

# Who We Are.

# FRCD

Empowering Families  
Since 1969

# Family Resource Center on Disabilities

Family Resource Center on Disabilities (FRCD) of the Chicago Metropolitan area is a Parent Training and Information Center, that is here to help you learn how to prepare your child to lead a productive and independent adult life.

Organized in 1969 by parents, professionals, and volunteers who sought to improve services for all children with disabilities, FRCD has been a pioneer as a coalition that covers all disabilities. It has been the continued goal of FRCD to inform, empower and assist parents on their rights under Individuals with Disabilities Education Act (IDEA).



## Our Trainings Cover...

- The Special Education Rights of Children with Disabilities (IDEA).
- The Individualized Education Program. (IEP)
- Skills for Effective Parent Advocacy.
- Transition to Post Secondary Education
- Procedural Safeguards.

# Family Resource Center on Disabilities

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Providing parents of  
children with disabilities  
with  
information, training,  
assistance, and support.

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# LEARN MORE ABOUT FRCD



Information and Referral Services



Special Education Rights Training



Training for Parent Leaders

## Family Resource Center on Disabilities

### We Help You.

- Understand your rights and responsibilities under the Individuals with Disabilities Education Act (IDEA).
- Communicate more effectively with school professionals.
- Obtain appropriate services for your children.

FRCD is a parent training and information center that provides families of children with disabilities with assistance, support and training with navigating the special education process in Illinois.

### Who We Are

## How Do I Start?

Give us a call at (312)939-3513  
 Our office hours are from 9 am to 5 pm  
 Visit us on-line at [www.frcd.org](http://www.frcd.org)  
 Send an e-mail to [info@frcd.org](mailto:info@frcd.org)  
 Follow us @ Facebook, YouTube, and  
 Twitter.



## What Can I Expect?

By contacting FRCD, you are taking the first steps toward finding more support for your family.  
 The majority of FRCD staff are parents of children with disabilities who understand what you are experiencing and are ready to help you help your child.

## How Can FRCD Help Me?

FRCD staff will help you find the resources or information you need. FRCD helps a wide variety of families and professionals on local, state, and national levels everyday, through informational workshops, phone trainings and community outreach.