



**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:*

- COVID-19: Medical Q&A | 新冠病毒居家保健新知
- Roadmap for Transition into Adulthood | 發展障礙子女進入成年期的準備工作
- Holistic Approach to Improving Behavior | 特殊需要子女行為問題與管理
- 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
- 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
- Case Studies on Family Challenges | 特殊需要家庭個案討論
- The Story of Families Building a Dream Community - the FCSN Journey | 社區家園-FCSN 築夢腳蹤
- Housing Options for our Special Needs Adults | 特殊需要成年子女住房選擇
- 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
- A Housing Option for Special Needs Adults: Family Home Agency | 認識寄居家庭服務模式
- Emergency Preparedness & Census 2020 | 重大災害應急準備與人口普查的重要
- 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
- 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
- FCSN Summer Programs Introduction | 華人特殊兒童之友暑期課程暨活動介紹

- Emotional Caring During COVID-19 Pandemic | 愛在新冠蔓延時－談情緒關懷
- Parents' Open Mic | 家長開放麥
- The FCSN Journey from Dream to Reality | FCSN 社區家園的築夢腳蹤
- Educational Options for Your Child Transitioning into Adulthood | 成年期轉銜教育計畫與選擇
- Sibling Relationship in a Special Needs Family – Part 1 | 談特殊家庭手足關係
- Sibling Relationship in a Special Needs Family – Part 2 | 談特殊家庭手足關係－續篇
- Conservatorship | 談特殊需要成年監護權
- Your Special Needs Child's Health and Diet | 談星星兒的健康飲食
- 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？
- 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

If you would like information about previous topics, please contact Dora Chou | [dorac@fcsn1996.org](mailto:dorac@fcsn1996.org)