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E-Communiqué

November 25, 2025



December 2nd is Giving Tuesday!

Your Support Helps Nevada PEP Change Lives



This Thanksgiving season, we celebrate the strength, resilience, and generosity of our community. At Nevada PEP, we are thankful for the families, supporters, and partners who make our work possible. As Giving Tuesday approaches, we invite you to join us in turning gratitude into action— Your support helps provide vital programs, resources, and services that strengthen families. Give thanks, give back, and make a difference today! [DONATE HERE!](#)



Staying Positive Helps

Thinking negatively can drag down our moods, our actions and even our health. Experts say it's worthwhile—and possible—to learn how to think more positively. For more information on staying and thinking positive. [Click Here to Learn More](#). Join the Families SHARE Facebook group! Connect with other PEP families and exchange tools that help you reduce stress, stay hopeful, and build resilience. Join [Here](#) today.

New Information about Nevada Medicaid

Nevada Medicaid is expanding managed care statewide starting January 1, 2026. This will give families statewide access to coordinated health plans with extra benefits. To help you understand these changes, [Nevada Medicaid has released a helpful FAQ guide](#) that explains how to choose a plan, what to expect if you're assigned one, and how to keep your current providers. Here is a more information on [How to Pick a Health Plan](#). Make sure to update your address if you or your children are enrolled in Medicaid and watch your mail in October and December for more information.



What is the Center for Independent Living?

Centers for independent living (CILs) are private, nonprofit corporations that provide services to maximize the independence of individuals with disabilities and the accessibility of the communities they live in. According to the National Center on Independent Living, CIL's serve all ages. CIL's work one-on-one with individuals to help them achieve their independent living goals, services are provided free of charge. There is a Center for Independent Living in [Southern](#)

and [Northern](#) Nevada. Nevada CIL's offers a wide range of services designed to promote independence and self-direction, including:

- **Peer Support** – connecting people with mentors who understand their journey.
- **Information and Referral** – guiding individuals to community programs, benefits, and resources.
- **Independent Living Skills Training** – helping individuals build skills for everyday life.
- **Transition Services** – supporting youth and adults as they move toward greater independence.
- **Advocacy** – ensuring disability rights are protected and voices are heard.

Dyslexia, Dysgraphia & Dyscalculia

Helping Kids with Learning Disorders Thrive

Over 2 million students in the United States have [learning disabilities and differences](#). There are many strategies and tools that can be used at home and at school to support them. Here are some [school accommodations that may help](#) children learn.

UPCOMING WEBINARS **LIVE** **ONLINE**



Great opportunities to increase your advocacy skills and improve education opportunities for your child. Register for these informative FREE trainings.

- Presented by Nevada PEP

Desarrollo del IEP Para Satisfacer Las Necesidades de su Hijo

martes, 25 de noviembre

5:00 – 6:00pm

Únase a nosotros para conversar sobre la educación especial y los pasos a seguir en las reuniones de IEP, incluyendo la manera en que los padres pueden colaborar con el equipo y participar activamente en el

Developing the IEP to Meet Your Child's Needs

Thursday, December 4

5:00 – 6:00pm

Join us as we discuss special education and the IEP meeting process, including how parents can partner and actively participate in the development of their child's individualized education program.

desarrollo del programa de educación individualizado de su hijo.

REGISTER NOW >

Six Tips that Turn No's Into Yes's!

Tuesday, December 2

5:00 – 6:00pm

Are you tired of being told “No” when trying to get help for your child? You are the expert on your child, and you understand your child’s needs best. Learn how to get the needed supports and services with these six amazing strategies!

REGISTER NOW >

REGISTER NOW >

Student Led IEP's

Monday, December 8

5:00 – 6:00pm

Join Youth MOVE Nevada to learn how youth can participate in their own IEP meetings. Both youth and parents will learn ways that youth can strengthen their advocacy skills as they work with their IEP team in creating an Individualized Education Program.

REGISTER NOW >

Looking for more convenient times? Did you know our Free On Demand webinars are always available 24/7 in English and Spanish [click here](#).

10 Tips to Take Care of Yourself During the Holidays

[The American Psychological Association reports](#) that nearly nine in 10 Americans are stressed or feeling overwhelmed this holiday season. When we're stressed, we need to be sure we are coping with it in the best ways possible. When stress gets the best of us, we may turn to less healthy means of coping. Here are some ways to [make the season less stressful](#) and more fun.



The Effects of Bullying

Getting bullied is a traumatic experience. It can reduce self-esteem, leaves kids feeling depressed and anxious, and can have long-lasting effects. This article has [tips for parents](#) if their child is getting bullied. Check out the [effects of bullying tip sheet](#). [#SafeAllies](#) offers free three-part on-demand training on

What is Bullying, Bystanders and Bullying Laws. Check out [these informative training courses](#) at your convenience.

Traveling During the Holidays

The holidays are a time of celebration with family and friends. However, sometimes the journey to and from a holiday destination can be hectic at this time of year, especially with children. And for parents of children with special needs, the stress of travel can be heightened. Here are some [practical tips for parents](#) traveling with a special needs child that can help smooth the process and ensure a safe and comfortable journey during the holidays. If you are flying [TSA Cares](#) provides information on security procedures aimed to help passengers with disabilities, medical conditions and individuals needing additional assistance to better prepare for the security screening process.



Early Childhood



Humor in Reading

Young children find humor in ridiculous situations, silly rhymes, and word plays. They use their thinking skills and draw on their knowledge and experiences to get the joke. Children need to understand why a situation is absurd before they can find it funny! Sharing a joke is a great way to strengthen family ties. Here are some [fun books](#) and activities that you and your child can share and laugh together. Reading stories filled with humor creates positive, joyful moments that also help strengthen early reading skills.

Screen Time and Children

With screens virtually everywhere, monitoring a child's screen time can be challenging. To complicate matters, some screen time can be educational and support children's social development. So how do you manage your child's screen time? Here's [tips](#) your child's use of screens and media.

Coloring Games: Color & Paint

Coloring Games is a bright, cheerful art app that lets kids dive into painting, doodling, and creating with just a few taps. With fun modes like paint-by-number, glow art, and free-drawing, there's always something exciting



to explore. Kids can unleash their imagination while enjoying simple, playful tools made just for them. It's a creative, colorful adventure the whole family will love jumping into!



APP COMPANY: [RV AppStudios](#)

Suicide Proofing Your Home

Many youth today are struggling with their mental health, such as depression. According to the Nevada Coalition for Suicide Prevention suicide is the first leading cause of death for Nevadans ages 12-19 and second leading cause of death for ages 20-44. In these stressful times, parents might want to think about Suicide Proofing their home. This brochure is in [English](#) and [Spanish](#) which offers tips and ideas for keeping your family safe.

Military-Connected Children News

What is Secondary Dependency?

Did you know that the adult-aged child of an active duty or retired service member may qualify to retain their military medical benefits and other base privileges after age 21 if they meet the following criteria? For more information click [here](#).

Youth MOVE Nevada Update

October was Bullying Prevention Month, and here at Youth MOVE Nevada we focused on increasing awareness through spreading kindness and creativity state-wide! In addition to distributing bullying prevention activity books to local high-schools and youth serving organizations, our "Kindness Looks Good on You" Poster Contest addresses themes of kindness and bullying prevention.



Out of all the incredible posters we received, we are thrilled to announce our contest winners, those receiving the most votes, as Madeline Fisher (1st place), Juju Sandoval (2nd place) and Brooklyn Irish (3rd place)! We want to thank everyone who participated in our contest, and we encourage all youth to continue spreading kindness every day. To learn more about [Youth MOVE Nevada](#) and any upcoming contests, give us a follow us on [Instagram](#), [Facebook](#), and [X](#) or check out our [podcast!](#)

How to Practice Gratitude

Gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits. When you experience gratitude, you feel grateful for something or someone in your life and respond with feelings of kindness, warmth, and other forms of generosity. Learn more about the [different types of gratitude and how to practice gratitude](#).

PLANNING FOR THE FUTURE

Social media can be a powerful way for youth and young adults to connect, share, and find support. It can also bring challenges like comparison, cyberbullying, and pressure to present a “perfect” life. Instead of avoiding social media altogether, it’s important to understand its impact and [learn healthy ways to engage online](#). Developing healthy social media habits such as setting time limits, following positive or uplifting accounts, and checking in with yourself about how you are feeling while scrolling can transform social media into a tool for connection instead of a stressor.

Statewide Family Network News

Families’ lived experiences are powerful tools for creating meaningful change. When parents share their stories, they help decision-makers understand what works, and what doesn't work, for children and families. Your voice can influence policies, programs, and services that impact children’s mental health across Nevada. Nevada PEP is committed to ensuring that parent and family voices are heard at the system level. We can help you find the right opportunity to [share your story](#) in a way that makes a difference. One way to get involved is by attending [public meetings](#) where decisions about children’s services are made. If you’d like support in preparing or identifying opportunities to share your story, contact your Nevada PEP representative.

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