



FAMILY CIRCLE NEWSLETTER

WWW.ESFRN.ORG

1-800-974-5553

We are growing! Meet Our New Staff on Page 2.

New Safety Program

For many individuals with disabilities, encounters with law enforcement can feel stressful or confusing, and families may worry about how their loved one will be understood and supported in those situations. Having a clear way to communicate needs and ensure safety can make a big difference for both families and first responders.

The **Blue Envelope Program**, created by the San Bernardino County Sheriff's Department, helps make these interactions safer and more supportive. They provide individuals with a blue envelope to hold their identification, medical information, and instructions that can assist law enforcement in understanding their needs during a traffic stop or other interaction. This simple tool promotes safety, communication, and awareness. To learn more about the program, visit <https://wp.sbcounty.gov/sheriff/blue-envelope/>.

IRC clients are also invited to share their experiences by joining the upcoming Blue Envelope Research Statewide Focus Groups October 7th, 2025:

- [Morning Session](#)
- [Afternoon Session](#)



Deaf and Hard-of-Hearing Resource

Looking for support while navigating audiology care? The Hands & Voices Virtual Waiting Room offers families resources on tele-audiology, guides for understanding hearing tests, questions to ask your audiologist, and connections to parent support. It's a helpful space for families preparing for appointments —whether online or in person.

For more information visit <https://handsandvoices.org/virtual-waiting-room>.



Introducing the newest additions to the Family Resource Network



Adriana Moreno - Family Support Specialist

Adriana, a devoted mother of three, uses her personal and professional experiences to assist families. After her son's Pelizaeus-Merzbacher diagnosis, she started her journey. With over ten years as a Pediatric Medical Assistant and active involvement in her children's school and the Special Education Community Advisory Committee, she now helps families facing similar challenges, providing guidance to parents.



Maira Gutierrez - Training Coordinator

Maira, fluent in Spanish and trained as a paralegal, has over ten years of experience as a stay-at-home mom to a child with severe autism, intellectual disability, and movement disorder. Her advocacy efforts include completing parent advocacy trainings and advocating for supportive policies in Sacramento. She is dedicated to uplifting and empowering families with heart and commitment.



Vicky Murillo - Community Navigator

Vicky is a proud mother of two, with heartfelt experience parenting a teen daughter with Down syndrome, hearing loss, and an overactive thyroid. Her journey has turned into a mission to support and uplift other parents in similar situations. She is dedicated to sharing her knowledge, offering encouragement, and guiding families through resources like IRC.



Walter Tejada - Family Support Specialist

Fluent in Spanish, Walter is passionate about supporting families through resources, compassion, and lived experience as a parent of a child with autism and ADHD. He's here to empower and uplift every family he meets.

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



IEP Parent Training

Preparing for your child's Individualized Education Program (IEP)?

In this parent/caregiver training we will provide tools to help you feel less overwhelmed and confused during your child's IEP meeting.

Tuesday, October 28, 2025

9:00 a.m. - 11:00 a.m.



bit.ly/45FnJxF



Hosted by
Family Resource Network



Feeding Frenzy Parent Training

Parents, would you like to learn strategies to encourage food acceptance in your child ages 0-3?

Join our training on feeding with Annette Richardson, OTR/L. Annette has worked for IRC for over 20 years as an occupational therapist specializing in pediatrics. She has extensive training and experience in feeding and sensory processing disorder.

Tuesday, November 18, 2025

9:30 a.m. - 11:30 a.m.



<http://bit.ly/3IIA5ls>



Hosted by Inland Regional Center
and
Family Resource Network

Down Syndrome Awareness Month

October is Down Syndrome Awareness Month! The Inland Valley Down Syndrome Association (IVDSA) provides year-round support, resources, and programs that empower individuals with Down syndrome and their families. Each October, they also bring the community together through their annual Buddy Walk, a celebration that raises awareness and promotes inclusion. This year's walk will take place on Sunday, October 26, 2025—a day filled with connection, advocacy, and fun for all ages. Learn more about IVDSA's services at <https://www.ivdsa.org/> and register for the Buddy Walk at <https://www.ivdsa.org/buddy-walk>.



School Success Kit for Kids With Sensory Processing Issues

Back-to-school can be especially challenging for kids with sensory needs. Here are some tips from the Child Mind Institute that may help:

- Use the 3 S rule for clothing: softer, simpler, and seamless.
- Avoid brand-new outfits on the first day—stick with comfortable favorites.
- Pack a sensory kit with items like gum, stress balls, or a weighted lap pad.
- Prepare for noise with sound-cancelling headphones or discreet earplugs.
- Establish consistent routines to help kids know what to expect.

For more tips on helping kids with sensory processing issues succeed at school, visit the Child Mind Institute at <https://bit.ly/3Y3tbYJ>.



Check out these events coming up soon...

9/29/25, 10/27/25, 11/17/25 - IRC PARENT ORIENTATION

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

10/7/25, 11/4/25 - THERAPRO WEBINARS

10/7/25: Shoe Tying Made Simple: A Multisensory Approach <http://bit.ly/3JG3mrF>

11/4/25: Tapping into Whole Body Sensory Motor Factors to Support Eating and Mealtime Success <http://bit.ly/47ZrM9o>.

10/11/25- FALL ADVOCACY & INCLUSION FAIR (SAN BERNARDINO)

A community celebration of support, awareness & empowerment! Join us for an afternoon filled with: Inclusive activities, community resources, costumes, family fun, live entertainment, face painting & more <http://bit.ly/4mhkuBi>.

10/16/25, 11/20/25, 12/8/25 - IRC SDP SUPPORT GROUP

This group for self-advocates, parents, and caregivers offers a space to share experiences, find support, ask questions, and connect with other Inland Regional Center Participants as we learn and grow with the Self-Determination Program together! For more information click the link here <http://bit.ly/4oX9wU7>.

10/28/25- IEP PARENT TRAINING

Learn the basics of this important planning meeting which first occurs around your child's 3rd birthday and involves their educational needs. 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? Click here to register bit.ly/45FnJxF.

11/18/25- FEEDING FRENZY PARENT TRAINING

Parents, would you like to learn strategies to encourage food acceptance in your child ages 0-3? Join our training on feeding with Annette Richardson, OTR/L. Annette has worked for IRC for over 20 years as an occupational therapist specializing in pediatrics. She has extensive training and experience in feeding and sensory processing disorder <http://bit.ly/3IIA5Is>.



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

