZ2E.

Deaf and Hard-of-Hearing Resource

SignUp is a free Google Chrome Extension that provides sign language interpretation on movies and TV shows on streaming platforms, including Disney+ and Netflix. SignUp is used by the Deaf and Hard-of-Hearing community, hearing parents of Deaf kids, students of sign language, and Teachers of the Deaf. Please visit their website bit.ly/4bOu5h2.



Introducing the newest additions to the Family Resource Network



Lujana Blackman our newest Family Support Specialist. She is a passionate Child Development Specialist from Los Angeles, California, dedicated to supporting families and children through education and advocacy. She earned her bachelor's degree in child development from California State University, Los Angeles, and went on to receive a graduate degree in Early Childhood Special Education from California State University, Dominguez Hills.



Rebecca Ponce is our new Data and Outreach Assistant. Her background as an Early Intervention Specialist, Paraprofessional in special education classrooms, and Community Coach for adults with intellectual disabilities has shaped her passion for supporting families across the lifespan. As a mother of a son on the Autism spectrum, she also brings personal understanding to the experiences many families navigate every day.



Connie Wood is our new Secretary. She is a dedicated mother to her beautiful daughter and a devoted wife to her wonderful husband. She entered the field in 2018, beginning her career as a care provider in a day program. Her love and admiration for the individuals she supported grew quickly, and she dedicated the past seven and a half years to advocating for and supporting her clients.

If you'd like to connect to one of our staff members call us at 800-974-5553. We are here to help you.



Follow us on social media for resources, trainings, and events





Empowering Pathways 365

Presents soccer & cheerleading for individuals with disabilities, ages 5-35.

Empowering Pathways believes every individual deserves the opportunity to participate in sports at their own ability level, building not only physical skills but also independence, social connections, behavioral regulation, and most importantly having fun! Their programs create a welcoming environment where participants can join in, learn new skills, and experience the joy of athletic achievement in a supportive, inclusive setting.

Classes are available every Tuesday, Thursday, & Saturday
Times may vary. For more information visit bit.ly/4cOeZjz.



First 5 Riverside County Children & Families

First 5 Riverside County invests in partnerships throughout the county to teach children how to be safe in the water and families the importance of water safety for their children. These investments include one-on-one classes through SoCal Water Babies as well as group swimming lessons through Corona Norco Family YMCA, Desert Recreation District, Jurupa Area Recreation and Park District, and the City of Temecula. For more information visit <https://bit.ly/40UP4ln> to learn about celebrating water safety in your community.



Family Resource Network Trainings

Parent Training IEP - April 28, 2026

Learn the basics of this important planning meeting which first occurs around your child's 3rd birthday and involves their educational needs. Topics to be discussed: What is an IEP meeting and why do we have them? What can be included in an IEP? Who is on the IEP team? What is the parent's role? What are your rights? For more information visit <https://bit.ly/40CFYjR>.



Record Keeping Parent Workshop - May 7, 2026

This supportive, hands-on workshop is designed for parents and caregivers of children with special needs who want to create an organized system for managing their child's important records. For more information visit <https://bit.ly/4rEc4a3>.



Autism Acceptance Walk

Step into connection at the Autism Acceptance Walk. Join Autism Society at the Southern California Railway Museum for a day of family fun, community spirit, and celebration! This event is more than just a walk; it's where every step makes a difference.

This year's walk will take place on Saturday April 25, 2026—a day filled with connection, advocacy, and fun for all ages. Learn more about Autism Society at bit.ly/4IBxAe8 and register for the Autism Acceptance Walk at bit.ly/3PdAIAY



Check out these events coming up soon...

04/08/2026, Restorative Connection

Restorative Connection is an online psycho-educational therapeutic support group for parents and caregivers of children with disabilities. A place to connect, converse, and share with your peers who are on a similar journey.

For more information visit <https://bit.ly/4bixmFq>.

04/21/2026, Lake Elsinore Storm All Abilities Night

An all exclusive, sensory-friendly ballpark experience with sensory kits, tents, ASL interpreters, resource tables, limited sound, interactive mid-inning breaks and live professional baseball. For more information visit <https://bit.ly/4seWK4P>.

04/25/2026, Flying Doctors Health Fair

The Flying Doctors will be hosting services in Blythe at Palo Verde College. This event is open to anyone. Services are first come, first serve for dental, vision, and medical services. For more information visit <https://bit.ly/4dqqW8j>.

05/06/2026, I Won't Be Here Forever: What Actions Can I Take Now?

Preparing for your loved one's financial security and understanding the common myths and misconceptions about financial planning.

For more information visit <https://bit.ly/4buEDAj>.

05/30/2026, IRC Field Day

Celebrate Spring at Field Day! Enjoy fun, inclusive activities that encourage movement, play and connection. For more information visit <https://bit.ly/476KuuN>.

06/13/2026, Father's Day Weekend Inland Empire 66ers Baseball

San Bernardino Fatherhood invites you to join their Father's Day Weekend event. For more information visit <https://bit.ly/3NIS1t2>.

07/04/2026, Lake Arrowhead Fireworks

Independence Day firework show typically starting around 8:00–9:00 PM. For more information visit <https://bit.ly/4bfaZ3E>.

08/31/2026, IRC New Parent Orientation

Join IRC for an informative session tailored to families eligible for Regional Center Services. Whether you are new to IRC or seeking a refresher, this training is designed to empower you with essential knowledge. For more information visit <https://bit.ly/3Nc8JAZ>.



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