

For people with intellectual and developmental disabilities

Empower

A newsletter by The Arc's Parent Coalition & Parent to Parent of Whatcom County March 2017

March is National Cerebral Palsy Month

Cerebral palsy is the most common motor disorder, affecting nearly one in every 323 children. Cerebral palsy (CP) is a broad diagnostic term used to describe a problem with movement and posture, due to damage or abnormalities in the brain that makes certain activities difficult. Despite the frequency of the condition, misconceptions about cerebral palsy still flourish today. The following list highlights some of these misconceptions and provides the facts everyone should know.

Myths and Facts about Cerebral Palsy

Many people hold certain beliefs about cerebral palsy and people who have it. These beliefs and myths may sound ridiculous to you, but they often come from a lack of information and understanding. Our aim is to share the reality of cerebral palsy, and help people to understand this condition.

Myth No.1 - Cerebral palsy is contagious.

Fact – Cerebral palsy is not contagious. It is not a disease, and it can't be caught simply by touching someone with cerebral palsy or by spending time with them. Although genetics can play a role in some instances, generally the condition is the result of injury during pregnancy, delivery, or post-birth care.



Terri Hansen, Inclusion Advocate at The Arc, plays mini-golf during Camp TEAM.

Myth No.2 – Cerebral palsy can be cured.

Fact – This is not true. Cerebral palsy can't be cured, but treatment will often improve or sustain a person's capabilities. There is no standard therapy that works for every individual with CP. Advances in medicine and treatments have made the condition easier to manage. With support from friends, family, healthcare professionals, and assistive technology, people with cerebral palsy live full, active lives, participating in many activities alongside their peers.

Myth No.3 – A person with cerebral palsy can never live independently.

Fact – This is not true. There are many different types of cerebral palsy, and it affects every individual differently. In some cases, the disability may impact most areas of a person's life, while in other cases, the effects are mild. While cerebral palsy affects motor function and does present mobility challenges, many people live and work independently.

Myth No.4 – Children with cerebral palsy can't attend typical schools.

Fact – Every child has the right to a Free Appropriate Public Education. Federal law requires that children with cerebral palsy (or any other disability) be given a free, appropriate public education and that they receive the services they need to help them with problems that affect their ability to learn. Cerebral palsy affects children differently, but each child is entitled to the education that meets their academic and functional needs.

Myth No.5 – People with cerebral palsy are unemployable.

Fact – Many people with cerebral palsy have jobs. The effects of cerebral palsy are unique to every person, and many with the condition hold jobs and earn wages. Micah Fowler, 18-year-old actor, who has cerebral palsy, is breaking new ground by depicting the neurological disorder in the TV show *Speechless*. Micah reports that "Actors with disabilities face typecasting and a lack of auditioning opportunities, but I don't let [it] define me. I see those things as challenges and not barriers."

Parent Coalition News

HOUSE AND SENATE BILLS OVERLOOK SPECIAL EDUCATION INEQUITIES

Children's Advocates Decry Funding Cap and Insufficient Instructional Aides

SEATTLE, WA (February 3, 2017) – As the state House considers competing proposals to fix constitutional problems with school funding, an analysis by The Arc of King County found that both proposals would leave 8,688 students without any state funding to meet their special needs. Both proposals would exclude more than 125,000 children with disabilities from funding reforms.

Two proposals are being considered to address McCleary v. State, the lawsuit forcing the State to fully fund basic education. Those proposals – the House Democrats' bill, HB 1843, and the Senate Republicans' bill, SSB 5607 - would use different funding models to increase teacher salaries and boost various programs.

Special education, required by federal law to meet the unique needs of children with disabilities, is invisible in the reform discussions. Both bills would increase funding for nearly every program except special education. Both bills would retain an arbitrary cap on special education funding.

"In Washington, one out of seven students is at a disadvantage in learning because of a diagnosed disability," said Stacy

Gillett, Executive Director for The Arc of King County, a nonprofit organization that promotes and protects the human rights of people with intellectual and developmental disabilities. "These students have the same right to a fully funded education as anyone else, and an even greater need."

Under current law, the State pays a base amount for each student's education, and allocates an "excess" amount for each student who qualifies for special education. But the excess amount (0.93% of the base amount) is the same whether disabilities are mild or severe, and fails to meet actual needs. Also, the State refuses to pay for special education for more than 12.7 percent of a school district's K-12 students. Although the 12.7 percent cap was highlighted as inequitable in the McCleary case, both the House and Senate bills would leave it intact.

According to an analysis by The Arc of King County:

- This school year, 121 school districts (including 6 out of 7 districts in Whatcom County) had more than 12.7 percent of K-12 students needing special education, including some large districts such as Spokane.
- 8,688 students with disabilities are cut off from special education funding because of the State's cap on funded enrollments.
- Under SSB 5607's proposed new "weighted student formula," students would lose \$65 million a year in special education funding due to the cap.
- Under HB 1843's "prototypical school" funding model, the State would continue to pay for less than one para-educator per school through the 2021-22 school year, although para-educators provide about 60 percent of the specially designed instruction needed due to disabilities. An increase to two paraeducators per elementary school would come too late to help today's students.
- "It is frustrating that an especially vulnerable group has been left out of reforms," said Sue Elliott, Executive Director of The Arc of Washington, one of several advocacy organizations that filed "friend of the court" briefing in the McCleary case on behalf of students with disabilities. "If McCleary means anything, it is that all children are equal under the law"

Source: The Arc of King County. For more information, contact: Stacy Gillett, sgillett@arcofkingcounty.org, (206) 829-8776.

SB 5155 PROPOSED TO HELP KEEP YOUNG CHILDREN IN SCHOOL

Did You Know:

- Over 4,000 children in kindergarten through second grade were suspended or expelled from Washington schools during the 2015-2016 school year.
- Often, young students are suspended for behaviors that are a product of normal child development, childhood trauma, or disabilities. Implicit bias also plays a role. Students of color, particularly black boys, are disproportionately suspended or expelled in the early grades.
- Suspension harms young students. Young students who are expelled or suspended "are as much as 10 times more likely to drop out of high school, experience academic failure, be held back a grade, hold negative school attitudes, and face incarceration than those who are not." Suspension in early grades puts children on a negative path from the very beginning of their academic careers.
- Suspension and expulsion harms children, families and our community. All students attending schools with high rates of suspension and expulsion have lower levels of connection to school and academic achievement.
- Suspensions and expulsion result in billions of dollars of lost revenue and increased social costs to taxpayers. Research estimates that every school dropout results in \$163,000 in lost tax revenue and \$364,000 in other social costs.
- Teachers and school administrators should be prepared to respond to the social and emotional needs of each student, and use with effective preventative and restorative disciplinary procedures that provide all students with a supportive school environment.

About SB 5155:

- SB 5155 would prohibit suspension or expulsion of students in kindergarten through second grade, but would continue to allow teachers to remove disruptive students from the classroom. This will enable kids to stay in school and develop the skills they need to be successful.
- SB 5155 requires school districts to develop policies and procedures for supporting students with behavioral challenges, and encourages use of evidence-based approaches such as trauma-informed schools, social-emotional learning, positive behavioral supports and intervention, and restorative practices. It also supports professional development for teachers.

Parent to Parent



The Arc & Parent to Parent invite you to a Dan Godwin Community Center



OPEN HOUSE

Monday, March 13, 4-7pm 2602 McLeod Road, Bellingham

Come and find out about all the great programs at the DGCC:

- Parent to Parent
- Padres a Padres
- Parent Coalition
- Young Adult Self Advocacy
- Down syndrome Outreach
- Whatcom Taking Action
- FACES (Families for Autism Care, Education, & Support) Northwest

Contact us at (360) 715-0170 for more information.





2017 Infant and Early Childhood Conference May 3-5, 2017

Greater Tacoma Convention Center, Tacoma, WA

Family scholarships available! Parents and family members are encouraged to attend this conference. There is a limited amount of funding available to assist parents of young children with special needs with the registration fee and lodging. To apply for a family scholarship, participants must go online to www.ieccwa.org or email Debbie Jackson at

djackson@birthtothree.org. To be considered for a scholarship, please go online and complete the application and the registration form. Do NOT send payment. The deadline to apply is March 31. Award letters will be emailed at least two weeks later.



Parent to Parent has started a Facebook group for parents, grandparents, and guardians of a child with developmental delays, disabilities, and on-going health care needs. This is a private discussion group where only members will be able to post and read posts from other members. We encourage our families to join and connect with others in our community.

You can find the group on Facebook by searching P2P: Whatcom County.

Community Events

ASK THE ADVOCATE WORKSHOP Legislative Advocacy

For parents & caregivers

6-8pm, Tuesday, March 21 The Arc of Whatcom County 2602 McLeod Road, Bellingham



At this workshop, we will:

- Highlight current legislative issues that impact individuals with developmental disabilities and their families
- Discuss how to share your experiences and create stories to give to legislators
- Give you opportunities to prepare a story to share with elected officials about education, support services, or the issue most important to you!

Please RSVP by March 17th: (360) 715-0170, ext. 303, monicab@ arcwhatcom.org. Limited supervised care for family members is available on a first-come, first-served basis with RSVP by March 17.





Parent to Parent Support Meeting

In partnership with Down syndrome Outreach

5-6:30pm, Thursday, March 23 The Arc's Dan Godwin Community Center 2602 McLeod Road, Bellingham

Topic: Behavior

We will discuss behavior challenges that may arise for someone with Down syndrome and address these concerns using a positive behavior approach. Please RSVP to Karlene at 360-715-0170, ext. 302, or karleneu@arcwhatcom.org. Supervised care for family members is available if you RSVP by March 20th.

Spin Dance

6-8pm, Monday, March 20 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. At the SPIN Dances, you can always count on lively music provided by local bands or DJ's, a healthy snack at intermission, and FANTASTIC company! All persons age 14 and over are invited for music, dancing, and fun! For information, call Amanda: (360) 778-7000.

Calling all parents of young children with autism!

Endless Potential Presents...



Tuesdays, 12:00-1:30pm

Starting March 7th, until the curriculum is completed (approximately 12-14 weeks)

This 12-session group parent training program is offered to parents of children ages 2-8 years who are diagnosed with autism. The goal is to learn the skills required to promote their child's emotional regulation, social competence, language skills, school readiness, and relationships with others. Parents will learn the autism-specific version of The Incredible Years curriculum and apply it to their own kids. They will also have the opportunity to share and acquire new parenting ideas and skills.

Curriculum Topics Include:

- Child-Directed Narrated Play Promotes Positive Relationships
- Pre-Academic and Persistence Coaching
- Social Coaching Promotes Friendship Skills
- Emotion Coaching Promotes Emotional Literacy
- Pretend Play Promotes Empathy and Social Skills
- Using Praise and Rewards to Motivate Children
- Plus other parenting topics of interest/concern to parents

Groups are offered by Tina Du Rocher Schudlich, Ph.D., MHP. at Endless Potential: 2110 Iron St., Bellingham, WA 98225

For more info, call (360) 930-6063 or email ContactUS@ EndlessPotentialLLC.com.

P2P Support Meeting

7-8:30pm, Monday, March 13The Arc of Whatcom County
2602 McLeod Road, Bellingham *Topic: Resource Sharing*

Join other parents of children with developmental delays, disabilities, and ongoing health care needs in a comfortable, confidential setting for mutual support. Free on-site child care available for those who RSVP by March 10th: (360) 715-0170, ext. 302, or KarleneU@arcwhatcom.org.

Autism 200 Series

Autism 200 is a series of 90-minute classes for parents and caregivers of children with autism as well as teachers and community providers who wish to better understand autism spectrum disorder. Faculty from Seattle Children's, the University of Washington and community providers teach the classes. Classes are held on most third Thursdays of the month at Seattle Children's Hospital from 7 to 8:30 p.m. in Wright Auditorium. Lectures are also recorded and can be viewed on the website following the lecture. For a list of teleconferencing sites or to view past lectures, please visit: http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/

Autism 203: Making Friends on the Playground: Social Skills Support in School

March 16, 2017

Instructor: Jill Locke, PhD

Ever wonder what your child does at recess? Or with whom he/she plays? Social impairment is one of the most challenging core deficits affecting children with autism. Dr. Jill Locke will discuss how social impairments manifest in schools, their implications with peers, and the steps educators can take to facilitate positive peer engagement. Both caregivers and educators are encouraged to attend this lecture!

Please note: These classes are no longer available at WWU but can be viewed online: http://www.seattlechildrens.org/classes-community/current-class-offerings/autism-200-series/

Duncan Seminar on Developmental Disabilities, Behavioral Challenges and Mental Health

Friday, March 31, 2017
Seattle Children's Wright Auditorium
4800 Sand Point Way NE
Seattle, Washington 98105

Seattle Children's Outreach Education, Division of Developmental Medicine and the Center for Children with Special Needs is proud to sponsor the 38th Annual Duncan Seminar: The Juggling Act: Developmental Disabilities, Behavioral Challenges and Mental Health.

Please join us on March 31, 2017 for this one-day interdisciplinary conference focused on the care of children with neurodevelopmental disabilities and their families. Experts from Seattle Children's, the healthcare community and families will share their experiences and learning on the topic of behavioral mental health in children with neurodevelopmental disorders. This seminar is geared towards a wide audience of healthcare professionals. Family members affected by this condition are also encouraged to attend.

You may register here: https://www.regonline.com/registration/Checkin.aspx?EventID=1888495

For more info, contact lynna.song@seattlechildrens.org or at (206) 987-5318.

ADVOCACY DAYS 2017



Advocacy Days offer a way for you to learn about the legislative process in person. It's a hands-on tool kit for learning how to make a difference! For information or to register, call 1-888-754-8798, ext. 105, email bean@arcwa.org or visit http://arcwa.org/takeaction/washingtonstate/advocacy_day.

Climb on Board!

Opportunity to visit Olympia and meet with your legislators!

Wednesday, March 29, 2017

The Arc of Whatcom County will be chartering a bus from Bellingham to Olympia to participate in the "Disability Pride" Legislative Advocacy Day on *Wednesday, March 29*. The bus will leave at approximately 7am for a full day in Olympia. Parents, self-advocates, and care providers are welcome to come at no cost to you. We will provide information and materials to help you understand the issues and share your story.

If you are interested in joining us, please email Monica at monicab@arcwhatcom.org or call (360) 715-0170, ext. 303, by March 21st to reserve your seat!



Bellingham Independents Swimming

11am-1pm, Starts Sunday, March 12, 2017 Arne Hanna Aquatic Center 1114 Potter St, Bellingham

Practices are Sundays, March 12 through May 7 with no practice on Easter. Regional swim competition on Saturday, April 15th. State swim competition tentatively scheduled for the weekend of May 13th.

Bellingham Independents Soccer

10am-12pm, Starts Sunday, March 12, 2017 Whatcom Community College Orca Field

Practices are Sundays, March 12 through May 21 with no practice on Easter. Regional soccer tournament on Sunday, April 30th. Check out www.sobellingham.org for more info.

Please arrive on time. If you have any questions, please contact Jason at (360) 630-4554 or LaVonne at (360) 927-5233. Join the email list: admin@sobellingham.org.

Down syndrome Outreach

Down syndrome Outreach: Advocacy & Awareness

Down syndrome Outreach (DsO) Coordinator Jessika Houston has been working with other organizations across the state, and the nation, on the implementation of the WA State Down syndrome Information Act, passed in 2016. This Information Act provides families with resources and support at the time of diagnosis, which greatly impacts the family's path and how they navigate the system of services. Learn more about this law at

MOVING FORWARD!

Community Implementation of Washington Down syndrome Information Act Join us for a webinar on March 17th at 10:00 am PDT. Register now! https://attendee.gotowebinar.com/ register/6507824987533020163

http://lawfilesext.leg.wa.gov/biennium/2015-16/Pdf/Bills/House%20Passed%20Legislature/2403.PL.pdf#page=1

DsO, with support from the Washington State Department of Health, would like to invite you to attend a webinar to learn how YOU can help to build community awareness of the Ds Information Act. The goal of this webinar is to connect communities in our state and build on one another's efforts, so we can further implement the Ds Information Act in our state and ensure it is being followed by medical practitioners for the benefit of new families and our communities.

This webinar is for individuals or organizations who support individuals with Down syndrome, self-advocates, medical professionals, and anyone interested in engaging your local medical communities in order to support the Ds Information

Within Reach invited Jessika to write a Guest Blog Post for 3/21, in honor of World Down syndrome Day, which will touch on her personal and professional path, and discuss the Down Within Reach syndrome Information Act and other self-advocacy work. This article will be found at http:// www.withinreachwa.org/making-connections/. WithinReach is a statewide nonprofit that runs the Family Health Hotline (1-800-322-2588) and Parenthelp123.org. When you call the hotline, bilingual Spanish and English operators will provide assistance with accessing free or low cost health insurance, food benefits, parent support, and special health and developmental resources in your area.



March 21st is World Down Syndrome Day!

Use this day to help spread awareness in our community. Let's get people talking about Down syndrome on 3/21!

- Wear mis-matched socks, and your Buddy Walk or other Awareness shirts and invite all your friends, family, and colleagues to do the same. Why mis-matched socks? To show that we are all different, but the same! Encourage those you know to wear brightly colored and unique socks as a conversation piece, allowing the wearer to raise awareness about Down syndrome.
- Do three random acts of kindness! Write someone a positive note. Clean-up a local park. Give someone a helping hand. Talk to someone who is sitting alone. Or, pass out our Down syndrome Awareness Cards! More ideas can be found at www.worlddownsyndromeday.org/randomacts-kindness.
- Down syndrome Awareness cards featuring local people! Pick up 3 -21 of them and distribute in our community! Starting March 1st, you can come by The Arc's Dan Godwin Community Center from 9am-12pm, Monday-Friday, or schedule a time with Jessika to pick up your cards!
- Promote Down syndrome awareness in school and work. Encourage your classroom/workplace to watch and share the video Just Like You: Down syndrome (by the Down syndrome Guild of Greater Kansas City). Send a personal letter to your school counselor telling them why to get involved on 3/21. Visit www.justlikeyou-downsyndrome.org.
- Menchie's Fundraiser: 20% of your frozen yogurt purchases on 3/21 will support DsO! All you have to do is show the image to the right. info can be found on Facebook – you can simply pull it up on your phone and show them when you are there celebrating World Down syndrome Day!

SAVE THE DATES:

- 4/20: Buddy Walk Planning Committee Meeting, 5-6:00pm
- 5/7: Spring Fling Family Support Event, 12-3pm, Fairhaven Park



CHOICE & DETERMINATION

School-to-Work Program May Be Ending

School-to-Work (STW) has been a long time collaboration among the DSHS Division of Vocational Rehabilitation (DVR), local school districts, employment agencies, and seven county DD programs (including Whatcom County) to ensure students with significant developmental disabilities successfully transition from school to the workforce.

The main reason STW has been successful is it was an organized process of all parties working together. (DVR, employment providers, schools, families, students with disabilities and counties)

DVR is considering canceling this program that helps to ensure the success of students with significant disabilities obtaining employment.

If you or someone you know has used this program or if you are planning to in the near future, you can share your story. If this is important to you, contact Governor Inslee and his Public Policy Advisor, Jason McGill or contact DVR directly to express your opinions about this program.

Stay Tuned for WWU Disability Awareness Week: April 10-14

- 4/10, Monday: Kick-off event, 11am-1pm, PAC Lawn at WWU
- 4/11, Tuesday: "How to Talk to People with Disabilities" (Catering included.)
- 4/12, Wednesday: "Sex and Disability" panel at 6pm in VU 565A (Food provided.)
- 4/13, Thursday: Clayton Raithel, a comedian who talks about depression at 5pm
- 4/14, Friday: Dance, 6-9pm, Viking Union 565ABC

For more info, contact Courtney Manz, Disability Outreach Center Coordinator at as.disability@wwu.edu.





Bellingham Community Transitions student, Logan Merlina, has a conversation with Temple Grandin about preparing for career opportunities at her recent lecture.

WHATCOM COUNTY TRANSITION FAIR

9am-12:30pm, Thursday, March 30 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 illee@co.whatcom.wa.us.



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 OFFICE HOURS: 9am-12pm M-F

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Stay Connected

Online Community Calendar: Visit The Arc's website at www. arcwhatcom.org and click on Events.

Facebook: Visit our FB page: 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 or email monicab@arcwhatcom.org.



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?

Whatcom **Transportation** Authority (WTA) has New Services, Coming March 19, 2017! There are upcoming changes to existing routes and schedules, beginning March 19, 2017. The WTA board has approved route changes and service expansion. For more info: http://www.ridewta.com. Contact customer service at 360-676-RIDE. Toll Free: 1-866-989-4287. Paratransit Service: 360-733-1144.



The Arc of Whatcom County Dan Godwin Community Center 2602 McLeod Road Bellingham, WA 98225 Nonprofit Org. U.S. Postage PAID Bellingham, WA Permit No. 124

RETURN SERVICE REQUESTED

Event Calendar

March 2017

2 Thursday, 4:30-6:30pm Young Adult Self-Advocacy Meeting The Arc's Dan Godwin Community Center

2602 McLeod Road Contact Jessika: 715-0170, ext 304

13 Monday, 4-7pm Open House

The Arc's Dan Godwin Community Center 2602 McLeod Road

See page 3 for details.

13 Monday, 7-8:30pm Parent to Parent Support Meeting The Arc's Dan Godwin Community Center 2602 McLeod Road

Contact Karlene: 715-0170, ext 302

16 Thursday, 7-8:30pm Autism 200 Series See page 5 for details.

17 Friday, 10am Webinar: Down syndrome Info Act See page 6 for details.

18 Saturday, 6–7pm People First Meeting For meeting location and details, contact Susan Larson: 738-2060

20 Monday, 6-8pm Spin Dance

Senior Center, 315 Halleck Street Contact Amanda: 778-7000

21 Tuesday World Down syndrome Day See page 6 for details.

21 Tuesday, 6-8pm
PC Workshop: Legislative Advocacy
The Arc's Dan Godwin Community Center

2602 McLeod Road Contact Monica: 715-0170, ext 303

22 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

23 Thursday, 5-6:30pm P2P/DsO Support Meeting See page 4 for details.

29 Wednesday, All day Advocacy Day in Olympia *See page 5 for details.*

30 Thursday, 9am-12:30pm Whatcom County Transition Fair See page 7 for details.



Save the date for the 9th Annual

Autism Awareness Auction

benefiting FACES Northwest

Saturday, April 1, 2017 Bellingham Golf & Country Club

Doors open at 5:30pm. Tickets are \$75 each. Includes gourmet dinner and complimentary beer and wine. Reserve your tickets by March 17 at www.facesnorthwest.com.

FACES Northwest is a non-profit organization founded by parents of individuals with autism. Since 1997, FACES has operated the ONLY local summer program providing education, recreation and one-on-one support for children and young adults with autism.

For more info, call (360) 389-2151 or visit www.facesnorthwest.com.