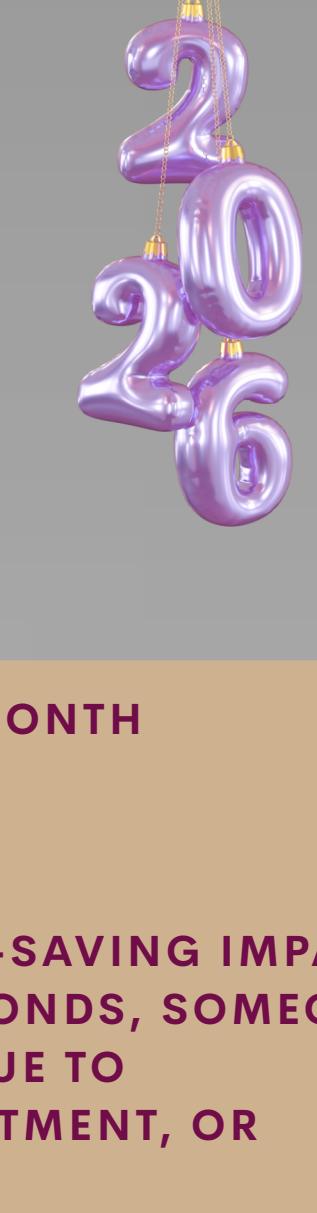


# NEWSLETTER

## January 2026



### WHAT'S HAPPENING IN OUR COMMUNITY CENTER?

All workshops will be on assigned Tuesdays and will be hybrid from 10:00AM-11:30AM unless noted otherwise.

#### DRAIL's Advocacy and Community Education Meeting 2025

10 AM - 11:30 AM

#### PEER SUPPORT

Every Thursday on ZOOM! 10:00am

-11:30am



DRAIL FLU POP UP FLU CLINIC  
JANUARY 12, 2026

- THE FLU SHOT AND TESTING ARE FREE OF CHARGE.
- PARTICIPANTS WILL ALSO RECEIVE A \$25 GIFT CARD ONLY WHEN GETTING A FLU SHOT
- COVID-19 AND BIRD FLU TESTING WILL BE AVAILABLE AS WELL FREE OF CHARGE.

### DRAIL WILL BE CLOSED

NEW YEARS DAY  
JANUARY 1, 2026



MARTIN LUTHER KING DAY JANUARY 19, 2026



### JANUARY IS

NATIONAL BLOOD DONOR MONTH  
NATIONAL BRAILLE LITERACY MONTH  
NATIONAL MENTORING MONTH  
NATIONAL OATMEAL MONTH  
NATIONAL BATH SAFETY MONTH



### APPLY NOW: YOUTH LEADERSHIP FORUM (YLF) 2026

THE YOUTH LEADERSHIP FORUM FOR STUDENTS WITH DISABILITIES (YLF) IS A FREE, STATEWIDE SUMMER LEADERSHIP PROGRAM FOR HIGH SCHOOL STUDENTS WITH DISABILITIES. DELEGATES GAIN SKILLS, BUILD CONFIDENCE, AND JOIN A LIFELONG NETWORK OF PEER MENTORS AND DISABILITY LEADERS.

- JULY 13-18, 2026
- CALIFORNIA STATE UNIVERSITY, SACRAMENTO
- NO COST TO ATTEND — TRAVEL, LODGING, MEALS, AND ACCOMMODATIONS ARE COVERED

#### WHAT DELEGATES WILL EXPERIENCE

- LEARN ADVOCACY AND LEADERSHIP SKILLS IN A SUPPORTIVE PEER SETTING
- MEET SUCCESSFUL PROFESSIONALS WITH DISABILITIES
- CONNECT WITH STATE POLICYMAKERS AND COMMUNITY LEADERS
- BUILD A PERSONAL LEADERSHIP PLAN FOR EDUCATION, CAREERS, AND INDEPENDENT LIVING
- MAKE LIFELONG FRIENDSHIPS AND A COMMUNITY THEY CAN RELY ON FOR YEARS TO COME

AFTER THE WEEK-LONG EVENT, STUDENTS CAN JOIN OPTIONAL REGIONAL AND VIRTUAL WORKSHOPS, FOCUSED ON:

- LIFE AFTER HIGH SCHOOL
- MONEY MANAGEMENT
- JOB READINESS AND CAREER EXPLORATION
- SELF-ADVOCACY AND INDEPENDENCE

ELIGIBILITY  
STUDENTS MAY APPLY IF THEY:

- ARE CALIFORNIA RESIDENTS WITH A DISABILITY
- WILL BE SOPHOMORES, JUNIORS, OR SENIORS DURING THE 2025-2026 SCHOOL YEAR
- HAVE AN IEP OR 504 PLAN OR ANY DISABILITY COVERED BY IDEA
- DEMONSTRATE LEADERSHIP POTENTIAL AT SCHOOL OR IN THEIR COMMUNITY

STUDENTS WITH ALL DISABILITY TYPES ARE ENCOURAGED TO APPLY!

#### HEALTH & SAFETY NOTE

PARTICIPANTS MAY BE REQUIRED TO SHOW PROOF OF COVID-19 VACCINATION AND TEST NEGATIVE WITHIN 24 HOURS OF ARRIVAL — PER STATEWIDE HEALTH GUIDANCE.

#### DELEGATE APPLICATIONS ARE OPEN NOW!

- APPLY BY JANUARY 31, 2026
- YLF 2026 DELEGATE APPLICATION (EXTERNAL LINK)
- ADDITIONAL DETAILS AVAILABLE IN THE 2026 DELEGATE INFORMATION GUIDE

#### QUESTIONS?

✉ EMAIL: [YLF@DOR.CA.GOV](mailto:YLF@DOR.CA.GOV)

☎ CALL: 855-894-3436

#### NEED HELP APPLYING?

DRAIL CAN ASSIST STUDENTS AND FAMILIES WITH THE APPLICATION PROCESS, JUST REACH OUT TO US!

LET'S UPLIFT THE NEXT GENERATION OF DISABILITY LEADERS.

#### ADVOCACY CORNER: HOW TO BECOME A SELF-ADVOCATE

SELF-ADVOCACY MEANS SPEAKING UP FOR YOURSELF, YOUR NEEDS, AND YOUR RIGHTS. IT'S A SKILL ANYONE CAN LEARN, AND IT GROWS STRONGER WITH PRACTICE.

HERE ARE SIMPLE STEPS TO HELP YOU GET STARTED:

1. KNOW YOURSELF  
THINK ABOUT WHAT HELPS YOU SUCCEED AND WHAT CHALLENGES YOU FACE. WRITE DOWN YOUR NEEDS, STRENGTHS, AND GOALS.

2. UNDERSTAND YOUR RIGHTS  
LAWS LIKE THE ADA, FAIR HOUSING ACT, AND IEP/504 PROTECTIONS EXIST TO SUPPORT YOU. YOU DON'T NEED TO KNOW EVERYTHING — JUST KNOW THAT YOU HAVE RIGHTS, AND DRAIL CAN HELP EXPLAIN THEM.

3. SPEAK UP CLEARLY

USE STATEMENTS LIKE:

"THIS DOESN'T WORK FOR ME BECAUSE..."

BE DIRECT, CALM, AND CONFIDENT.

4. ASK QUESTIONS

YOU DESERVE CLEAR INFORMATION.

ASK THINGS LIKE: "IN THIS?"

"CAN YOU EXPLAIN THIS?"

"WHAT SUPPORTS ARE AVAILABLE?"

5. PRACTICE MAKING DECISIONS

CHOOSING YOUR DAILY ROUTINES, GOALS, OR

CONFIDENCE.

CONFIDENCE.