



VOLUME 2 • ISSUE 10

JAN 2024

ACCESS

Newsletter

INLAND REGIONAL CENTER



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Monica Munguia

Manager - Community Engagement

✉ community@inlandrc.org



Estefania (Fania) Pena

Deaf and Hard-of-Hearing Cultural Specialist



Maria Isabel (Mari) Rodriguez

Cultural Specialist



Marquis Quinton

Emergency Services Coordinator (ESC)

Meet the Community Engagement Team



Ismeth Estrada

Consumer Support Technician I (CST I)



Gregory Harrison

Consumer Advocate



Stephen Donahue

Consumer Advocate



Tanialee Sanchez

Events Developer Outreach Specialist



George Gonzalez

Consumer Support Technician III (CST III)

Meet the Community Engagement Team



Martín Morales

Language Access and Cultural Competency (LACC) Specialist



Janera Valdez

LACC Bi-Lingual Consumer Service Technician (CST) III



Amalia Barcelo-Huizar

LACC Parent Ambassador – Spanish Riverside County



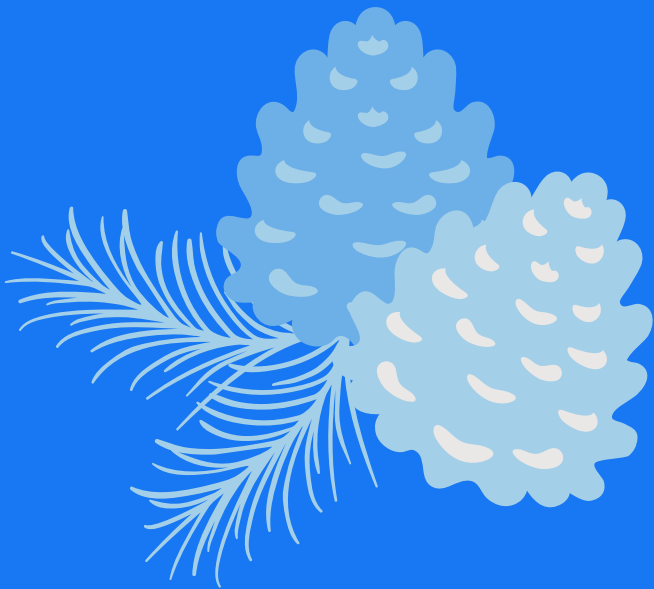
Steven Serrano Yopez

Community Relations Specialist



Charles (Chuck) Mason

ASL Facilitator



Editor's Note

Embracing Winter Wellness

BY COMMUNITY ENGAGEMENT

As Martin Luther King Jr. once said, "Take the first step in faith. You don't have to see the whole staircase; just take the first step." As we begin the new year of 2024, IRC remains committed to supporting our IRC Clients with the need to address and improve our service, equity, and accessibility to them.

In this edition of our January newsletter, IRC would like to focus on the theme of winter wellness, highlighting the importance of safety reminders during this cold winter season and encouraging ways to be active through our fitness activities or by attending one of our IRC trainings.

In our first blog, IRC focuses on a new partner known as "KID-FIT," which has launched a new video series of inclusive fitness and encourages families, IRC Clients and friends, and even staff to take the time and be active for a few minutes out of your day. The IRC then shifts to recap and review our present-day Enhanced Service Coordination Unit to provide an update on the unit's growth and impact on our IRC Clients. IRC closes off the newsletter by emphasizing the importance of active shooter training and emergency preparedness while keeping in mind accessibility to other communities, highlighted through our training for tribal engagement and training of these workshops for our Deaf and Hard-Hearing community.

Our goal in 2024 is to continue improving our service, equity, and accessibility. We encourage you, the reader, to reach out and provide us feedback or share ways to improve our organization. As staff reflects about the previous year, IRC has set new goals and events for the year 2024, where you can be part of the process of change and improvement for the whole organization. For any questions or concerns, or if you wish to provide feedback, please email us at community@inlandrc.org.



Kid Fit: Fun and Effective Ways to Exercise

By Community Engagement Unit

KID-FIT, with its roots dating back to 1991, has been a leading supporter of children's fitness nationwide and internationally, offering an onsite preschool physical education program. This program is designed to instill healthy lifestyle habits encompassing regular exercise, proper nutrition, and adequate rest—all wrapped in the joy of music, movement, and play. With the onset of the pandemic, in-person classes transitioned into livestream sessions, extending their reach globally to aid families and educators everywhere.

Recognizing the need for inclusive fitness activities, KID-FIT has launched a brand-new series tailored especially for students with disabilities. Drawing from nearly three decades of experience working with children aged 2-6, they've designed activities to engage and benefit children of varying abilities.

Through their nonprofit arm, The KID-FIT Preschool Health and Fitness Organization proudly presents a series of specially crafted fitness activities now available on their YouTube Channel. These activities cater to a broad age spectrum, extending beyond preschoolers to fit students with diverse needs.



Structured to cover seven important components of fitness, these activities target:

1. Warming Up: How to move safely before doing physically challenging activities.
2. Balance: Exercises to enhance balance using different body parts, bean bags, and varied positions.
3. Sports Skills: Introducing basic skills related to a variety of sports.
4. Aerobic Exercise: Moderately paced dances, games, and follow-along activities for cardiovascular heart health.
5. Strengthening: Exercises aimed at building muscle strength, aiding fat burning and mobility.
6. Safe Stretching: Techniques to stretch tight muscles, promoting improved flexibility.
7. Mindfulness Practice: Techniques to promote calmness, focus, and relaxation.

It's so important to offer effective fitness activities that are appealing to students with disabilities. The series offers repetitive, engaging exercises that can be performed in classroom settings, encouraging group participation, or at home, where parents can join in. Each video is equipped with closed captions in multiple languages for accessibility.

Discover these valuable resources on the KID-FIT YouTube Channel here:

<https://www.youtube.com/@kid-fitpreschoolhealthandf6843/videos> . A new activity is added weekly, encouraging a consistent exercise routine, which is crucial for overall well-being. Subscribe to receive notifications of new releases; all activities are free and available for repeated viewing.

Contact Information

The KID-FIT Preschool Health and Fitness Organization

Michele Silence

Email: michele@kid-fit.com

Phone Number: 626-848-2950

Address: 1403 Bloomdale St.

Duarte, CA 91010

Nonprofit tax ID# 26-3801038



Enhanced Service Coordination Unit

By Lilliana Garnica

In April of 2022, the Department of Developmental Services (DDS) required all regional centers in the state to implement Enhanced Service Coordination. The purpose of this unit is to provide Clients in underserved communities who have little to no services purchased by the regional center with focused support and increased service coordination.

The coordination of services is provided by uniquely trained Service Coordinators at a 1 to 40 service coordinator-to-consumer ratio. Enhanced Service Coordination includes the consideration of cultural, linguistic, systemic, and societal barriers through a service access and equity lens.

An additional and distinctive component of Enhanced Service Coordination is the informational modules. The topics covered in the informational modules are intended to provide tools to Clients and their families to help them navigate the various developmental disabilities services systems in the state of California. This component of Enhanced Service Coordination is accomplished by routine monthly, quarterly, and annual contact with Clients and their families during the time they are enrolled in the program.



To implement the DDS guidelines related to Enhanced Service Coordination, Inland Regional Center created a new team called the Enhanced Service Coordination Unit. The Unit is composed of one Program Manager, one Consumer Support Tech III, and 10 Enhanced Service Coordinators. In August of 2023, the hiring of this Unit was completed. The Enhanced Service Coordinators bring passion, dedication, and a wide range of valuable work experience to the families on their caseload.

The team's diverse professional background includes regional center early start, school age, and adult case management, Applied Behavior Analysis (ABA), parent partner support and advocacy, Therapeutic Behavior Specialist (TBS), mental health, the education of international students, housing authority, pre-school case management services, behavior modification day program, behavior modification residential facility, various specialties in healthcare, and experience working with students.

As of December 2023, the Enhanced Service Coordination Unit is managing 375 cases with the overall goal of serving a revolving cohort of 400 families. For any questions or to learn more about Enhanced Service Coordination, please reach out to Lilliana Garnica, Program Manager for the Enhanced Service Coordination Unit by email at Lgarnica@inlandrc.org or by phone at 909-890-4781.



Test Your Home. Protect Your Health.

JANUARY IS NATIONAL RADON ACTION MONTH

Taking Action for National Radon Awareness Month

United States Environmental Protection Agency (EPA)

As the EPA states, “You can’t see, smell or taste radon, but it could be at a dangerous level in your home.” Radon is the leading cause of lung cancer deaths among nonsmokers in America and claims the lives of about 21,000 Americans each year. The EPA and the U.S. Surgeon General urge all Americans to protect their health by testing their homes, schools, and other buildings for radon.

Radon exposure is a preventable health risk, and testing radon levels in your home can help prevent unnecessary exposure. If a high radon level is detected in your home, you can take steps to fix the problem to protect yourself and your family.

In the month of January, the EPA commits to take advocacy through campaigns known as the “Radon Leaders Saving Lives Campaign.” In this campaign, there are several resources offered at the national level to learn and take action in your local community on how to prevent death or sickness from radon; furthermore, advocate through conferences hosted by those within the industry and EPA. Moreover, the EPA offers, via its website, the ability to organize events within your own local community in partnership with the EPA to spread awareness and safety tips regarding radon.

JANUARY IS NATIONAL RADON ACTION MONTH

Test Your Home. Protect Your Health.

Radon is an invisible odorless and tasteless radioactive gas.

Radon is the 2nd leading cause of lung cancer.

It is the #1 cause of lung cancer in smokers.

Radon is responsible for about 21,000 deaths in America each year.

The only way you know you have it is to test for it.

#RADONAWARENESS

How Radon Gets into Your Home

Radon is the second leading cause of lung cancer in the U.S.

- Construction joints
- Cracks and cracks inside walls
- Sump pump
- Cracks in solid floors
- Gaps around service pipes
- Gaps in suspended floors
- Private wells and groundwater supplies*

* High radon levels in the water supply are more likely when the source is groundwater such as private wells or public water supply systems that use groundwater. Most public water supplies are treated from surface water (lakes, rivers, and reservoirs).

CDC | Test your home | Make repairs | Learn more: www.cdc.gov/radon/index.html

In order to spread awareness, the EPA states you can do these five things during National Radon Action Month:

- Test your home - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon. Testing is easy and inexpensive.
 - Learn more about testing your home, including how to obtain an easy-to-use test kit.
- Attend a National Radon Action Month event in your area - Look for radon events in your community.
- Spread the word
- Spend time during National Radon Action Month encouraging others to learn about radon and test their homes.
 - Tell your family and friends about the health risks of radon. Encourage them to test their homes.
 - Plan an activity in your community to help raise awareness.
 - Write an op-ed or letter to the editor using samples from the event planning resources.
 - Attract media attention by working with a local official to get a radon proclamation.
 - View EPA's free radon publications.
- Buy a radon-resistant home - Read more about radon-resistant new construction in "Building Radon Out: A Step-by-Step Guide to Build Radon-Resistant Homes" (PDF).
 - Build Green: It's Easy to Build New Homes Radon-Resistant ..." The good news is you can build your customers a safer, healthier, radon-resistant home. The techniques to prevent radon from entering a home are practical and straightforward for any builder. It's an inexpensive way to offer families a benefit that could reduce their risk of lung cancer. And it's a smart way to build trust between you and your customer." Fuad Reveiz, Member of the National Association of Home Builders

To learn about National Radon Action month, please visit <https://www.epa.gov/radon>.



Inland Regional Center and 24 hour Home Care Partner to Provide Disaster Preparedness and Active Shooter Training for Clients and Families

Community Engagement

Inland Regional Center (IRC) is proud to announce a collaborative effort with 24 Hour Home Care to enhance the safety and preparedness of our clients and their families. This partnership offered comprehensive Disaster Preparedness and Active Shooter Training to empower individuals with developmental disabilities and their loved ones with the knowledge and skills necessary to respond effectively in emergencies.

Disasters and unexpected emergencies can pose unique challenges for individuals with developmental disabilities and their families. This joint initiative aimed to ensure that everyone served by IRC has access to crucial information and training to protect their well-being and safety.

Key Training Program Details:

- **Disaster Preparedness:** This training program will cover essential topics such as emergency planning, communication strategies, assembling a disaster kit, evacuation procedures, and more. Participants received guidance on tailoring their preparedness plans to meet their unique needs.
- **Active Shooter Response:** In today's world, understanding how to respond to active shooter situations is vital. This training provided clients and their families with essential knowledge on recognizing and responding to such incidents, emphasizing safety and survival strategies.



“The safety and well-being of our clients and their families are paramount to us. By partnering with 24 Hour Home Care, we aim to empower individuals with developmental disabilities and their loved ones with the knowledge and skills needed to stay safe during emergencies,” said Monica Munguia, Program Manager of Community Engagement at Inland Regional Center.

The training session was facilitated by IRC Emergency Services Coordinator Marquis Quinton and Client Advocate Greg Harrison, both of whom are experienced professionals in disaster preparedness and safety, ensuring that participants receive the highest quality education and guidance. The session was attended by 80 clients, parents, and caregivers and offered in Spanish and American Sign Language (ASL).

About the Partners: The Inland Regional Center is a springboard to greater independence for people with developmental disabilities in the Inland Empire. We are a non-profit agency that has provided support to people with intellectual disabilities, autism, cerebral palsy, and epilepsy since 1972. Today, we provide case management and service coordination for more than 50,000 Clients in Riverside and San Bernardino counties. 24 Hour Home Care provides high-quality, customized, innovative, and professional caregiving services to individuals in need of complex care and people with developmental and physical disabilities, allowing them to continue full, active, and healthy lifestyles. Founded by David Allerby and Ryan Iwamoto in 2008, 24 Hour Home Care partners with Regional Centers across California, hiring approximately 12,000 caregivers and administrative staff.

For more information about the Disaster Preparedness and Active Shooter Training programs or to inquire about participation, please contact community@inlandrc.org.



"Recognizing Champions of Inclusion: IRC's Cultural Proficiency Employee Recognition Award Honors Those Who Make a Difference"

We are thrilled to unveil our first winner "Andrea Gonzalez" for the IRC Cultural Proficiency Employee Recognition Award, proudly sponsored by the Language Access and Cultural Competency (LACC) Team. This award aims to celebrate individuals who embody the spirit of equal access to services and make a significant difference in our Clients' lives.

We invite parents, vendors, Clients, and community partners to participate each month by nominating outstanding IRC team members for this important recognition. The Client and Parent Advisory Committee will select the winners, ensuring a fair and transparent process.

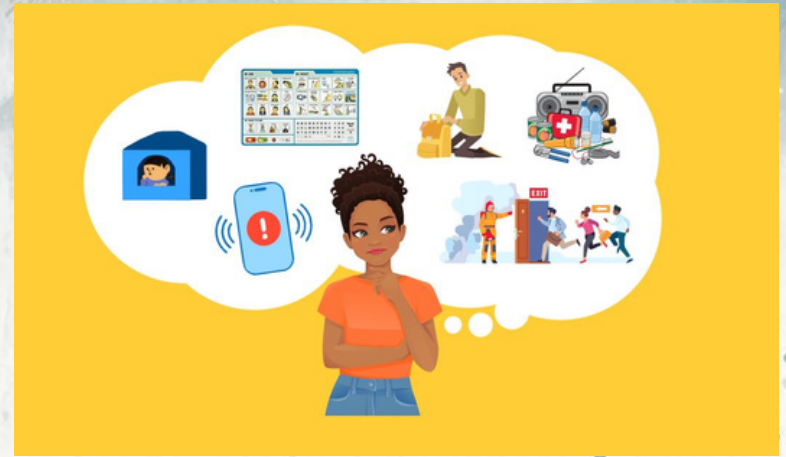
The monthly winners will receive a well-deserved gift card and a coveted chance to win the ultimate prize: the Annual IRC Cultural Proficiency Employee Recognition Award.

The grand prize will be awarded at the end of the Fiscal Year (FY), highlighting one exceptional individual within our agency who consistently surpasses expectations and dedicates themselves to improving the lives of our valued Clients. The lucky recipient will be rewarded with a special gift provided by the LACC Team.

Furthermore, we are delighted to announce that all nominees will be invited to an exclusive end-of-FY luncheon, where they can engage with a distinguished keynote speaker. This event promises to celebrate excellence, unity, and the profound impact we can create together.

We extend an enthusiastic call to the community, including Community-Based Organizations, vendors, parents, and Clients, to actively participate in this inspiring initiative. Nominate a deserving candidate on social media throughout the month of July, and let's recognize and celebrate those exceptional individuals who go above and beyond to make a difference.

Please do not hesitate to contact us if you have any questions or require further information. Let's celebrate the champions of equal access and cultural competency within the IRC family!



Inland Regional Center Hosts its First Disaster Preparedness Class for the Deaf and Hard-of-Hearing Community

Inland Regional Center, a leading organization committed to enhancing the quality of life for individuals with developmental disabilities, is proud to announce the launch of its first-ever American Sign Language (ASL) Disaster Preparedness Class. This groundbreaking initiative is designed to empower the Deaf and hard-of-hearing community by providing essential skills and knowledge to prepare for emergencies effectively.

Inland Regional Center recognizes the unique challenges faced by the Deaf and hard-of-hearing community during emergencies and disasters. Communication barriers can exacerbate already stressful situations. To address this critical issue, Inland Regional Center has developed an innovative program that focuses on enhancing the disaster preparedness and resilience of the Deaf and hard-of-hearing community.

Key Highlights of the ASL Disaster Preparedness Class:

- 1. Inclusive Curriculum:** The class is specifically tailored to accommodate the Deaf and Hard-of-Hearing population. All materials and instructions are presented in American Sign Language to ensure accessibility and understanding.
- 2. Comprehensive Training:** Participants will learn essential disaster preparedness skills, including emergency planning, communication strategies, and evacuation procedures.
- 3. Experienced Instructors:** The classes will be conducted by experienced ASL-fluent instructors with expertise in disaster preparedness and response.
- 4. Community Engagement:** Inland Regional Center aims to foster a sense of community and collaboration among participants, encouraging them to support one another during emergencies.



Dr. CJ Cook, Program Administrator of Community Engagement, said, “We believe that by equipping the Deaf and Hard-of-Hearing community with the knowledge and skills to respond to disasters effectively, we can enhance their safety and well-being during times of crisis. This initiative aligns with our mission to promote inclusion, independence, and autonomy for individuals with developmental disabilities.”

The inaugural ASL Disaster Preparedness Class was held on December 6, 2023, at the Inland Regionals Center’s conference building and hosted by IRCs Deaf and Hard-of-Hearing Specialist Estefania “Fania” Pena in collaboration with IRCs Emergency Services Coordinator Marquis Quinton and Client Advocates, Greg Harrison, and Stephen Donahue.

Inland Regional Center remains dedicated to fostering a more inclusive and prepared community. For media inquiries or additional information, please contact:
Monica Munguia, Manager of Community Engagement at community@inlandrc.org





The California Tribal Families Coalition Engagement Training

In December, Inland Regional Center staff participated in a tribal engagement training in collaboration with the California Tribal Families Coalition. The mission of the California Tribal Families with this training is to offer ways we can strengthen and improve or even set the foundation of relationships with tribal families with that of the regional center. Through this training IRC staff were offered a brief glimpse into the history of Native Americans within the state of California, and understood their sovereignty, governance, and the role of community engagement and communication with tribal families. In our training, we had two IRC staff members who provided their experience with the impact of this training on them.

Tascha Hill, Early Intervention Service Coordinator, states:

"Navigating the complexities of the historical relationship between tribes and the government proved to be a challenging yet essential exploration. The narrative of tribal trust, particularly with outsiders, unfolds with a profound understanding of their tumultuous history. Unveiling the disturbing chapter where Indian children were forcibly separated from their families and sent to boarding schools, with the aim of eradicating their language, culture, and familial ties, was a poignant and unsettling experience."

Despite the unsettling nature of this history, the discourse took a positive turn with the introduction of the Indian Child Welfare Act (ICWA). While acknowledging that ICWA isn't a comprehensive solution, it was heartening to learn that the United States recognized the injustice of removing children from their families. This acknowledgment, in itself, marks a step toward rectifying past wrongs. Understanding that trust must be earned from the Indian families served at IRC is crucial, given the frequency of deceit they have endured. The obligation to honor and respect their cultural practices becomes imperative. Recognizing the resilience of these communities and acknowledging the need for genuine efforts to bridge the trust gap emphasizes the importance of a thoughtful and respectful approach in serving the Indian families at IRC".



In training, IRC staff, along with the instructors, got various opportunities to engage with their groups, as a whole class, and even engage in asking questions with the instructors, such as having the conversation surrounding building culture humility when working with tribal families. This was one of the many topics discussed in this training.

Monique Jones, Early Intervention Services Coordinator, states her overall experience with allowing one to take this training, “Thank you for this opportunity to express how much I enjoyed the training yesterday. The training for me really hit home as I grew up in a rural area in Mississippi and could relate to the experiences of the Tribal Communities. I walked away with more knowledge and resources so that I could assist my potential Tribal Families better. I think it is important to note that we still have work to do with ensuring equality for all, but I am glad there are Coalitions like the California Tribal Families doing the work to bridge the gap and ensure these families are not left behind.”

IRC and its staff would like to thank the California tribal families coalition for their partnership in offering this training and look forward to patterning and expanding upon tribal engagement in the coming year.



Do you have a public event, conference, or resource you wish to reach a broader audience?

Send it our way and it may be featured in our digital calendar of events!



Check Out Our **GENERAL GUIDELINES**

1

Requests by outside agencies must be relevant to IRC

IRC's digital communications' primary function is to promote IRC's mission, message, and brand. Events or resources must be deemed relevant by IRC's Web Team and have approval from the Community Engagement Manager.

2

Send requests 30 days prior to the event

To ensure sufficient time for review, approval, and distribution, we only accept requests at least 30 days prior to the event's date.

3

Requests must be sent to community@inlandrc.org only

We only accept post requests through our Community Engagement Unit's email contact. Any requests sent through social media channels will not be accepted.

4

Make sure to include all details of the event/conference

Please make sure to include all relevant details of the event such as date, time, location, and contact information.

5

Send graphic/flyers in both English and Spanish

We ask for Spanish and English materials. All marketing material should be culturally sensitive and must promote inclusion of all ethnicities, race, and gender.

FOR MORE INFORMATION, CHECK OUR DIGITAL COMMUNICATION POLICY AT:

www.inlandrc.org/wp-content/uploads/2021/12/Digital-Communications-Policy-Update-2022.pdf



UPCOMING EVENTS

SCAN ME



DO YOU WANT TO STAY INFORMED ABOUT
UPCOMING EVENTS?

CHECK OUR DIGITAL CALENDAR!

www.inlandrc.org/calendar



WE WANT TO HEAR FROM YOU!

PURCHASE OF SERVICE - HOW IRC SPENDS MONEY ON PROGRAMS

Tell us about your experience with IRC services.
Help us better meet the needs of our clients and their families!
Share your input, suggestions, and ideas with us!

FEBRUARY 15, 2024 - 5:00 - 6:30 PM

English Session

**IRC Conference Center
1425 S. Waterman Avenue
San Bernardino, CA 92408**

Presented by the Inland Regional Center Community Engagement Team



BIPOC PARENTING WORKSHOP & PARENT ADVISORY COMMITTEE

Elevate Your Parenting Journey! Join our BIPOC Parenting Workshop & Advisory Committee. Break through barriers with breakthrough parenting, creating a safe space for sharing challenges. Dive into evidence-based strategies, minimizing frustrations and fostering empowerment. This event will be in-person at Inland Regional Center. Let's build satisfaction and break down barriers together!

DATE / TIMES

FOUR CONSECUTIVE SATURDAYS



Saturday, February 10, 2024
Saturday, February 17, 2024
Saturday, February 24, 2024
Saturday, March 2, 2024

10 AM - 1:00 PM

Location: 1425 S. Waterman, San Bernardino, CA



REGISTER NOW

<https://bipoc-parents-workshop-2024.eventbrite.com/>



Inland Regional Center

Focus Group Sessions

For IRC Purchase of Services 2022-2023



IRC and the Department of Developmental Services (DDS) gather information on how IRC funds client services on an annual basis. Join us for a virtual focus group to discuss the data and provide input.

www.inlandrc.org/live



January 17, 2024 • 5:30-7:00 PM English
(Vietnamese/Tagalog/Arabic/Chinese interpretation available*)

January 24, 2024 • 5:30-7:00 PM Spanish

January 31, 2024 • 5:30-7:00 PM ASL 

Meetings will be held in the primary language. If you need an interpreter, please email community@inlandrc.org at least 14 days prior to the event.

IRC★CAC

Coffee Night



ASL Interpretation
available upon request.

Monday, March 25, 2024

5:00 - 7:00 PM

LOCATED AT IRC'S COFFEE-N-MORE COFFEE SHOP!




CAC MEETING

Enjoy a fun night with
friends and help plan
upcoming CAC Activities!

IRC CONFERENCE CENTER

1425 S. Waterman Avenue
San Bernardino, CA 92408



IRC BOARD OF TRUSTEES HYBRID MEETING

This meeting will be hybrid (in person and online). In person location:

IRC Conference Building
Boardroom
1425 South Waterman Avenue
San Bernardino, CA, 92408

The live session can be found at:

inlandrc.org/live

Everyone is welcome to attend IRC board meetings. They are held on the second Monday of every odd month. **Public comments may be submitted prior to the event, using this online form**

<https://inlandrc.seamlessdocs.com/f/BoardComment>



Topics

Key issues relating to the agency and its services.

Organized by
IRC Board of
Trustees

**Monday,
March 11,
2024**

5 PM - 6 PM



DO YOU HAVE STORIES TO SHARE WITH US?

Contact us at community@inlandrc.org

INLAND REGIONAL CENTER, COMMUNITY ENGAGEMENT



 **W**HAT'S
YOUR
STORY?





Inland Regional Center

www.inlandrc.org



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Inland Regional Center

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