



All About Housing Workshop

Tuesday, November 28, 6-8pm

Families are welcome and encouraged to join us to learn more about the basics of each supportive housing model for their loved one. Learn about Partners4Housing and how to access your free residential housing assessment. Bring your questions and connect with other families.

Registration Required:
<https://tinyurl.com/4h3kzjy3>

Questions? Email parentcoalition@arcwhatcom.org or call 360-715-0170



"There is no burden of a child. It is the burden of our society failing these families."

UNSEEN: How We're Failing Parent Caregivers & Why It Matters

A documentary that opens up an important discussion about the challenges facing many parent caregivers and what we can all do to help. Unseen follows Jess and Ryan Ronne, a blended family with 8 children, including Lucas, who has profound disabilities requiring total care. Their situation has gotten more and more challenging as Lucas gets older and stronger. With limited resources and support, caregiving takes a toll on their physical and mental health. Following the screening a panel of community members, parents and DDA will be hosting a facilitated discussion and a question and answer session.

Presented by Washington State DSHS' Developmental Disabilities Administration, Whatcom County Developmental Disabilities Program, Parent Advocates, and The Arc of Whatcom County



UNSEEN

How We're Failing Parent Caregivers & Why It Matters

DECEMBER
4TH & 5TH
11:00 AM

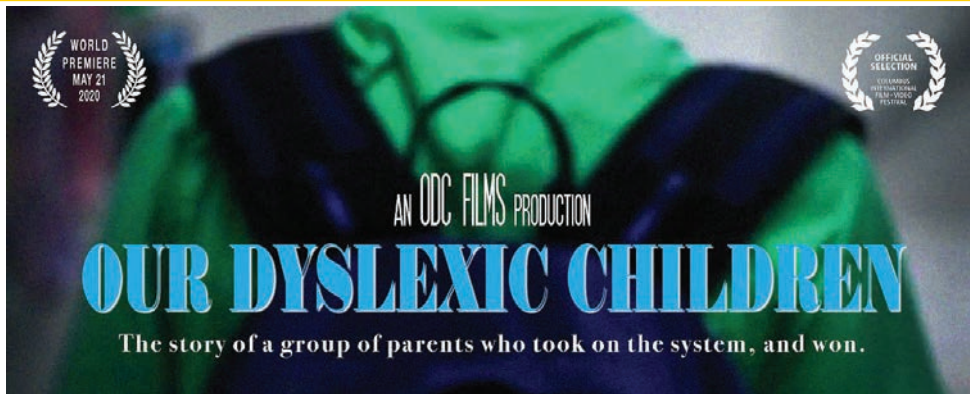
PICKFORD FILM CENTER
1318 BAY ST
BELLINGHAM



Registration Required.
Reserve Your Free Ticket.
<https://www.pickfordfilmcenter.org/movie/unseen-how-were-failing-parent-caregivers/>



UNSEEN How We're Failing Parent Caregivers & Why It Matters



“Our Dyslexic Children” Documentary Screening & Panel Discussion

Tuesday, January 16th 7:00pm
Virtual Meeting via Zoom

We will be showing the 43-minute documentary “Our Dyslexic Children” and then have a panel discussion after with Cathie Bertola, M.Ed. Literacy and Nancy Ruhl, Parent Dyslexia Advocate.

Watch the trailer: <https://www.youtube.com/watch?v=oJ7xa6meD2Q>

Register: <https://tinyurl.com/mw5cuj58>



Virtual Office Hours
Every Thursday,
11am – 12:00pm

Staff will be available on zoom to help with resources, support, information, and connection. No RSVP needed. We will not have a password to join, but participants will be in a waiting room until we admit you. We can utilize breakout rooms to enhance privacy if multiple participants have joined.

**No Office Hours on Thursday, November 23*

Join Meeting: <https://us02web.zoom.us/j/86909304702>

Meeting ID: 869 0930 4702

Miss our Fall 2023 Special Education Workshops?

Part 1: Special Education 101 <https://youtu.be/m65CLztsCDI>

Part 2: Tips for a Successful IEP Meeting: <https://www.youtube.com/watch?v=fjw180evOSQ>

Helpful Websites:

Office of Education Ombuds (OEO) assists anyone with questions or concerns about Washington’s K-12 public schools. We can provide you with information, referrals, toolkits, and other resources. Learn more at: <https://www.oeo.wa.gov/en>

Wright’s Law is a resource where parents, advocates, teachers, and attorneys come to for reliable, up-to-date information about special education law and advocacy for children with disabilities. Read more at: <https://www.wrightslaw.com/>

Understood is a lifelong guide for those who learn and think differently. Find resources, toolkits, and videos at <https://www.understood.org/>

Parent to Parent

Monthly Parent Connect

7-8pm, Monday, November 13

7-8pm, Monday, December 12

Virtual Meeting via Zoom

This is a meeting for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs.

Register: p2p@arcwhatcom.org



The holidays can be a stressful season. Parent to Parent, a program of The Arc of Whatcom County, has joined forces with Toys for Tots to bring joy and laughter into your home this year.

We would love to be able to support our families who have a child with disabilities, developmental delays, or special needs, this year with receiving a gift for your child/children through Toys for Tots. Whatcom County Toys for Tots will not open a public toy distribution center. They will still collect new and unwrapped toys, for families with children 0-18. Parent to Parent is an approved agency to support families! If you would like a toy for your child/children, please send an email to p2p@arcwhatcom.org with your child's (children's) name, gender and age by **Sunday, November 26th 2023**. We will work with to support your child and plan a pickup arrangement.



Please join us for our Annual Parent to Parent

Holiday Party

Potluck

Join us for crafts, fun activities, photos with Santa and much more!

Saturday, December 16

Bloedel Donovan Park
Large Multipurpose Gym
2214 Electric Avenue, Bellingham

There are 2 time slots families are welcome to join:

*Families of a child with special needs ages birth to seven are invited from: **12 noon to 1:30 pm**

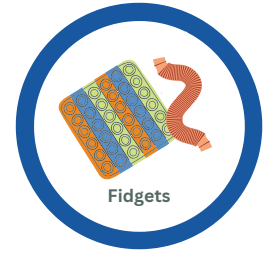
*Families of a child with special needs ages eight and up from: **1:30 pm - 3 pm**

Beverages will be provided. Please bring your favorite healthy potluck dish to share.

Co-sponsored by Parent to Parent and City of Bellingham Parks and Recreation Department



SENSORY FRIENDLY SUNDAYS



Sensory friendly stations of crafts and games for families to enjoy together!

Nov 12, Dec 10 | 1-3PM Ages:
18 months - 16 years old
Bloedel's Community Building

\$10 Passes for 3 visits
Register: cob.org/ezreg
(360) 778-7000



City of
Bellingham
PARKS & RECREATION



Designed for children aged 12 and under with autism spectrum and/or sensory-processing needs, our Low Sensory Sundays provide a special, quieter experience at our museum's Family Interactive Gallery (FIG).

WHEN: Nov 26, Jan 28, Mar 24, May 26, and Jul 28.

TIME: 10 - 11:30 a.m.

WHERE: Family Interactive Gallery (FIG) inside the Lightcatcher building, 250 Flora Street.

COST: Absolutely FREE!

What to expect:

- Wheelchair accessibility
- A quiet room for downtime
- Supportive tools including gloves, cue cards, sunglasses, timers, and sensory maps

Brought to you by Hoagland Pharmacy, our mission is to break down barriers and foster a welcoming museum community. Our vision is to provide consistent access and support for families with children who benefit from a low-sensory environment.

RSVP is appreciated but not required.

Let's make art inclusive!

Details: <https://ow.ly/b6LB50PLo24>



THE AIROW PROJECT
Supporting & inclusive recreation in Whatcom County

ADAPTIVE PICKLEBALL

EVERYONE IS WELCOME TO PLAY!

STARTS NOVEMBER 6TH
MONDAY & WEDNESDAY
4:00PM - 5:30PM

No experience necessary. Beginning sessions will focus on accessible drills.

REGISTER EARLY - SPACE IS LIMITED

MUST REGISTER IN ADVANCE:
THEAIROWPROJECT@GMAIL.COM

\$25 per session or save \$100 by registering for all 14 sessions
Or DDA funds can be used

VOLLI BELLINGHAM
4190 CORDATA PKWY

NOVEMBER EVENTS



Wednesday

8

Navigating SSI Applications for Children Under 18

12:00 pm PST

Thursday

9

Dolla\$ & Bill\$: Budgeting

4:00 pm PST

Wednesday

15

Navigating SSI Applications: 18 years and older

12:00 pm PST

Thursday

16

Dolla\$ & Bill\$: Credit

4:00 pm PST

Learn more about Northwest Access Fund & Register for Events: <https://www.nwaccessfund.org/>



FUN FOR ALL-STARS, RESPITE FOR CAREGIVERS, BELONGING FOR EVERYONE!

Free events that celebrate friends with special needs

**ALL-STARS ENJOY THESE ACTIVITIES -
ALL WITH A 1-ON-1 VOLUNTEER BUDDY!**

- ★ Adaptive Sports
- ★ Games & Activities
- ★ Awesome Karaoke
- ★ Delicious Snacks
- ★ Projects & Crafts
- ★ Story & Music Time



LEARN MORE:

ALLSTARSCLUB.ORG/NCCTK

*Safety & medical volunteers are on hand to ensure a fun & safe experience.

ALL-STARS EXPERIENCE:

- 1. FUN!**
First class events designed to provide pure joy to each participant.
- 2. FRIENDS!**
Focused on building strong friendships amongst All-Stars & volunteers.
- 3. FAMILY!**
Parents/caregivers will enjoy a time of rest knowing their kids are having the time of their lives.



The All-Stars Club is a non-profit program that provides free monthly celebrations for people with developmental disabilities while parents enjoy a time of respite. Each All-Star is matched with a 1on1 volunteer buddy to facilitate a fun & safe experience. We welcome anyone with special needs, ages 8 and over, to attend our events.

North County Christ The King All-Stars Club • ncctk@allstarsclub.org • 1816 18th Street Lynden, WA 98264

Build your Self-Advocacy & Leadership Skills. These meetings empower individuals to develop advocacy and leadership skills and set lifetime goals for employment, independence and community involvement.

Self-Advocacy Group Meetings

Thursday, November 2, 4:30-6:30pm

Money & Financial Skills

We will talk about budgeting and identity protection to help us learn how to reach our financial goals. Join us virtually for this meeting on zoom.



Thursday, December 7, 4:30-6:30pm

Scavenger Map to Community Resources

Participants will have an opportunity to share community resources, opportunities and getting out in the community. Join us virtually for this meeting on zoom.

The virtual meetings are on zoom. After registering you will receive an e-mail containing the link for you to join the Self-Advocacy Meeting. For more questions or information call (360) 715-0170. Pre-registration is REQUIRED to get the link. Must be able to connect through a cell phone, tablet or computer.

Register at: SelfAdvocacy@arcwhatcom.org



SELF-ADVOCACY

A program of The Arc of Whatcom County

"Be Strong. Be Proud. Be Heard."



Sponsored by The Arc of Whatcom County with funding from the Whatcom County Developmental Disabilities Program

Staff & Board of Directors

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.

Arc of Whatcom County Staff:

Executive Director: Beverly Porter

GIDES Family Advocate: Barbara Roxas

Asst Inclusion Advocate: Terri Hansen

Family Advocate: Laura Kaptinski

Parent to Parent & Self Advocate Coordinator:
Karlene Umbaugh

P2P Parent Assistant & Parent Coalition

Co-Coordinator: Melissa Abraham

Rhonda Rische: Assistant Director

Padres a Padres: Marta Mejia, Alina Zollfrank

Office Manager: Hilary Scheibner

Board of Directors:

Missy Bartell – President

Jason McGill – Co Vice President

Melissa Mitchell – Co Vice President

Susan Jewell – Treasurer

Dale Whipple – Director

Sarah Godwin – Director

Ellie Posel – Director

Margaret Jahn – Director

Melanie Hartley – Director

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



Our office is now open to the public Monday through Thursday, 10am - 1pm if you would like to browse our Lending Library or are in need of resources. Staff are available outside those time also by appointment. Please call 360-715-0170 if you are needing any assistance and would like to connect with a staff member.

Staff are available every Thursday via Zoom for Open Office Hours. No RSVP needed. For more information, see page 3.

The Arc of Whatcom County
Dan Godwin Community Center
2602 McLeod Rd
Bellingham, WA 98225-1368

Phone: (360) 715-0170

Fax: (360) 715-8522

Email: admin@arcwhatcom.org

To see a list of staff positions and extensions, visit:
<http://arcwhatcom.org/about-the-arc/staff/>

Get Involved!



Looking for a way to give back to your community?

Volunteer at The Arc!



The Arc of Whatcom County has exciting opportunities for volunteering, college internships, or high school culminating projects. Help others in your community and gain valuable skills at the same time!

Contact the Arc today for details. We greatly appreciate your interest and look forward to working with you soon!

Volunteer & Internship Opportunities

- **DsO Spring Fling, annually in May** – Join the fun at this annual event for individuals with Down syndrome and their families.
- **Self-Advocacy (SA)** – Help support adults with developmental disabilities work on skills to advocate for themselves and others in the community. Meets one Thursday afternoon per month.
- **DsO Buddy Fest, annually in September***—Join the fun and promote the inclusion and acceptance of people with Down syndrome!
- **Board Members** – We are looking for passionate and committed individuals to join our Board of Directors, providing oversight of The Arc's programs and representing The Arc in the community.
- **Spanish Speaking Intern** – Help support our Padres a Padres program in supporting our Spanish speaking community in Whatcom County.
- **Outdoor Landscaping and maintenance** –Help keep the Dan Godwin facility in great shape by helping with yard work and small projects around the facility.
- **Smiles of Life Calendar*** – Help with the development of our annual Smiles of Life Calendar featuring photos and profiles of individuals with developmental disabilities.
- **Parent to Parent Holiday Party, annually in December** - Help with setting up event, food, games, and making the event memorable for children and their families.
- **Resource updates and distribution*** – Help update and distribute resources for individuals, families and youth with special needs.
- **Parent to Parent Halloween Fall Festival, annually in October** – Volunteers are needed to help with set up, activities, and snacks during this event which supports families in our community.
- **Social Media Intern** – Help us spread the word about all the great things the Arc is doing to support individuals with disabilities in Whatcom County!

2023

Some information listed is time-sensitive and subject to change. Please contact us for current details.

2023/2024 Event Calendar

NOVEMBER

2 Thursday, 11am - 12pm Open Office Hours

2 Thursday, 4:30 - 6:30pm Self Advocacy Meeting

9 Thursday, 11am - 12pm Open Office Hours

13 Monday, 7 - 8pm Parent Connect Meeting

16 Thursday, 11am - 12pm Open Office Hours

28 Tuesday, 6 - 8pm All About Housing Workshop more info on page 1

29 Wednesday, 6 - 7:30pm Board of Director's Meeting
Go to: <https://zoom.us/join>
Meeting ID: 854 0124 4924

30 Thursday, 11am - 12pm Open Office Hours

The Arc will be closed for Thanksgiving, starting Wednesday November 22. Our offices will reopen Monday, November 27.

DECEMBER

4 Monday, 11am Unseen Documentary Showing

5 Tuesday, 11am Unseen Documentary Showing

7 Thursday, 11am - 12pm Open Office Hours

7 Thursday, 4:30 - 6:30pm Self-Advocacy Meeting

11 Monday, 7 - 8pm Parent Connect Meeting

14 Thursday, 11am - 12pm Open Office Hours

16 Saturday, noon - 3pm Parent to Parent Holiday Party
Bloedel Donovan Park Building

The Arc will be closed for the Holiday Break, starting Monday December 18. Our offices will reopen Tuesday, January 2nd.

JANUARY

4 Thursday, 11am - 12pm Open Office Hours

4 Thursday, 4:30 - 6:30pm Self-Advocacy Meeting

8 Monday, 7 - 8pm Parent Connect Meeting

11 Thursday, 11am - 12pm Open Office Hours

16 Tuesday, 6pm "Our Dyslexic Children" Documentary Screening & Panel Discussion
more info on page 2

18 Thursday, 11am - 12pm Open Office Hours

25 Thursday, 11am - 12pm Open Office Hours



STAY CONNECTED

Follow our Facebook Pages:
www.facebook.com/ArcWhatcom
www.facebook.com/ParenttoParentWhatcom
www.facebook.com/WhatcomCountySelfAdvocacy
www.facebook.com/DownsyndromeOutreach

Follow our Instagram @arc_whatcom

Find resources, information, and more at:
www.arcwhatcom.org