



BRIDGING HORIZONS 2026

DAY 2 BREAKOUT SESSION GUIDE

MORNING SESSIONS

Session snapshots to help you choose where to go.

*Stronger
Together
for an
Inclusive
Tomorrow*

🕒 10:00–11:00 AM

Room
2001

Finding Your Voice: Student and Parent Participation in the IEP and ITP

Alison Braness and Josie Garcia, Exceptional Parents Unlimited

Learn how students and families can build self-advocacy and participate confidently in planning meetings.

Room
2002

Staying Calm: Tools to Help You Feel In Control

Yenifer Gallegos-Mejia, YAI California START

Practice easy tools for staying calm, regulated, and in control.

Room
2003

Living Your Best Life! Your Goals, Your Independence, Your Way!

Michelle Guzman and Michelle Aldaz, KALOS Specialized Services

Explore ILS and wraparound supports that help people pursue independence and personal goals.

Room
2004

Understanding the Regional Center System

Josh Yang, CVRC and True Moua, The Fresno Center

A Hmong-language session explaining regional center services and how families can access support.

Room
2005

I Belong, We Belong – Train the Trainer Certification Training

Kourinthia Burton, Kings View

Learn the HCBS-based training curriculum and how to teach it to others.

Room
2008

Taking Care of My Body: Sexual Health and Hygiene

Veronica Magallanes, SCDD

Review body changes, hygiene, self-care, and healthy habits in an accessible format.

Room
2011

Navigating Self-Determination: Understanding the SDP Journey

Marlene Morales, DDS and Maria Klassen, CVRC

Get an overview of the Self-Determination Program and what the journey looks like.

Room
2012

From Idea to Airwaves: How to Create Your Own Podcast

Community Vocational Services and CCAT

Learn podcast fundamentals from concept to recording and creative self-expression.

Room
2016

HCBS Desde Nuestra Perspectiva

ARC Fresno/Madera Peer-to-Peer HCBS Trainers

Hear peer-to-peer perspectives on HCBS rights, choice, and community life.

🕒 11:15 AM–12:15 PM

Room
2002

Mantener la Calma: Herramientas para Ayudarte a Sentir que Tienes el Control

Yenifer Gallegos-Mejia, YAI California START

A Spanish-language session with practical tools for staying calm and in control.

Room
2003

¡Vive Tu Mejor Vida! Tus Metas, Tu Independencia, a Tu Manera!

Susan Lopez, KALOS Specialized Services

A Spanish-language look at independence, personal goals, and person-centered support.

Room
2004

Build Your Best Resume: Skills, Tips & Tools for Success

Gabriel Ruiz Knabb, CVRC

Pick up practical strategies for building a strong resume and job readiness.

Room
2005

Sexy and Disabled: A Discussion About Disability and Relationships

Scott Johnston, Nathan Todd, and Dr. Michelle Fynan

Explore connection, self-acceptance, and healthy relationships through honest discussion.

Room
2008

From Idea to Airwaves: How to Create Your Own Podcast

Community Vocational Services and CCAT

A second chance to learn how to launch a podcast and share your voice.

Room
2009

I Belong, We Belong Training

Kourinthia Burton, Kings View

Explore the "I Belong, We Belong." materials and how they build understanding of HCBS rights.

Room
2010

Life Transitions (ATP to Beyond)

Meagan Barrientos and Laura Sanchez, Central Unified School District

Explore supports and planning strategies for the transition into adult life.

Room
2011

Navegando la Autodeterminación: Comprendiendo el Camino del Programa de Autodeterminación (SDP)

Maria Klassen, CVRC

A Spanish-language overview of the Self-Determination Program journey.

Room
2012

Understanding Your Benefits While Working

Alicsa Conley, CVTC

Learn how earned income can affect benefits and how to plan for greater financial independence.

Room
2016

HCBS Through Our Eyes

ARC Fresno/Madera Peer-to-Peer HCBS Trainers

Hear lived-experience perspectives on HCBS and what belonging looks like in everyday life.

See the breakout agenda pages for full room grid and times.

