



FAMILY SUPPORT & OUTREACH PROGRAM

Virtual Parent Support & Outreach Meetings via Zoom - Through weekly online family support meetings and webinar trainings; FCSN brings our families with special needs together, offers resources and discusses various topics to support the families. It is a great way to meet other families during the Shelter in Place.

- *Cantonese Sessions* – Every Fridays from 3:00 to 4:30pm – Click [here](#) to register
- *Mandarin Sessions* – Every Fridays from 5:00 to 6:30pm – Click [here](#) to register

Previous Topics discussed:

- Estate Planning, Special Needs Trust & SECURE Act | 遺產規劃、特殊需要信託 & 退休法案
 - Speech Therapy & Pathology | 語言治療 & 語言病理學
 - Practical Behavior Plans at Home | 居家行為介入實務建議
 - Behavioral Health Treatment (BHT) and Applied Behavior Analysis (ABA) services | 行為健康治療(BHT)與應用行為分析(ABA)服務
 - Services at Developmental Disabilities Planning & Advisory Council | 發展障礙規劃和諮詢委員會服務
 - Parenting A Special Needs Child | 家有特殊兒的親職路
 - Post-Secondary Education Options After Transition/High School | 高中畢業後的教育選擇
 - Person Centered Services & Trust Services | 以個人為中心的服務 & 信託服務
 - Purchase of Service Expenditures Data Report | 購買服務支出數據報告
 - Restoration of Camping and Social Recreation Services | 恢復露營和社交育樂服務
 - Self-Determination Program Updates & Tips to Negotiate with Regional Centers | 自決方案更新 & 與區域中心協商技巧
 - FCSN Scouting Project | 華人特殊兒童之友童軍專案活動
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Topics discussed in 2021:

- FCSN Innovative Program Intro | 華人特殊兒童之友創新服務項目介紹
- Transition to Adulthood for Youth with Special Needs | 特殊需要青少年邁入成年期概述
- Adult Living Services Intro | 成人生活服務介紹
- Special Needs Trust | 談特殊需要信託
- Self Determination Program: Independent Facilitator & NCI Intro | 自決方案: 談獨立協調員暨介紹 NCI 全國核心指標調查
- Adaptive Skill Training & Supported Living Services | 適應性技能訓練暨支持生活服務
- Person Centered Thinking & Planning | 以個人為中心的思維和計畫
- Housing Options – Overview | 住房選擇概況
- Building a Trustful Work Relationship with Regional Center | 與區域中心建立信任的工作關係
- Self Determination Program: Budgeting | 自決方案: 談預算
- Special Needs Trust & Planning | 特殊需要信託和規劃
- IHSS – In Home Support Services | 居家支持服務
- Open Topic with the Regional Center Cultural Specialists | 與區域中心文化專員自由談
- Building a Brighter Future for the Special Needs Community | 為特殊需要社區建構更美好的未來
- What you Need to Know About the Delta Variant & Parents Sharing | 新冠病毒變種知多少與家長分享
- Self Determination Program Intro | 介紹自決服務方案
- Self Defense Workshop (Part 3) | 防身術工作坊 (三)
- Self Defense Workshop (Part 2) | 防身術工作坊 (二)
- Self Defense Workshop (Part 1) | 防身術工作坊 (一)
- Workshop for families of person with disabilities — Path to Employment Success (Part 4) | 特殊需要家庭工作坊 — 就業成功之路 (四)
- A Parent’s Experience Sharing — Path to Employment Success (Part 3) | 家長觀點分享 — 就業成功之路 (三)
- Special Education Law—Independent Educational Evaluation (IEE) | 特殊教育法—談「獨立教育評估」與「配戴口罩」
- Introduction of Supported Employment Program (SEP) — Path to Employment Success (Part 2) | 認識「支持性就業計畫」 — 就業成功之路 (二)
- Occupational Therapy Series: Sensory Based Feeding Difficulties | 職能治療系列主題: 《感官性進食困難》
- Imagine the Possibilities! — Path to Employment Success (Part 1) | 想像變為現實的可能! — 就業成功之路 (一)
- Occupational Therapy Series: Self-Regulation & Sensory feeding/picky eating | 職能治療系列主題: 《自理技能》
- Parent Discussion on Seizures and Self-Stimulatory Behaviors | 家長分享: “癲癇發作與自我刺激行為”
- Differences Between Seizures and Self-Stimulatory Behaviors | 認識癲癇發作與自我刺激行為的差異

- Parent Discussion on Alternatives to Conservatorship & Emergency ID | 家長分享: “有限監護及替代方案” & Emergency ID
- Alternatives to Conservatorship | 有限監護及替代方案
- Employability for Our Children | 我們特殊需要子女的就業能力
- Parents Sharing (Open Topic) | 家長分享自由談
- COVID Vaccines & Challenges | 談新冠疫苗與挑戰
- Advocating for Your Child | 權益倡導:為特殊需要子女發聲
- Asian Disparity Reduction & Experience Sharing on SSA Benefits | 幫助亞裔取得更多資源暨申請社會安全福利經驗分享
- SSI for Children & Social Security Disability Insurance (SSDI) | 未成年子女 SSI & SSDI 社會保障殘疾保險知多少?
- Overview about Occupational Therapy | 談職能治療
- Introduction of Regional Center Services and Resources of Early Starts & School-Age Children | 嬰幼兒暨學齡期區域中心資源與服務項目介紹
- Parents Sharing -- SSI for Adult & Representative Payee | 家長實務分享&交流—成人社會安全生活補助金&代理收款人
- SSI for Adult & Representative Payee | 成人社會安全生活補助金&代理收款人概述
- Parents Sharing -- Self-Determination Program | 家長實務分享&交流—自行抉擇方案
- Self-Determination Program | 自行抉擇方案

Topics discussed in 2020:

- In-Home Supportive Services | IHSS 居家照顧服務計畫
- Regional Stay Home Order for COVID and the Vaccines | 地區性居家避疫令&新冠病毒疫苗知多少?
- How to Produce an Effective IEP | 如何制訂有效的 IEP (個人化教育計畫)
- Behavior and Life Management of Children with Special Needs | 特殊需要子女行為及生活管理
- How To Connect and Empower Your Child to Create a Life of Peace, Harmony and Freedom
如何連結和賦權使您的孩子創造和平、和諧和自由的生活—家長實務分享&交流
- How To Bring Our Children To Their Fullest Potential and The Services That Would Help
如何使我們的孩子發揮最大潛能，並得到可協助的服務—家長實務分享&交流
- Sexuality and Behavioral Management | 青少年期的行為管理
- Supporting our loved ones with ADHD and adolescent behavioral management Part 2 -- Parents Sharing
談 ADHD 與青少年常見議題續篇—家長實務分享&交流
- Supporting our loved ones with ADHD and adolescent behavioral management Part 1
談 ADHD 與青少年常見議題
- Special Needs Trust & ABLE Account Part 2 | 特殊信託與 ABABLE 帳戶續篇
- Special Needs Trust & ABLE Account Part 1 | 特殊信託與 ABABLE 帳戶
- Parent Sharing & Discussion on Diet and Sleep Management for the Special Needs
實務分享與交流—特殊需要子女飲食與睡眠管理
- The Strengths-Based Model of Neurodiversity and its applications in Educational and Employment Settings
基於優勢的神經多元性模型及其在教育 and 就業環境中的應用

- Emergency Preparedness Training – How to get our special needs kids to evacuate without freaking out
重大災害應急培訓－如何幫助我們的特殊孩子不驚慌地撤離？
- Your Special Needs Child's Health and Diet | 談星星兒的健康飲食
- Conservatorship | 談特殊需要成年監護權
- Sibling Relationship in a Special Needs Family – Part 2 | 談特殊家庭手足關係－續篇
- Sibling Relationship in a Special Needs Family – Part 1 | 談特殊家庭手足關係
- Educational Options for Your Child Transitioning into Adulthood | 成年期轉銜教育計畫與選擇
- The FCSN Journey from Dream to Reality | FCSN 社區家園的築夢腳蹤
- Parents' Open Mic | 家長開放麥
- Emotional Caring During COVID-19 Pandemic | 愛在新冠蔓延時－談情緒關懷
- FCSN Summer Programs Introduction | 華人特殊兒童之友暑期課程暨活動介紹
- Pros and Cons of Different Living Services – Parents Sharing | 家長分享 -- 談居家生活服務類型之優缺點
- Supporting Your Loved one with ASD – Can Medications Help?
幫助我們所愛的星星兒－談自閉症人士用藥安全
- Emergency Preparedness & Census 2020 | 重大災害應急準備與人口普查的重要
- A Housing Option for Special Needs Adults: Family Home Agency | 認識寄居家庭服務模式
- A Housing Option for Special Needs Adults:
How Life Services Alternatives operates group home like living services? | 認識團體住宅經營方式
- Housing Options for our Special Needs Adults | 特殊需要成年子女住房選擇
- The Story of Families Building a Dream Community - the FCSN Journey | 社區家園-FCSN 築夢腳蹤
- Case Studies on Family Challenges | 特殊需要家庭個案討論
- How to Support Your Child's Needs without Going Insane During Shelter in Place
家長如何應對與協助特殊需要子女度過居家避疫期
- How can the Regional Center Help You During COVID-19 | 區域中心如何幫助我們度過居家避疫期
- Holistic Approach to Improving Behavior | 特殊需要子女行為問題與管理
- Roadmap for Transition into Adulthood | 發展障礙子女進入成年期的準備工作
- COVID-19: Medical Q&A | 新冠病毒居家保健新知

If you would like information about previous topics, please email to outreach@fcsn1996.org