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E-Communiqué



January 26, 2026

What Help is Available Through Care Solace?

Care Solace is a free mental health resource for students, families, and staff offering 24/7 support to connect them with local mental health providers and resources for issues like anxiety, stress, and depression. Care Solace connects users with vetted local mental health providers for in-person or virtual therapy. Parents should contact their school counselor or visit the [Care Solace website](#) for more information on how to connect with services.



Wellness Toolkits

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use our

wellness toolkits to find ways to improve your well-being in any area you'd like. [Click Here to Learn More.](#)

Learn About School Health?

The School Health Access (SHA) resource center is a simple, easy to use website where families can find clear information about school health services. It shows what services are available, who can get them, and how they work. SHA makes it easier for students, especially those on Medicaid or CHIP, to get medical and mental health care during the school day. By bringing services like screenings, nursing support, and therapy into schools, students can stay healthy, supported, and ready to learn and grow. Visit the [SHA resource center](#) for more information.



Protection & Advocacy and Legal Aid Centers

[The Protection and Advocacy \(P&A\) System and Client Assistance Program \(CAP\)](#) is part of a nationwide network of congressionally mandated legally based disability rights agencies. A P&A/CAP agency exists in every U.S. state and territory. Nevada has a Protection and Advocacy group that is known as Nevada Disability Law and Advocacy Center (NDALC). This statewide center is a private non-profit organization that serves as Nevada's federally mandated protection and advocacy system for human, legal, and service rights for individuals with disabilities. To learn more, visit [NDALC](#). [Legal Aid of Southern Nevada](#) is a private, nonprofit, public interest law firm dedicated to providing free legal advice, advocacy, and representation to low-income residents of Southern Nevada. [Northern Nevada Legal Aid](#) is available for families in Washoe County, and rural northern Nevada counties. Another option for families is [Nevada Legal Services](#) which provides free legal services to low-income Nevadans, for more information click [HERE](#). Nevada Legal Services can help if your child has been denied services or an IEP.

Make Bullying Stop: SafeVoice Can Help

The [SafeVoice](#) program provides students a safe place to submit tips concerning their own safety or that of others. A fully trained professional team of experts responds in an appropriate manner 24/7/365. Tips always stay anonymous. Watch the [video](#). Make a report [here](#). Learn about the reporting and investigating process in both [English](#) and [Spanish](#). Download the SafeVoice Nevada app on the Apple Store or Google Play.

UPCOMING WEBINARS



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

- Presented by Nevada PEP

Developing the IEP to Meet Your Child's Needs

Monday, January 26

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.

[REGISTER NOW >](#)

Developing the IEP to Meet Your Child's Needs

Tuesday, February 3

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.

[REGISTER NOW >](#)

¡Seis Consejos que Convierten un no en un sí!

Tuesday, January 27

5:00 – 6:00pm

¿Está cansado de que le digan "No"? Usted es el experto en su hijo y usted sabe las necesidades de su hijo y usted sabe las necesidades de su hijo. Aprenda cómo conseguirlo con estas seis estrategias de increíbles!

Behavior & Discipline in Schools

Thursday, February 5

5:00 – 6:00pm

Participants will learn the components of the discipline process under IDEA and gain strategies that can help children with their behavior. Understanding supports, policies, and Nevada's laws will give participants information on how to help children reach success.

REGISTER NOW



Take Steps to Stop Bullying

Thursday, January 29

5:00 – 6:00pm

If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

REGISTER NOW



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

Monday, February 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

Monday, February 9

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



Take Steps to Stop Bullying

Tuesday, February 10

5:00 – 6:00pm

If you are concerned about bullying, this workshop is for you! Join us as we discuss what bullying is, what to do if your child is being bullied, and what to expect after a report of bullying is made.

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](#).

Dispute Resolution

The Center for Appropriate Dispute Resolution in Special Education developed [these videos](#) to help explain special education dispute resolution options - mediation and IEP Facilitation. If you need individual assistance, our Specialists can help! You can reach out for support using our [Get Help](#) page or by calling 1-800-216-5188. This resource is a [Quick Guide to the Dispute Resolution Process](#).

#SAFE ALLIES



Bullying and Trauma

Bullying can have lasting impacts on everyone involved: the person being bullied; bystanders who witness the bullying; and the person who bullies others. In fact, [bullying is considered an Adverse Childhood Experience \(ACE\)](#). ACEs are potentially traumatic events that can have negative, lasting effects on a person's development. [Research](#) has shown that children reporting more ACEs may be more likely to exhibit bullying behavior. Read more [HERE](#) about bullying and trauma.

IEPs and 504 Plans: A Guide for Parents

As a parent, you know your child best. If you have concerns about how your child talks, acts, moves, plays or learns, don't wait. Acting early can make a huge difference in your child's success in school and life. The following [information](#) can help you get the support your child needs. Nevada PEP offers free trainings on various special education topics, check out our [On-Demand trainings](#) or reach out to Nevada PEP for more help.



Early Childhood



The Importance of Reading

Reading is a crucial skill for children. Developing literacy skills at a young age is important for life-long success. Reading develops critical thinking skills, improves memory, analytical skills, builds confidence, and so much more! To learn more about helping your child with reading you can watch our Webinar: [How Is My Child Reading?](#), listen to our Podcast: [Improving Your Child's Reading](#), this article offers great strategies: [Effective Reading Interventions for Kids with Learning Disabilities](#).

The Power of a Positive Classroom

Students spend most of their school day in classrooms, so what happens there matters a lot. Positive classroom practices help create welcoming learning spaces, support teacher well-being, and help students grow socially and

emotionally. When these practices are part of a school-wide PBIS approach schools are better able to support all students. Learn more about [classroom PBIS](#).

How We Feel

How We Feel is a free app that helps you understand your emotions and find simple ways to feel better in the moment. It makes it easier to notice patterns, manage stress, and build stronger connections with the people you care about. Designed to be supportive, private, and easy to use for everyone.



APP COMPANY: [How We Feel](#)

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

Developing Positive Coping Strategies

Military-connected families are a highly mobile population that experiences unpredictability and frequent changes. Effective coping strategies can assist our children in navigating those challenges and acquiring critical life skills. Learn more [HERE](#).

Youth MOVE Nevada Update

It's a new year and there's no better way to start it than by shining a light on rural youth mental health. In our newest [podcast episode](#), hear directly from a young person about the barriers they face, the solutions they see, and how all of us can get involved. Our weekly [youth-led meetings](#), open to young people ages 14–24, are a great place to start the year feeling connected, supported, and heard. Don't forget to follow us on [Instagram](#), [Facebook](#), and [X](#) to stay connected!



Tips for Communicating with Your Teen

Sometimes the teenage years can be challenging for both parents and kids. Keeping an open line of communication is important. For many parents, figuring out how to talk to teenagers without starting an argument can feel like a daily challenge. This resource provides nine tips in both [English](#) and [Spanish](#) that may be helpful for parents.

PLANNING FOR THE FUTURE

An IEP meeting isn't just about school; it's a chance for the IEP team to think about the future and support the youth to build the skills they'll need as adults. When [youth participate in their own meetings](#), they learn to speak up for themselves, make decisions, and build the confidence they need to thrive in adulthood. To guide these conversations, check out our [Catch Your Dream resource](#) which helps families and youth explore future goals before an IEP meeting.

Statewide Family Network News

Family voice is powerful. When parents speak up, systems change. [Children's Advocacy Alliance](#) is hosting a [new training program for parents](#) who want to become involved in advocating for early childhood education. The program is now enrolling parents who want to learn how the legislature works, how to meet with elected officials, and how to share their stories in ways that create real impact. No experience is needed, just a willingness to show up and speak from

the heart. To learn more about how to share your experiences to improve child serving systems contact Carley Murray, Statewide Family Network Director, at cmurray@nvpep.org.



Support Nevada PEP at Smith's

Helping Nevada PEP is easy! Simply enroll your rewards card by going to [Smith's Inspiring Donations](#). Once you're successfully enrolled, choose Nevada PEP as your organization of choice. A portion of your purchase will be donated from Smith's. (Does not affect your normal Smith's card rewards!)

Support Nevada PEP with a recurring donation!

Help our organization by donating today! All donations go directly to making a difference for our cause.



Donate Now >



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Statewide:
Toll-Free (800) 216-5188
www.nvpep.org

7211 W. Charleston Blvd.
Las Vegas, NV 89117
p: 702-388-8899
f: 702-388-2966

4600 Kietzke Lane, Suite I-202

Reno, NV 89502

p: 775-448-9950

f: 775-448-9603

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