

Frank D. Lanterman Regional Center

~ Training Opportunities for Families~



Behavior Management Workshops for Parents

Lanterman Regional Center offers several types of behavior management workshops, including a general behavior management course, as well as more specific ones like toilet training. *For more information about behavior management training opportunities, contact your service coordinator.*

Floortime

Literally defined, "floor time" means time spent on the floor, which is exactly how this intervention works. The parent or caregiver gets down on the floor with the child and engages in activities while following the child's lead. The goal of these adult-child activities is to help the child master a series of developmental milestones that are necessary for more increasingly complex interactions and for emotional and intellectual growth. *For more information about Floortime training, contact your service coordinator.*

Navigating the Special Needs System~

Service Coordination and Advocacy Training (SCAT)

This training is designed especially for Lanterman families to better enable them to advocate for and assist their family member with a developmental disability. This course provides an overview of the regional center system, developing a partnership with your regional center, Lanterman values, and consumer and family advocacy. *For more information about SCAT, contact the Koch-Young Resource Center at 213.252.5600 or kyrc@lanterman.org, or visit the family training section on Lanterman's Web site at www.lanterman.org.*

Parenting the Child with Special Needs

This training addresses issues faced by families who have children from birth to age 6 with special needs. Topics covered include developmental stages and milestones, intervention and therapy that support child development in the family, planning and setting goals for your child, appropriate behavior management, advocating for your child, and making connections with resources and support. A specialized training on autism is also available. *For more information about this training, contact your service coordinator.*

Parent Education: Sexuality for Youth with Developmental Disabilities

The Planned Parenthood Parent Education training is designed to provide parents with the knowledge and skills necessary to discuss sexuality and reproductive health issues with their children with developmental disabilities. This three-session series will offer comprehensive and medically accurate information along with communication techniques to help parents talk with their children about puberty and reproduction, private vs. public behavior, pregnancy and disease prevention, and exploitation and abuse. *For more information about this training, call 213.252.4976 or e-mail training@lanterman.org. Contact your service coordinator if you are interested in registering.*

S.H.A.S.T.A.: Sexual Health and Safety for Teens and Adults
(parent/guardian participation required)

This six-week series of workshops developed by Planned Parenthood is designed for teens and young adults with mild to moderate developmental disabilities. The workshops promote informative and positive communication between teens, young adults, and their parent/guardian on issues related to sexuality and reproductive health. *For more information about this training, call 213.252.4976 or e-mail training@lanterman.org. Contact your service coordinator if you are interested in registering.*

Pathways Beyond Grief and the New Paths Group

With 6-10 other parents and a specially-trained professional, you will address specific issues of caring for a child with special needs and learn from others walking the same road as you. *Contact your service coordinator for more information about this training or if you are interested in registering.*

IEP and Inclusion

This training explains what inclusion is, traditional vs. non-traditional inclusion, its goals and importance in a child's development. The training discusses strategies for successful inclusion in a school setting as well as in the community. *For more information about this training, contact the Koch-Young Resource Center at 213.252.5600 or kyrc@lanterman.org, or visit the family training section on Lanterman's Web site at www.lanterman.org.*

IEP, Inclusion, & Transition to Preschool

This training is designed for families of children with special needs between the ages of 0 and 3. It explains the transition process to preschool services, the referral process, and the roles of the Regional Center and the School District after the age of 3. *For more information about this training, contact the Koch-Young Resource Center at 213.252.5600 or kyrc@lanterman.org, or visit the family training section on Lanterman's Web site at www.lanterman.org.*

Conservatorship, Special Needs Trusts & Wills

Planning for the future of a child or family member with a developmental disability can be an overwhelming experience. This training, facilitated by an attorney, defines and explains the importance of conservatorship, special needs trusts and wills in securing the continued support and well-being of a loved one with special needs. *For more information about this training, contact the Koch-Young Resource Center at 213.252.5600 or kyrc@lanterman.org, or visit the family training section on Lanterman's Web site at www.lanterman.org.*

Assistive Technology (AT) workshops

These quarterly workshops discuss how AT can be used to help people with a wide range of disabilities/impairments achieve greater independence. Workshop topics include assistive technology for adults in work and leisure, assistive technology in the classroom, and alternate communication strategies for adults. *For more information about this training, contact the Koch-Young Resource Center at 213.252.5600 or kyrc@lanterman.org, or visit the family training section on Lanterman's Web site at www.lanterman.org.*

Lanterman also offers periodic trainings/workshops on employment, dental health care, healthy aging, and other topics in caring for a family member with special needs. For a more comprehensive listing of training and workshop opportunities available through Lanterman and within the greater Lanterman community, visit www.lanterman.org/training or stop by the Resource Center to browse available opportunities.