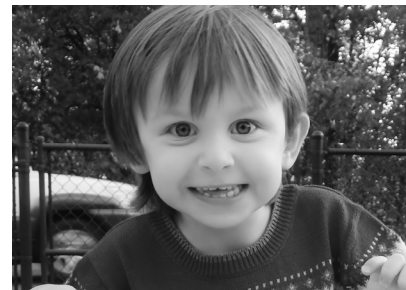


## MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH

This month marks the 29th annual Developmental Disabilities Awareness Month. Started in 1987, the month of March has been used to promote understanding of developmental disabilities (DD) and work towards improving conditions for people with these disabilities throughout the U.S. This month, get involved with awareness and advocacy in our community by:

- Sharing your life experiences with DD with your friends and neighbors.
- Talking about inclusive programs you've been a part of in our community.
- Inviting community members to get involved in programs at The Arc and other organizations that advocate for people with DD.
- Working with local businesses to provide job and internship opportunities for people with DD. (Around 88% of people with DD are unemployed.)
- Talking to your legislators about changes that need to happen to provide more inclusive, accessible, and supportive communities.
- Talking to others about using strength-based, respectful language. See the box below for more info.
- Thanking people in the community who have supported your family member or friend with DD.
- Volunteering with local advocacy organizations, sharing your time and experience.
- Trying out a new inclusive program you've heard about in the community.
- Dropping off a copy of the Smiles of Life Calendar with your doctor, dentist, school, or anyone else who may be interested. Contact The Arc for calendars: (360) 715-0170.
- Check out page 5 for ideas for World Down Syndrome Day on March 21st.



## WORDS MATTER.

### Respectful Language

**An individual with a developmental disability is an individual first and foremost.** The emphasis should be on the person, not the disability. A person with a disability has many other qualities and attributes that can be used to describe them.

**Words can create barriers.** Recognize that a child is "a child with Down syndrome," or that an adult is "an adult with Down syndrome." Children with disabilities grow into adults with disabilities; they do not remain eternal children. Adults with disabilities enjoy activities and companionship with other adults.

**It is important to use the correct terminology.** Use emotionally neutral expressions, such as "a person *with* cerebral palsy," not "afflicted with cerebral palsy." Say, "an individual who had a stroke," not "a stroke victim." Say a person *has* Down syndrome, rather than *suffers from* Down syndrome.

**Each person has his/her own unique strengths, capabilities, and talents.** Try not to use clichés when describing an individual with a disability. To assume all people have the same characteristics or abilities is demeaning.

#### Basic guidelines for using respectful language:

- Put the person first, not the disability. Say, "a person with a disability," not "a disabled person." Say, "a child with autism," not "an autistic child."
- Respect the individual's preferences when he or she self-identifies and uses identity-first terminology, such as "I am autistic."
- Emphasize abilities, not limitations. For example, a person "uses a wheelchair;" they are not "wheelchair-bound." Say a child "receives special education services," rather than "they are in special ed."
- Adopt preferred language. "Cognitive disability" or "intellectual disability" is preferred over "mentally retarded." "Accessible" parking space or hotel room is preferred over "handicapped."

## Earned Income Tax Credit (EITC)

It's tax season again! For people who are working, earn a low to moderate income, and meet other qualifications, the EITC can help reduce the amount of tax they owe, and may provide a refund for taxes already paid. Anyone who claims the EITC must file a tax return for the year they are claiming it, regardless of taxes owed (or not). You can file independently, independently with dependents, jointly with a spouse, or jointly with a spouse and dependents. You can claim up to three dependents for the EITC. Each filing category has different earning caps to qualify. The basic rules are as follows:



- You, your spouse, and your dependents (if any) must all have a valid Social Security Number.
- You must file your taxes as married filing jointly, head of household, qualifying widow(er), or single. Anyone who files as married filing separately does not qualify for EITC.
- Your investment income must be \$3,400 or less for the year.
- You cannot file Form 2555, Foreign Earned Income, or Form 2555-EZ, Foreign Earned Income Exclusion.
- Your total earned income must be at least \$1.
- Both your earned income and adjusted gross income (AGI) must be no more than the limits for your category.

There are special rules for members of the military, members of the clergy, and people or dependents with disabilities. These rules can be found on the IRS' website.

To find out if you qualify for the EITC, use the EITC Assistant for 2015 at <https://www.irs.gov/Credits-&Deductions/Individuals/Earned-Income-Tax-Credit/Use-the-EITC-Assistant>.

## Sticks and Stones

Words hurt. At some point or another, we've all been called a mean name or had someone say something mean about us. Imagine these words which were used against you being used every day in your community to describe things other people didn't like. Hearing those words day after day would be jarring. In the developmental disabilities community, one of the biggest fights is ending the use of the "r" word in communities around the country. This word started as part of a medical diagnosis used to describe people with significant intellectual impairment. Over time, it has morphed into an insult used to describe something, or someone, as stupid or messed up. While using this word might seem harmless to some, for many people it is an extremely hurtful term. For so long, the word has been used to exclude people from society or demean them. Its use, however casual, can be extremely upsetting. It emphasizes how the person being talked about is lesser and without strengths, ignoring their positive attributes. People with disabilities are not less than anyone else. They have their own strengths and weaknesses, and would rather be seen as capable people with great strengths than weak and needy. This month, we invite you to help Spread the Word to End the Word. Share your stories with people in your community. Talk about why this word is hurtful to you. Help others to understand why we should stop using this word throughout our communities.



For more information, check out [www.r-word.org](http://www.r-word.org).



# ADVOCACY DAY 2016

On February 17th, The Arc of Whatcom County (with support from The Arc of Washington) chartered a bus to Olympia to participate in the Developmental Disabilities “Power Up Families” Advocacy Day. Twenty-four individuals with disabilities and family members joined us on the trip. We had the opportunity to hear an energizing briefing from The Arc of Washington, participate in an early intervention rally and discussion, meet with our legislators, and observe the legislature in action! It was a fun and productive day, and everyone got the chance to have their voices heard by their elected officials.



*“Marvelous! The best part was advocating for my rights, meeting the legislators, and getting to know them.” –Dale*



*“It was a productive day. Hearing that the Down syndrome bill passed was the highlight. Not really much to improve. Perfect!” –Laura*



*“The best part was advocating for my son. I got to share my thoughts and they were listened to. They were so respectful to us.” –Marta*



*“It was wonderful. We met lots of people. We shared messages with legislators. The legislators said ‘thank you.’ I really had fun.” –Susan*

## **Do you want to contact your Senator or Representative?**

Call the toll-free HOTLINE at 1-800-562-6000 (TTY for Hearing Impaired: 1-800-635-9993). Callers can leave a brief message for their district legislators or for the Governor or Lt. Governor on issues of concern or on questions they may have about bills or laws. These messages are forwarded electronically to the appropriate individuals. When leaving a message with the hotline, please be prepared to give your name and street address. Interpreter services are offered for non-English speaking callers.

## **Down syndrome Resources Bill (HB 2403/SB 6613)**

On February 17th, the Down syndrome Resources Bill, HB 2403, passed in the Washington State House of Representatives with a vote of 97-1. If this bill passes in the Senate and becomes a law, it will give doctors and specialists offering prenatal and postnatal care as well as genetic counseling the responsibility of providing parents of people with Down syndrome accurate, research-based information that is in appropriate language and terms. The Department of Health (DOH) would be responsible for creating or purchasing materials to be distributed to families. The plan put forth by legislators in the House would entail purchasing an already existing publication from the University of Kentucky and paying for it to be translated into the 11 languages necessary to be responsive to the linguistic diversity of Washington State. On average, Washington sees an average of 125 new cases of Down syndrome per year, and the DOH has budgeted to spend \$13,000 for the first fiscal year of the program to purchase 125 copies of the materials necessary to give parents good information. They have also budgeted for \$6,000 a year after that to maintain the quality of the materials and information, and ensure that they are still accurate.

# Community Events

## ASK THE ADVOCATE WORKSHOP Parent Providers & ProviderOne

Tuesday, March 15th, 6-8pm  
The Arc of Whatcom County  
2602 McLeod Road, Bellingham



Individual ProviderOne is an online, electronic system for managing your Personal Care hours. You will no longer get a monthly invoice or call in your hours. Individual Providers begin using Individual ProviderOne (IPOne) March 1, 2016. IPOne will replace the Social Service Payment System (SSPS) you currently use to claim for your individual provider hours. Please join us as we walk through the new system with verbal and visuals of the three methods to get paid.

Please RSVP by March 10th: (360) 715-0170, ext. 303, [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org). Limited supervised care for family members is available on a first-come, first-served basis with RSVP by March 10th.

## Young Adult Self-Advocacy (YASA) Meeting

10am-12pm, Saturday, March 5  
The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham



Please note: Starting in April, YASA meetings will be on the first Thursday of the month, from 4:30-6:30. If this prevents you from attending future meetings, please contact Jessika to see how you can still be a part of YASA. You can continue to be involved and work on self-advocacy skills, and be your best self-advocate!

For more information, contact Jessika:  
[jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org) or (360) 715-0170, ext 304.

## Buddy Walk Planning Committee Meeting

5-6pm, Thursday, March 17  
The Arc's Dan Godwin Community Center  
2602 McLeod Road, Bellingham

We would love your input and support as we work to make this year's Buddy Walk better than ever! Can't make this meeting? The planning committee will meet on the third Thursday of every month until the Buddy Walk. Childcare is available with RSVP one week prior.

To RSVP or for more info, contact Jessika at (360) 715-0170, ext. 304, or [jessikah@arcwhatcom.org](mailto:jessikah@arcwhatcom.org).



Seattle Children's  
HOSPITAL · RESEARCH · FOUNDATION

## Autism 200 Series

Autism 200 is a series of free classes for parents and caregivers of children with autism sponsored by Seattle Children's Autism Center. **You must RSVP in advance.** Contact Jessika: [burchij@students.wvu.edu](mailto:burchij@students.wvu.edu).

### Autism 203: Addressing Challenging Behavior, Part 2: Strategies for Home and School

7:00pm-8:30pm, Thursday, March 17

Western Washington University Speech-Language Clinic  
AIC Building, Room #360, 516 High Street, Bellingham

Instructor: Nancy Rosenberg, PhD, BCBA-D

Children with ASD often exhibit behavior that families and school personnel find challenging. These behaviors can result in frustration and stress for both the child and the adults around him or her. Dr. Nancy Rosenberg, a Positive Behavior Support specialist and a parent of child with ASD, will cover a variety of proactive and practical strategies that can help prevent challenging behaviors and increase appropriate behaviors in both home and school settings.

[www.seattlechildrens.org/clinics-programs/autism-center/resources](http://www.seattlechildrens.org/clinics-programs/autism-center/resources)



## Spin Dance

6-8pm, Monday, March 21  
Bellingham Senior Center  
315 Halleck Street, Bellingham

Bellingham Parks and Recreation, The Max Higbee Center, and Whatcom County Parks sponsor monthly dances for individuals with disabilities. All persons age 14 and over are invited for music, dancing, and fun! For information, call Amanda: 778-7000.

## Dads M.O.V.E. Presents IEP/504 Workshop for Parents & Caregivers

Tuesday, March 29th, 4pm-7pm  
Robert J. Drewel Building, Public Meeting Room 1  
3000 Rockefeller Avenue, Everett, WA 98201

An in-depth training on IEPs and 504 plans going over the IEP process from start to finish. This is their most requested training, and they are pleased to provide it at no cost to you! Space is limited, so be sure to register early. Register at [dadsmove.org](http://dadsmove.org) or call (425) 243-7028.



**Parent to Parent Presents a Panel Workshop for Parents:  
Recognizing Sensory Processing Disorder and Coping**

Wednesday, March 9th, 6:30-8:30pm  
St Luke's Community Health Education Center  
3333 Squalicum Parkway, Bellingham

This workshop will offer a panel discussion of professionals who will share their experience and insights on Sensory Processing Disorder. The focus of this workshop will include strategies for understanding sensory signals, helpful tips for managing outbursts, ways to coach others working with your child, and resources for additional information and supports.

The panel of professionals will include Susan McNutt, OTR/L, Pediatric NDT and SI Therapy; Melissa Bartel, CCC-SLP, Connections SLP; and a parent panel.

*Snacks and beverages will be provided. This is a workshop for adults only. Childcare is not provided. For more information, contact Parent to Parent at (360) 255-2056 or info@p2pwhatcom.org.*



## March 21st is World Down Syndrome Day!

Use this day to help spread awareness in our community! We want to get people talking about Down syndrome on March 21st. Here are some ways you can get involved:

- **Wear mismatched socks and your Buddy Walk or Down syndrome awareness shirts** and invite all your friends, family, and colleagues to do the same. See below for more info.
- **Distribute our NEW Down syndrome awareness cards featuring local people with Down syndrome!** Starting March 1st, pick up 3-21 of them and distribute them in our community. Come by The Arc's Dan Godwin Community Center from 9am-noon, Monday through Friday, or schedule a time with Jessika to pick up your cards.
- **Promote Down syndrome awareness in school and at work.** Encourage your classroom or workplace to watch and share the video *Just Like You: Down syndrome* (by the Down syndrome Guild of Greater Kansas City): [www.justlikeyou-downsyndrome.org](http://www.justlikeyou-downsyndrome.org).
- **Do three random acts of kindness!** Write someone a positive note. Clean up a local park. Give someone a helping hand. Or pass out our Down syndrome awareness cards. More ideas can be found at [www.worlddownsyndromeday.org/random-acts-kindness](http://www.worlddownsyndromeday.org/random-acts-kindness).



### Lots of Socks

The World Down Syndrome Day (WSD) "Lots of Socks" campaign is an initiative encouraging participants to wear brightly colored, mismatched, or unique socks as a conversation piece, allowing the wearer to raise awareness about Down syndrome. Why mismatched socks? To show that we are all different, but the same! "An odd pair of socks may be a different pattern or color but can still be worn together quite happily if we change our attitudes about having to wear matching socks. So to wear non-matching socks is to remind us that the way we think is really important and makes a difference to whether people with Down syndrome feel included or not," writes Agnieszka, a sibling. See more at <http://jumpmag.co.uk/odd-socks-for-world-down-syndrome-day/>.

You can wear the official "Lots of Socks" socks, other brightly colored socks, long socks, printed socks, one sock, or even three socks for three chromosomes. If you don't normally wear socks, wear them! The choice is yours, but we ask you to join us in wearing something that people will ask you about so that you can tell them all about WSD. It is easy to do, so whether you are at home, school, work, play, travel or anywhere, join in!

If you order online at <https://www.worlddownsyndromeday.org/wdsd-merchandise>, you can put in your U.S. address. When you go through the steps to order, you will see the shipping costs added to your order. The conversion from £ to \$ will be around £1 - \$1.40. This conversion is made by your credit card provider, so it will show on your statement and not on the webpage. They will dispatch worldwide within 3-7 working days. Order by March 9th to ensure delivery on time. To purchase more than 30 items, please contact [andrew.boys@ds-int.org](mailto:andrew.boys@ds-int.org).

## Uplifted Down Syndrome by Beth Margolis



*"My passion is writing, into my own heart. I have a huge heart."*



*"Flower Power" by Beth Margolis*

Beth Margolis is a visual artist, poet, writer, dedicated employee at Haggen (for 19 years!), adventurer, and lover of nature. She also happens to have Down syndrome. With the help of long-time friend and advocate Laurie Riskin, Beth is publishing a book based on her life story titled *Uplifted Down Syndrome*.

**What inspired you to write *Uplifted Down Syndrome*?**

**Beth:** I thought about it all the time. I dreamed about it. One of those nights I was going to bed, to sleep, and I couldn't take my mind off of it. So I thought of this name: *Uplifted Down Syndrome*.

**Laurie:** It began with her journals and her art. She has stacks and stacks of journals and drawings, paintings, and I was inspired to put it together as a book. Not many people have seen her writing. I am amazed by the quality of her writing - and her insight. Stacks and stacks of journals are now in 185 pages.

**Beth:** Yes, it started with writing my journals...and being peaceful. Taking my mind off of things. I just like to write. The teachers early on who taught penmanship, the alphabet, writing, and spacing of words helped me to journal. My journal writing helped me communicate.

**What do you hope your readers will take away from *Uplifted Down Syndrome*?**

**Beth:** Well, that's a tough question. The heart of the book is I don't feel like being down. I'd rather be more uplifting. I don't like people teasing me at school or other places. Sometimes people would call me shorty or shrimp or other names. Why? Why don't you like me? That's not being nice. That's not being inclusive. I am nice to you, so please be nice to me. These experiences helped motivate my writing and art. So in writing my book, I hope people will respect me for my many talents and communicate with me. I am an active and smart person with a lot of good memories. I came from a lot of love, from a family that loves me very much. I want people to see that. That is true for me, and for other people with Down syndrome.

**Laurie:** They can expect to see a selection of paintings from over 20 years of work, and collection of poetry, essays, and photographs of family. It's a story of her life and her outlook. Beth has an incredible connection with nature and animals.

**Can you describe your process for creating your book?**

**Beth:** I love to be excited and to hear things from Laurie about my book. It's a good thing.

**Laurie:** It was almost two years ago was when I first started transcribing her journals and going through her many, many beautiful paintings and scanning them to fit in her book. It is quite the process! We are starting with self-publishing but the goal is to have *Uplifted Down Syndrome* professionally published.

*Stay tuned for the book release date! The book will soon be available in local bookstores and through Beth and Laurie's upcoming website where you will also be able to order Beth's art prints and cards. Beth's art cards are also available at the Dakota Art Store and at Haggen in Fairhaven. You can see Beth on April 2, for her first signing event at Van Zandt Community Hall.*

***"I can be anything I want. That's power. Anything goes."***



**SAVE THE DATE:**  
**4th Annual Sprout Film Festival & Silent Auction**  
Tuesday, April 19th, 6:30pm  
Pickford Film Center  
1318 Bay St, Bellingham

Event sponsored by:



Your \$40 admission includes popcorn and soda during the show and a dessert reception immediately following the film festival. All proceeds help bring the film festival to local schools, promoting inclusion, compassion, and diversity. Tickets will soon be available at the box office or online at [www.pickfordfilmcenter.org](http://www.pickfordfilmcenter.org).



## REMEMBERING EVA BAHARAV



Eva Baharav, a Speech Language Pathologist (SLP) and associate professor in the Department of Communication Sciences and Disorders at Western Washington University, passed away on Tuesday, January 26, after a short battle with cancer. Dr. Baharav was a loved and respected community leader, teacher, mentor, and clinician. Her career focused on the treatment of autism spectrum disorders (ASD). She was recognized in the North Sound region as an expert in ASD and parent support. Through her teaching, community work, and clinical practice, Dr. Baharav touched the lives of hundreds of children, students, and families.

Dr. Baharav worked to support families of children with ASD through early diagnosis,

intervention, and parent education. Her Hanen family coaching program, an annual six-week intensive support and education program for families, positively impacted many members of our community. In an effort to reach more families, Dr. Baharav pioneered the use of technology to provide home-based parent-coaching services for families who live far away from Western's campus or who did not have access to reliable transportation.

Dr. Baharav was a passionate, active force for improving services for families in our area. She was an important participant in Whatcom Taking Action for Children and Youth with Special Health Care Needs and our local Infants and Children's Council. She worked tirelessly to improve services for children and families and increase access to high quality early screening, evaluation, and intervention in our area. She directed undergraduate students in conducting a regional screening program at preschools and daycare facilities in Whatcom County in an effort to educate students, physicians, local childcare providers, and parents about the importance of early detection of ASD. Because of Dr. Baharav's passion and energy, dozens of students have graduated from Western's Speech Language Pathology program with the desire and the skills to serve children with ASD and their families. She has been a guiding force in the development of community supports for families and children with autism. She loved her career and has touched many lives in our community. She will be greatly missed.

A scholarship has been established to honor and acknowledge Eva's contributions in the area of autism and her dedication to our students and community. If you wish to contribute, please do so. Gifts in memory of Eva can be made:

- Online at [www.wvu.edu/give](http://www.wvu.edu/give) (please type Eva Baharav Memorial Scholarship into the gift designation box).
- Checks can be made payable to the WWU Foundation with "Eva Baharav Memorial Scholarship" on the memo line. Checks can be mailed to: WWU Foundation, 516 High Street, Bellingham, WA 98225-9034.



**The Arc**

*For people with intellectual  
and developmental disabilities*

## The Parent Coalition

The Arc of Whatcom County provides leadership support for individuals with developmental disabilities and their parents/guardians. The goal of the Parent Coalition is to enable persons with developmental disabilities and their parents/guardians to become effective and involved in accessing services.

*The Parent Coalition newsletter  
is published monthly by:*

### The Arc of Whatcom County

Dan Godwin Community Center  
2602 McLeod Road  
Bellingham, WA 98225  
(360) 715-0170  
[www.arcwhatcom.org](http://www.arcwhatcom.org)  
OFFICE HOURS: 9am-12pm M-F

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Todd Childs, Vice President;

Susan Radke, Secretary;

Katie Edson; Bobbie Wiley;

Dale Whipple & Susan Larson

## Stay Connected

### Online Community Calendar:

Visit The Arc's website at [www.arcwhatcom.org](http://www.arcwhatcom.org) and click on Events.

**Facebook:** Visit our FB page: [www.facebook.com/ArcWhatcom](http://www.facebook.com/ArcWhatcom) for the latest information and events.

**E-alerts:** The Parent Coalition emails updates on legislation, workshops and upcoming activities. To sign up, visit [www.arcwhatcom.org](http://www.arcwhatcom.org) or email [monicab@arcwhatcom.org](mailto:monicab@arcwhatcom.org).



PARTNER AGENCY

*The Parent Coalition is funded by grants from the  
Developmental Disabilities Program of Whatcom County,  
the United Way and your generous donations.*

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### DID YOU KNOW?

Many of the payments issued by Social Service Payment System (SSPS) are considered tax reportable income. Tax reportable income includes personal care. An example of a non-tax reportable payment is reimbursement for mileage. If you have questions, contact the DSHS Tax Desk at (866) 563-8155 (toll free) or email [taxinfo@dshs.wa.gov](mailto:taxinfo@dshs.wa.gov).



The Arc of Whatcom County  
Dan Godwin Community Center  
2602 McLeod Road  
Bellingham, WA 98225

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## Event Calendar

### March 2016

**5 Saturday, 10am-12pm**  
**Young Adult Self-Advocacy**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Jessika: 715-0170, ext 304

**9 Wednesday, 9am-12:30pm**  
**Transition Fair**  
*See box at right for details.*

**9 Wednesday, 6:30-8:30pm**  
**P2P Sensory Processing Workshop**  
*See page 5 for details.*

**11 Friday, 12-1:30pm**  
**Autism Support Group**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Monica: 715-0170, ext 303

**14 Monday, 7-8:30pm**  
**Parent to Parent Support Meeting**  
Cordata Elementary School  
4420 Aldrich Road  
Contact Karlene: (360) 255-2056

**15 Tuesday, 5:30-7pm**  
**PC Workshop: Provider One**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Monica: 715-0170, ext 303

**17 Thursday, 5-6pm**  
**Buddy Walk Planning Meeting**  
*See page 4 for details.*

**19 Saturday, 6-7pm**  
**People First Meeting**  
114 W Magnolia, Suite 104  
Contact Susan: 738-2060

**21 Monday**  
**Down syndrome Awareness Day**  
*See page 5 for details.*

**21 Monday, 6-8pm**  
**Spin Dance**  
Senior Center, 315 Halleck Street  
Contact Amanda: 778-7000

**23 Wednesday, 5:30-6:30pm**  
**The Arc's Board of Directors Meeting**  
The Arc's Dan Godwin Community Center  
2602 McLeod Road  
Contact Beverly: 715-0170, ext 306

*Special thanks to this month's sponsors:*



### Whatcom County Transition Fair

**Wednesday, March 9th**  
**9am - 12:30pm**

St. Luke's Health Education Center  
3333 Squalicum Parkway, Bellingham



The Transition Fair is for students with developmental and other disabilities, families, educators, and interested community members. Both middle and high school age students and their families are encouraged to attend. All are welcome who are interested in thinking about the future! Come and learn about: Housing options, recreation, advocacy, employment and vocational supports, guardianship, community/tech colleges, Social Security, Division of Vocational Rehabilitation (DVR), Developmental Disabilities Administration (DDA), and more.

*For more information, call the Whatcom County DD Program at (360) 778-6047 or email [jllee@co.whatcom.wa.us](mailto:jllee@co.whatcom.wa.us).*