



Presenters: Gloria Leiva, Workshop and Family Resources Facilitator  
Veronica Solano, Family Resource Center Director

# OUR MISSION

The Jeffrey Foundation is to improve the quality of life for children with special needs and their families through community-based therapeutic, educational, recreational, and counseling programs.

**The Jeffrey Foundation  
serving children with special  
needs and their families since  
1972**

**Alyce Morris Winston,  
President/Founder**





**The JEFFREY FOUNDATION**  
*Serving Special Needs Children and Their Families Since 1972*

5443 W Washington Blvd.,

Los Angeles, CA 90016

Ph: 323-965-7536

Fax: 323-939-2348

[www.thejeffreyfoundation.org](http://www.thejeffreyfoundation.org)

# After School/Community Integration Program

**Ratio child to staff ratio can be anywhere from 4:1 to 8:1**

- (14 yrs. –22 yrs.): M-F, 2 PM– 5:30 PM
- Extended Days, 7:30 AM – 5:30 PM
- Vendor # HX0102
- After School - Program (Ages 14-22)
- Socialization Training & Community Integration Program

## Community Integration (Ages 14-22)

The Foundation's current program targets the maturing needs of teenagers by helping them enter adulthood with as many options open to them as possible. Life skills activities include computer instruction, Internet usage, and database entry.

Social activities focus on interpersonal skills, gender relations, good grooming, and appropriate social behavior. Just like all teenagers, special needs teenagers go through significant life changes during their high school years. By preparing special needs teens for adulthood, the Jeffrey Foundation gives them an important advantage toward fulfilling their potential.

Success rates for the families we serve are also significant, with an overall goal completion rate of 85%. Children in our programs achieve a 40-60% improvement overall in skill levels.













# Parenting Workshops-English



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



## Los Angeles County Mental Health Promoters and The Jeffrey Foundation

Together provide support to our community with educational and emotional well-being workshops:

- 05/29/2024 The Emotional Well-Being and Stress
- 06/05/2024 Mental Health and Stigma Changing the Story
- 06/12/2024 Awareness, Treatment and Recovery for Depression
- 06/26/2024 Grief, Loss, and Resilience
- 07/03/2024 Understanding Anxiety Disorders
- 07/10/2024 Family Violence, Awareness, Prevention and Resilience
- 07/17/2024 Addiction and Mental Wellness
- 07/24/2024 Suicide Awareness, Prevention and Resilience.
- 07/31/2024 Child Abuse Prevention and Resilience
- 08/07/2024 Childhood Disorders: Neuro-Developmental
- 08/14/2024 Understanding Childhood Behaviors and Other Disorders
- 08/21/2024 Bullying Prevention: Kindness, Acceptance, and Inclusion
- 08/28/2024 Immigration Adaptation and Resilience **(IN PERSON)**

**Via Zoom**

**TIME: 10:00 AM - 12:00 PM**

**Join Zoom Meeting ID: 837 2816 0954**

**Passcode: 735781**



**Connect**

**Learn**

**Inform yourself**

**Great your support  
network**

**Be Resilient**

**Service area 4  
Mental Health  
Promoters**

**(323) 965-7536**



**The JEFFREY FOUNDATION**  
Serving Special Needs Children and Their Families Since 1972



# Parenting Workshops-Spanish



LOS ANGELES COUNTY  
DEPARTMENT OF  
MENTAL HEALTH  
hope. recovery. wellbeing.



Las Promotoras del Departamento de Salud y  
La Fundación Jeffrey

Brindan apoyo a la comunidad, y te invitan a aprender sobre el bienestar emocional en los siguientes talleres:

05/29/2024 Bienestar Emocional y Estrés  
06/05/2024 Salud Mental y Estigma  
06/12/2024 Concientización, Tratamiento y Recuperación de la Depresión  
06/26/2024 Perdida y Duelo  
07/03/2024 Trastorno de Ansiedad  
07/10/2024 Violencia Familiar, concientización, Prevención y Resiliencia  
07/17/2024 Adicción y Bienestar Mental  
07/24/2024 Concientización sobre el Suicidio Prevención y Resiliencia  
07/31/2024 Prevención Abuso Infantil y Resiliencia  
08/07/2024 Trastornos de Neuro-Desarrollo  
08/14/2024 Comprendiendo los Comportamientos y Trastornos de Menores  
08/21/2024 Prevención Acoso: Amabilidad, Aceptación e Inclusión  
08/28/2024 Inmigración, Adaptación y Resiliencia **(EN PERSONA)**



Via Zoom

Hora: 2:00-4:00 PM

ID de reunión: 817 8264 1597

Contraseña: 664762



**Conéctate**

**Aprende**

**Infórmate**

**Crea tu red de apoyo**

**Se Resiliente**

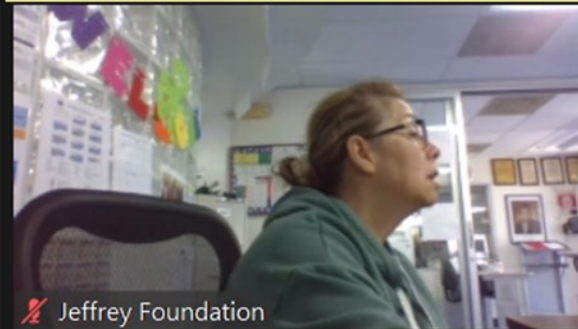
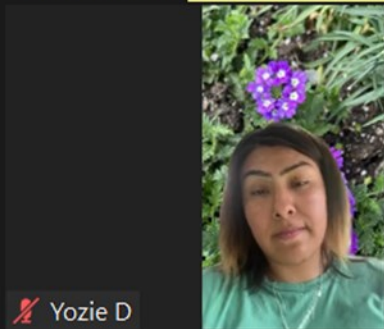
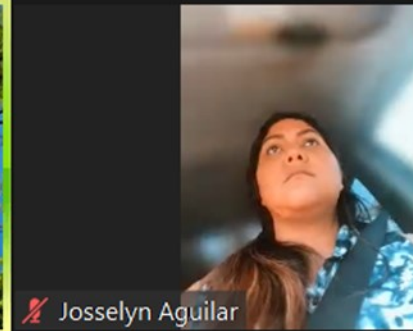
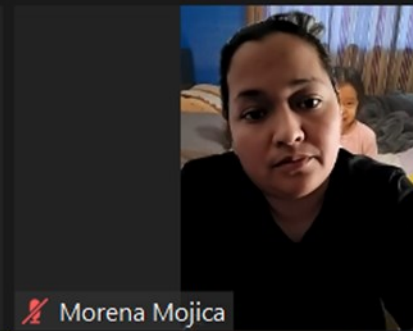
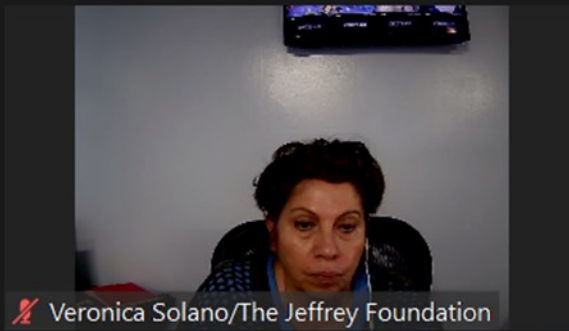
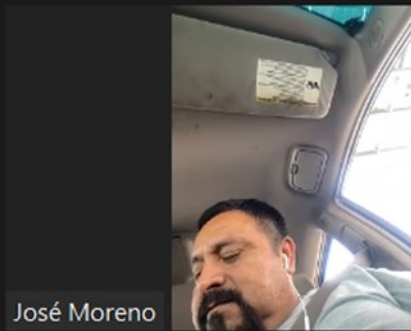
**Promotoras de Salud  
Mental del Área de  
Servicio 4**

**(323) 965-7536**



**The JEFFREY FOUNDATION**  
Serving Special Needs Children and Their Families Since 1972

# Classes via zoom



Luis Villalvazo

Luis Villalvazo



Fabiola Orellana



# **Last class - inperson**





# Last class - inperson



## LETTER TO MY SELF/ CARTA PARA MI MISMO

### 1. How I was before the training:/Como era yo antes de tomar el entrenamiento.

Before training I was confused, lost and a mental mess. Everytime I fight for life's greatness I think why I'm getting the worst until, I see and or speak to someone who's going through the worst. I then, find the strength to pick myself up and keep going. Being stronger than what I was before old and with training a new way for a better position.

### 2. What have I learned about Parenting/Que aprendi acerca de ser un mejor padre.

I learned different ways, activities and development strategies to create a better outcome. Encouraging, motivating with effective results warrant the strength in a healthy mental state to be consistent effective and open to many new ways by achieving success will always render a health happy life!

### 3. How I will implement it with my children from today until six months:/ Como lo implementare de hoy has seis meses.

Having:  
Self Care, Authority figure Mentors, Strong support system, ongoing parenting extended help, effective fun activities, being compassionate/soft and calm whenever I'm guiding & teaching etc. my daughter.

## **LETTER TO MY SELF/ CARTA PARA MI MISMO**

### **1. How I was before the training:/Como era yo antes de tomar el entrenamiento.**

I was always the type of mom that wanted to spoil my kids I would give or do anything to make them happy. My kids were not well behaved they ~~became~~ and ~~became~~ became disobedient as a result.

### **2. What have I learned about Parenting/Que aprendi acerca de ser un mejor padre.**

I not only learned about healthy boundaries and discipline but also learned that it is also important to take care of your own wellness as well I learned that our wellness plays a big part in how we deal with our problems and our children as well.

### **3. How I will implement it with my children from today until six months:/ Como lo implementare de hoy has seis meses.**

First off practice new ways of wellness to keep myself emotionally stable, two set healthy boundaries for myself and my kids find more appropriate and effective forms of discipline and lastly spend more quality time with my kids be more involved build a healthy routine for them.



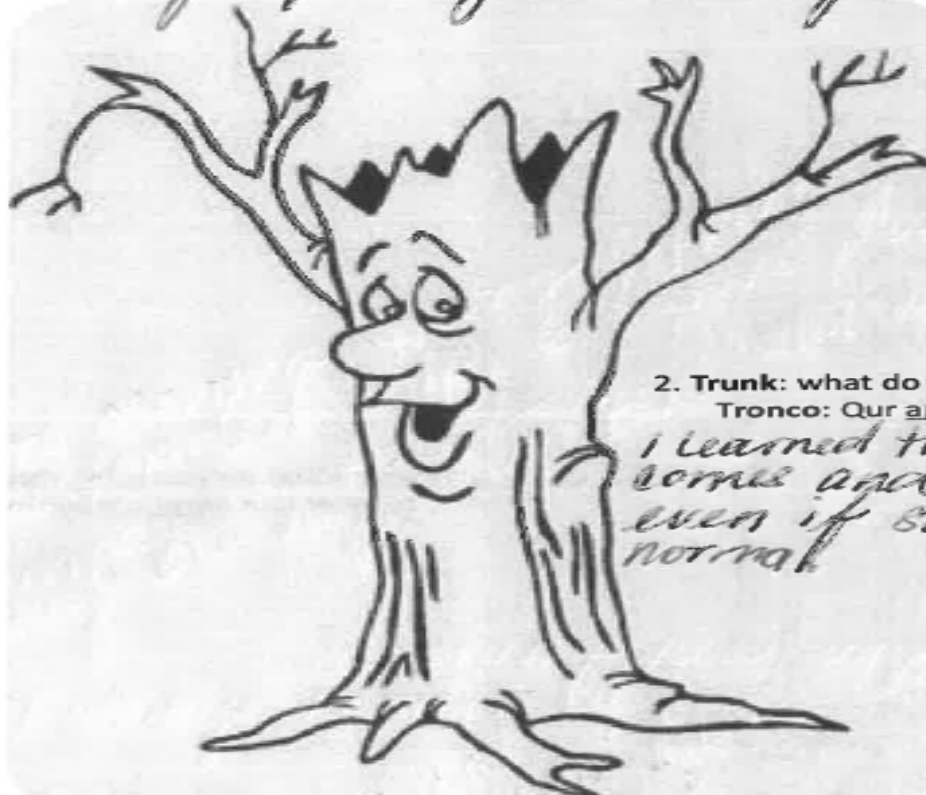
Closure of Mental Health Workshops/Instructions  
Cierre de los talleres de Promotoras de Salud Mental /Instrucciones

Please complete the tree picture below (root, branches, leaves & fruits) and answer the questions  
Por favor complete el dibujo del árbol (raíz, ramas, hojas y frutos) y conteste las preguntas de abajo  
hacia arriba

4. **Fruit:** what do you have or will practice about what you learn?

**Frutos:** Que ha puesto o va a practicar de lo aprendido?

3- **Branches/leaves:** What do you think now about mental health? *i think now i can relate,*  
**Ramas/Hojas:** Qué piensa hoy sobre la salud mental? *have more patients for,*  
*share and help others who are struggling to find their*  
*way in a healthy safe way while living for their beautiful life.*



2. **Trunk:** what do you learn about mental health?

**Tronco:** Qué aprendió sobre salud mental

*i learned that mental health*  
*comes and looks many ways*  
*even if someone looks totally*  
*normal*

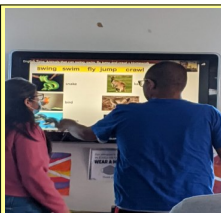
*i want to understand mental health on many levels!*  
*most people with mental health are not normal and have to have alot*  
*of patients from someone who wants the illusion for a check!*  
1- **Roots:** What was your prior thoughts about (myths) about mental health  
**Raíces:** Cuales eran sus ideas (mitos) antes sobre salud mental?



# Celebrating our 52nd Anniversary







## **The Jeffrey Foundation/Special Child USA & Family Resource Center**

5443 W Washington Blvd, Los Angeles CA 90016  
Telephone : 323-965-7536 [www.thejeffreyfoundation.org](http://www.thejeffreyfoundation.org)



**Support Groups**  
**Virtual**  
**Tuesday- twice**  
**a month**  
**6:00-7:30pm**  
**English/Spanish**

**Case Management**  
**Assisting families to**  
**obtain services**  
**M-F 8:00am-5:00pm**

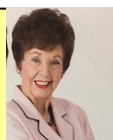
**After School Program**  
**in person**  
**High School Ages 14 - 22 yrs**  
**M-F 12:00-5:30pm**  
**Extended Days 8:00am-5:30pm**



The Jeffrey Foundation is to improve the quality of life for children with special needs and their families through community-based therapeutic, educational, recreational, and counseling programs.

**Parent Training**  
**Classes-Virtual**  
**Every Wednesday**  
**10:00am-12:00pm**  
**English**  
**2:00pm to 4:00pm**  
**Spanish**  
**In collaboration with**  
**Department of Mental**  
**Health-DMH**

**Referral Information**  
**System in collaboration**  
**with other agencies in**  
**the community**  
**assisting how to access**  
**available resources**  
**in LAUSD and others**  
**M-F 8:00am-5:00pm**



**The Jeffrey Foundation, serving children with special needs and their families since 1972**

Alyce Morris Winston, President/Founder



## The Jeffrey Foundation/Special Child USA & Family Resource Center

5443 W. Washington Boulevard, Los Angeles, LA 90016 (323) 965-7536 Fax (323)939-2348

### WHO ARE WE?

The Jeffrey Foundation is a non-profit organization that strives to improve the quality of life for special needs children and their families through the development of community-based therapeutic, recreational, educational, and social programs. We are currently celebrating our 52<sup>nd</sup> year in Los Angeles.

### OUR VISION:

The Jeffrey Foundation envisions a society where children with special needs and their families could reach their full potential, achieve a sense of empowerment, and be engaged members of their community.

**OUR MISSION STATEMENT:** is to provide access information for a high-quality, community based, therapeutic, educational, recreational and social services to children with special needs and their families to improve their quality of life, reaching out to them in our local community and expanding to all over the country.

### HOURS OF SERVICE:

**Monday-Friday 8:00am-5:30pm**



### HOW DID WE GET STARTED?

In 1972, in response to an urgent need, our Founder and President, Alyce Morris Winston, opened the first day care center for children with special needs in Los Angeles County and named it for her son Jeffrey, a victim of muscular dystrophy. Since that time, we have expended the scope of our services and today, the agency provides such a wide range of services for children with special needs and/or at-risk and their families.

**WHAT ARE OUR SERVICES?** The Jeffrey Foundation/Special Child USA now operates from our Family Resource Center. We assist families navigate the comprehensive and individualized Regional Center and School District systems to obtain the specific services you and your child require and are entitled to have. With our 50 years of experience, we are well versed in this process and will successfully support and advocate on the behalf of the parent/caregiver and the child.

**WHO ARE THE PEOPLE WE SERVE?** The Jeffrey Foundation serves families in Los Angeles County, who need to find an after-school program for their child in High School ages 14 to 22 years. For all ages that need information about how the Regional Center System and Los Angeles School district work to obtain and have and access resources in the community.

The families participating in our Parenting Program and Support Groups, have children with special needs and/or at risk, that are looking to obtain education about raising a child with developmental challenges, some cases of a single working mother, one special child and two brothers or sisters, foster parent or families in shelters, who are victims of domestic violence and are in need of resources or are referred by Los Angeles Department of Children Services (DCFS) due to are ongoing case and need to be in compliance about parenting education. No matter what the challenge a child or the family faces, The Jeffrey Foundation is dedicated to helping all children reach their highest potential, supporting the development of a healthy family environment, and helping parents cope with the constant strain of caring for a child with special needs.