

SELPA 1 CAC

Special Education Local Plan Area Community Advisory Committee

Los Altos | Mountain View | Palo Alto

Who We Are

We are a group dedicated to raising awareness of special education issues. We promote communication and coordination between schools, parents and public agencies.

What We Do

- Parent Education Events
- Parent Support (Let's Talk, Parent Chat)
- Mental Health Support ([instagram.com/mentalhealthselpa1](https://www.instagram.com/mentalhealthselpa1))
- Support Legislation (tinyurl.com/yap5wxk3)
- Palo Alto Subcommittee CAC (cacpaloalto.org)
- Learning Challenges Committee (PTA in MV) (lcc.lamvptac.org)

Ability Awareness

The goal of the Ability Awareness Program (AAP) is to promote understanding, acceptance and appreciation of individual learning and ability differences through fun, experiential activities. Contact us to volunteer!



2017-18 Parent Education Events

Our parent education events are free and open to all. Programs are usually held at Santa Rita Elementary, 700 Los Altos Avenue, in Los Altos. More info at www.selpa1cac.org.

Wed. September 20, 2017, 7-9 PM, Santa Rita Elementary *Challenges of Dyslexia*

Join Lindamood-Bell Center Director, Leila MacCurrach, for a conversation about how intensive instruction that builds the imagery-language foundation can enable students of all backgrounds and prior diagnoses to learn to read and comprehend to their potential. Lindamood-Bell's intensive, one-to-one, process-based instruction has been used to strengthen the sensory-cognitive functions needed for reading and comprehension. The method has been proven successful for individuals with learning challenges, including dyslexia, hyperlexia, ADHD, and ASD.

Wed. October 18, 2017, 7-9 PM, Santa Rita Elementary *Special Education Directors Panel*

Staff from the Special Education Departments from Los Altos SD, Mountain View Whisman SD, Mountain View Los Altos High SD and Palo Alto Unified SD will participate in a moderated panel discussion about issues in special education and response to questions. A great way for new families to learn more!

Wed. November 15, 2017, 7-9 PM, Santa Rita Elementary *Executive Functioning with John Brentar*

Executive functioning (EF) is the ability to plan, organize and complete tasks. Success in school requires good EF skills like working memory, cognitive flexibility and inhibitory control. Children with learning challenges often have problems with EF skills, but training can help. Learning more from John Brentar, PhD from Morrissey-Compton Educational Center.

Support Groups

Confidential support groups meet at the

Los Altos Library Orchard Community Room, 13 S. San Antonio Rd, Los Altos

Special Ed Support

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

Monday Mornings: 10-12 AM:
Sep 11, Nov 13, Jan 15, Mar 12, May 14

Monday Evenings: 7-9 PM:
Oct 9, Dec 11, Feb 12, April 16

Mental Health Support

Parent Chat: A support group for parents of teens with mental health challenges.

Second Tuesday of every month.
7-8:30 pm, Sept 12, Oct 10, Nov 14, Dec 12, Feb 13, Mar 13, Apr 10, May 8

Join Our Committee!

Committee Meetings are on Mondays from 9:30-11 am. Los Altos School District Office Conference Room

Aug 28, Oct 2, Nov 6, Dec 4, Feb 5, Mar 5, Apr 16, May 7

Wed. February 7, 2018, 7-9 PM, Santa Rita Elementary

Talking with your Teen: Non-confrontational communication through Motivational Interviewing

Strengthen the communication skills with your children and teens in this motivational interviewing (MI) workshop led by Rosalind Corbet. MI is a technique used in counseling that is gentle, non-confrontational and non-judgmental, and gives your teens and you the tools to examine motivation and make positive changes through resolving ambivalence. Improve engagement and open communication throughout your family by learning the basics of this technique.

Wed. March 21, 2018, 7-9 PM, Santa Rita Elementary

Inclusion and Abilities Awareness 2.0

What does inclusion really mean, and how will it affect your child's classroom and learning experience? How does inclusion benefit students with special needs, severe disabilities, and the entire student population? Are there situations when inclusion is not appropriate? What do Ability Awareness simulations teach well, and how can they be improved? We will talk about more about the future direction of ability awareness and neurodiversity inclusion with panelists. A variety of fun activities are planned.

Wed. April 18, 2018, 7-9 PM, Santa Rita Elementary

Taking Care of You: Mindfulness and Parenting with Challenges

With Dr. Linda Lotspeich, Child Psychiatrist and Clinical Professor. Parenting a child with disabilities can lead to difficult emotions and stress. The practice of mindfulness, including meditation, can reduce stress, improve self-esteem and allow you to better manage these emotions. Learn to move from coping to living a more meaningful life in the present moment, while still planning for the future.

Contact Us

Website: selpa1cac.org * facebook.com/selpa1cac
Email: selpa1cacinfo@gmail.com * Phone: 650-241-9712
Mental Health: instagram.com/mentalhealthselpa1

