



BRIDGING HORIZONS 2026

DAY 2 BREAKOUT SESSION GUIDE

AFTERNOON SESSIONS

Session snapshots to help you choose where to go.

*Stronger Together
for an
Inclusive
Tomorrow*



1:30–2:30 PM

Room
2003

Understanding Section 504: High School and Beyond *Exceptional Parents Unlimited*

Learn what Section 504 can mean in high school and beyond for students with disabilities.

Room
2004

ATP y Más Allá: Preparando a Estudiantes con Discapacidades para una Vida Adulta Plena y Significativa *Meagan Barrientos and Laura Sanchez, Central Unified School District*

A Spanish-language session on how transition programs prepare students for meaningful adult lives.

Room
2008

Executive Functioning in Autism: Strategies That Make a Difference

Yenifer Gallegos-Mejia, YAI California START

Explore strengths-based tools that support executive functioning in daily life.

Room
2009

All About ADPs: What You Need to Know *CVRC Community Resources*

Get a practical overview of Adult Day Programs and what families should know.

Room
2010

Building Your Path to Employment

Gabriel Ruiz Knabb, CVRC

Discover employment-focused supports and strategies that help build a path to work.

Room
2011

Entendiendo los Centros Regionales

Aaron Olson, CVRC

A Spanish-language overview of regional center services, supports, and system basics.

Room
2012

Planning Ahead: Emergency Readiness for Individuals & Families

Ben Klassen, CVRC

Learn practical emergency planning steps for individuals and families.

Room
2014

Creating Space to Belong: How CalABLE Helps People with Disabilities to Save for the Future

Maria Sandoval, CalABLE

See how CalABLE accounts can help people save without losing key public benefits.

Room
2016

Supporting Growth, Safety, and Healthy Sexual Development

Veronica Magallanes, SCDD

Learn how caregivers can support healthy, age-appropriate sexual development and safety.



2:45–3:45 PM

Room
2001

R&R – Recharging with Respite

Maxim Healthcare

Explore how respite supports caregivers, families, and individual well-being.

Room
2002

Planning for the Future: Resources and Supports for Adulthood

Exceptional Parents Unlimited

Review practical resources and supports that help families plan for adult life.

Room
2003

Sex, Sexuality, and Intimacy

Scott Johnston, Nathan Todd, and Dr. Michelle Fynan

A candid conversation about intimacy, connection, and sexual wellness.

Room
2004

My Voice: One Page Profile Workshop

Pathway to Change

Use one-page profiles to identify strengths, needs, goals, and what matters most.

Room
2005

Person Centered Care, HCBS, and Belonging

Emmanuel Navarro and Michelle Alexander, Exceptional Parents Unlimited

Learn how person-centered care and HCBS help people feel connected, valued, and supported.

Room
2008

Regional Centers 101: Understanding Services, Supports & Your Rights

Aaron Olson, CVRC

A practical introduction to regional center services and individual rights.

Room
2009

ATP & Tshaj Ntxiv: Npaj Cov Tub Ntxhais Kawm Uas Muaj Kev Xiam Oob Qhab Rau Lub Neej Laus Uas Muaj Ntsiab Lus

Meagan Barrientos and Laura Sanchez, Central Unified School District

A Hmong-language session on preparing students with disabilities for meaningful adult lives.

Room
2010

Applying for CVRC Services: What You Need to Know

America Works of California / FRYES

Learn the basics of applying for CVRC services and what to expect in the process.

Room
2016

Hope That Echoes: Documentary Screening, Panel & Discussion

Watch *Hope That Echoes*, then join a panel and discussion reflecting on the documentary's themes and perspectives.

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