

Virtual West County Transition & Special Education Resource Fair

Our agency fair is back, virtually offering creative solutions to keep your family engaged during these unprecedented times.

Check out what they have to offer. Get involved and stay safe!



PLUS:

Register now for
Ability Expo 2020.
Free
Virtual Workshops
June 19-21



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Pre-register here for [**Abilities Expo 2020**](#) June 19 - 21

Ability Now Bay Area

Status: We are currently offering virtual online activities for our program participants. We hope to reopen mid-June.

Ability Now Bay Area offers educational programs to adults with intellectual/developmental and physical disabilities. Program participants are offered a range of classes and activities that encourage self-determination and enhance the capacity for independent living. The Center's programs are organized into the following areas: Computer Learning Center and Assistive Technology; Micro-Enterprise/Self Employment and Vocational Development; Adult Development Center, Community Integration Program and Wellness and Aging Program. The Center also serves persons with Restricted Health Conditions and high functioning Autism. We can provide assistance with personal care, intake of food, beverages and medication including G-tube support. Inquiries may be made by phone, email or mail. Referrals are accepted through the case management system at the Regional Center. For more details please visit: <https://abilitynowbayarea.org/>

Achieve Tahoe

Achieve Tahoe's mission is to provide affordable inclusive physical and recreational activities that build health, confidence and independence.

Connecting Our Community: Live Virtual Programming Every Week

In these unprecedented times, we want to provide ways for our Achieve Tahoe community to connect and participate in fun and engaging live activities with us online. These courses are geared towards our participants and family members/care providers, and are free and open to all. The schedule will be posted here, <https://www.achievetahoe.org/content/live-virtual-programming>. Class times are in Pacific Standard Time.

Bay Area Outreach & Recreation Program (BORP)

BORP is committed to ensuring that our community has access to remote exercise options that help people stay fit and connected to community. All classes are free. Pre-registration required. <https://www.borp.org/borp-online-fitness-studio/>

Care Parent Network

Parent-to-parent support with IEP, RCEB services, etc.; Virtual support groups meeting each week in English & Spanish
Office is currently closed, but all staff are available via email.
General email: info@careparentnetwork.org
Website: careparentnetwork.org for staff directory and COVID-19 resources

Community Health for Asian Americans

CHAA is open and still providing services to our clients. We have a counseling program and a wrap program. We work with clients age 5 to 21 who have full scope medical – EPSDT.

We are using a combination of telehealth (phone, zoom, doxy.me) and social distanced meetings in a large conference room or outside. We base the modality on what works best for the clients. We provide masks and hand sanitizer for any in person meetings.

We are currently open and look forward to supporting the schools, students and families of WCCUSD in the coming months.

www.chaaweb.org

Computer Technologies Program

We provide training for people with disabilities in information technologies, self-marketing strategies and advocacy in partnership with the business and workforce development communities. We are currently offering online classes in computer use, administrative, and technical skills, conducted via Zoom. We also arrange mock interviews. We work closely with the Department of Rehabilitation; most of our students are referred by that agency.

Reopening Plans: The [Ed Roberts Campus](#), our physical home, is closed to the public until further notice. We are shifting all of our services to an online model until in-person services can be safely resumed.

Website: www.ctpberk.org; our main number is (510) 849-2911.

C.O.P.E. Family Support

We are open and offering virtual classes using zoom. Are services include: Parent Education (CFS ordered, court mediation and self-referred) for parent of 2-17 year olds, co-parenting, and coaching for all issues and challenges, , Anger Management, Supporting Father Involvement and Family/individual/Youth therapy.

Just call our office and or register on info@copefamilysupport.org
Ofc. 925-689-5811.

Dance for All Bodies

Dance for All Bodies is a non-profit aiming to dismantle the ableist narrative of dance through organizing low cost/free, adaptive dance classes for people of all abilities in the Bay Area. We work closely with dance teachers who have physical disabilities themselves or have experience teaching adaptive dance classes. I wanted to reach out to see if you would be willing to share our virtual dance classes with your students and families.

We understand right now is a difficult time with Covid-19 and Shelter-in-Place, as well as school closures. We would love to offer free classes for students virtually throughout the summer to provide an inclusive space to dance and feel energized and inspired.

You can find a list of our upcoming dance classes on our website at <https://www.danceforallbodies.org/upcoming-classes-1>

CA Department of Rehabilitation

Dept. of Rehab provides services and advocacy resulting in employment, independent living, and equality for individuals with disabilities. We continue to serve all our consumers during this time but also value the health and safety of everyone. To protect the health and safety of our consumers and staff, we are applying appropriate social distancing guidelines.

California Department of Rehabilitation – Richmond Branch
www.dor.ca.gov/Home/StudentServices

510.232.7062

Developmental Disabilities Council of Contra Costa County

The mission of the Developmental Disabilities Council of Contra Costa County is to promote the coordination, improvement, and growth of services and supports to individuals with developmental disabilities and their families, and to advocate for their needs.

All monthly board meetings have transition to an online format and will continue that way until the health order limiting gatherings has been lifted. Further information, including meeting agendas and past meeting minutes, can be found at <https://cchealth.org/ddc/>.

Contact - **Vi Ibarra**

Executive Assistant to the Developmental Disabilities Council
Contra Costa Health Services

cell: (925) 532-9047

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Nurturing Independence Through Artistic Development (NIAD)

NIAD Art Center promotes creative expression, independence, dignity, and community integration for people with Intellectual and Developmental Disabilities (I/DD). NIAD serves 70 adult artists with its Studio Art, Exhibitions, and Community programs.

In response to shelter in place, NIAD currently offers a virtual learning space on Zoom 5 days a week facilitated by our professional teaching artists (facilitators.).

NIAD provides tools and materials needed to work.

In the physical NIAD space we provide materials and support from professional teaching artists (facilitators).NIAD's innovative art program has been providing art in Richmond for nearly 40 years.

To learn more about NIAD www.niadart.org. or, sign up for newsletters or schedule a tour! Please contact (510) 620-0290 or programs@niadart.org

Regional Center of the East Bay

The Regional Center of the East Bay [RCEB] is one of 21 Regional Centers that is a community based, private non-profit corporation under contract with the California Department of Developmental Services. RCEB works in partnership with many individuals and agencies to plan and coordinate services and supports for people with developmental disabilities, family members and community leaders in Alameda and Contra Costa Counties.

To connect with Regional Center during the Shelter in Place

<https://rceb.org/carousel/connect-rceb-during-shelter-place-phone-or-email>.

RYSE Youth Center

We envision a movement led by young people that ensures dignity for youth, their families, and their communities. Programming at RYSE is anchored in the belief that young people have the lived knowledge and expertise to identify, prioritize, and direct the activities and services necessary to thrive. While our Center is physically closed due to the Bay Area shelter-in-place, we are providing our free programs virtually for young people and community members, including:

Multimedia Art Workshop, Spoken Word & Creative Writing Class, Beat Production

Netflix Party Movie Night, Game Night, Career & Professionalism Development,

Identity Groups, (Tribe Ashe, Young Men's Group, Alphabet Group, etc.), Open Mic

Email us at info@rysecenter.org to find out more and learn how to sign up.

Special Needs Aquatic Program (SNAPKids)

SNAPkids is offering free online exercise classes for youth with special needs. Exercise and community help us manage the isolation of sheltering at home as well as our physical stamina and resilience. While out of the water, we've gotten creative. SNAPkids is providing children with cerebral palsy, autism, and a host of other needs, the opportunity to exercise and feel connected through newly developed online classes. Our classes are fun and include group time and individualized time.

We are planning to resume in-water classes in the fall.

snapkids.org

ContactUs@snapkids.org

Special Olympics of Northern California

Special Olympics Northern California enriches the lives of more than 23,925 children and adults with intellectual disabilities and their communities in Northern California through sports, education, and athlete health.

All of our programs are at no cost to the participants.

Introducing **Health & Fitness @ Home**. This highly-interactive Healthy Athletes® online program is designed to help Special Olympics athletes and supporters to stay healthy, motivated, engaged, and connected—@ home!

<https://www.sonc.org/>

<https://www.sonc.org/athome>