



PARENT TO PARENT OF
WHATCOM COUNTY
Supporting Families of Children with
Developmental Disabilities and On Going Health Care Needs

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 two time slots families are welcome to join us:
Families of a child with special needs ages birth to seven are invited from
12 noon to 1:30 pm

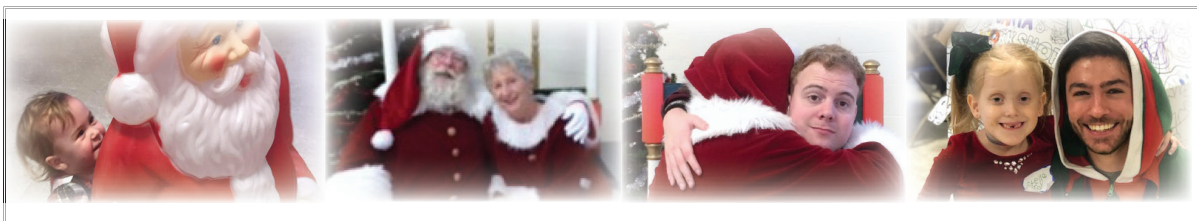
Families of a child with special needs ages eight and up from
1:30 pm - 3 pm

*Beverages will be provided *Please bring your favorite healthy potluck dish to share.
Sensory-Friendly. Volunteers are needed prior to and during the event! For more
information contact (360) 715-0170 ext 302 or p2p@arcwhatcom.org

Co-sponsored by the City of Bellingham Parks and Recreation Department



For families and friends of children with developmental delays, disabilities and ongoing health care needs



Parent to Parent is proudly sponsored by

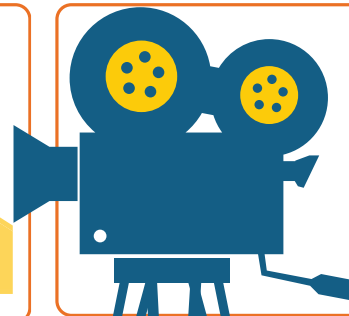


The Arc of Whatcom County

Parent Coalition

“Our Dyslexic Children” Documentary Screening & Panel Discussion

**Tuesday,
January 16th
7pm**
Virtual Meeting via Zoom



Does your child seem to be struggling with learning how to read or spell? Does your child tend to complain about, or try to avoid reading and writing? Do they have a hard time identifying some speech sounds or remembering dates, telephone numbers or their address? Curious about Dyslexia? Learn about what Dyslexia is and *is not*, along with how to support your child in growing their reading, writing, and spelling skills.

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, and many other community professionals. Meeting will start at 7pm, screening will start at 7:20pm. Panel Discussion to follow.

Watch the trailer:

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

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



REGISTRATION

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

VIRTUAL WORKSHOPS

Recording of September Workshop: Special Education 101:
<https://youtu.be/m65CLztsCDI>

Recording of October Workshop: Tips for a Successful IEP Meeting:
<https://www.youtube.com/watch?v=fjw18OevOSQ>



Monthly Parent Connect

7-8pm, Monday, December 11
Virtual Meeting via Zoom

This is a meeting for parents and caregivers of children with developmental delays, disabilities, and ongoing health care needs. After registering you will receive an email containing the link for you to join the Parent Support Meeting via Zoom. Please register early so you can get the link. Must be able to connect through a cell phone, tablet or computer. For questions, contact Parent to Parent at 360-715-0170 ext 302 or p2p@arcwhatcom.org

Register: p2p@arcwhatcom.org

SENSORY FRIENDLY SUNDAYS

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

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



WHATCOMRESOURCES.ORG

FIND THE HELP YOU NEED
in Whatcom County

FOOD
SHELTER
CLOTHING
EMERGENCY SERVICES
CHILD/YOUTH/FAMILY SUPPORTS



THANK YOU GRACIAS

Thank you to everyone who made our recent Padres a Padres event a success!

- Katrin at European Papercrafts: www.3dcardmaking.com
- Jacquie and Pacé Atelier Art Studio
- Holly's Meat Pies

Parent to Parent has a closed Facebook group for parents and caregivers of children with developmental delays, disabilities, and on-going health care needs called P2P: Whatcom County. This is a private page for our Parent to Parent of Whatcom County families. A place to share joys and tears. A place for us to ask for help or just be heard. What's said here, stays here. You are not alone.

Join: <https://www.facebook.com/groups/1289791781074855/>

WHATCOM COUNTY

DEVELOPMENTAL DISABILITIES



TRANSITION RESOURCE GUIDE

SCHOOL YEARS

- ◇ Be responsible for chores at home
- ◇ Consider work/volunteer opportunities
- ◇ Build friendships with peers
- ◇ Get involved in a neighborhood or community organization
- ◇ Keep a note book that includes: medical history/alerts, diagnosis information, school evaluations, IEP's, assessments
- ◇ Build on personal strengths, capacities and interest. These may help define a future career.
- ◇ Provide opportunities to make choices, and identify preferences.
- ◇ Participate and be present at all meetings

Explore, Interests, Skills and Dreams!

HIGH SCHOOL YEARS

- ◇ Discuss career/job ideas or college.
- ◇ Establish transition goals in the IEP no later than 16. (College or work focus and independent living skills)
- ◇ Set up a bank account
- ◇ Explore hobbies and community events.
- ◇ Build a calendar/routine based on interests, hobbies and support needs.
- ◇ Learn to ride the bus!
- ◇ Socialize with friends and peers.
- ◇ Be able to advocate or speak up for oneself.
- ◇ Discuss your child's graduation date with the IEP team and learn about the district's 18-21 program. Staying in school until 21 may prevent a gap in services.

Educate Yourself About Decisions at AGE 18!

The updated Whatcom County Developmental Disability Resource Guide is available now.

Topics include:

- education resources & supports
- technology
- housing & living information
- transportation
- healthcare & medical services
- family supports
- recreation
- helpful timelines

Download: <https://www.whatcomcounty.us/DocumentCenter/View/2116/Resource-Guide-PDF?bidId=>

The Developmental Disabilities Program contracts with various agencies in the community to provide services for residents of Whatcom County with developmental disabilities and their families. Learn more about:

- Child Development Services for infants and toddlers birth to age 3.
- Pathways to Employment and Community Inclusion Services for Adults 21+.
- School to Work Program.
- Information and Family Support.
- Find out how your agency can become a County qualified service provider.
- Attend a Developmental Disabilities Advisory Board meeting.

Learn more: <https://www.whatcomcounty.us/3246/Developmental-Disabilities>

Self Advocacy

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

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.

Thursday, January 4, 4:30-6:30 pm

Self-Advocacy in Healthcare

Build your skills and learn about how to best advocate for your health and health care. 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



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: 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>

Is your child "consistently inconsistent", or do they struggle with many, or all, of the following:

- understanding consequences
- emotional regulation and/or behavior challenges
- ADD/ADHD
- fine or gross motor delays
- sensory processing sensitivities
- language delay or related challenges
- memory and/or processing speed difficulties
- math comprehension – i.e. money, time, large quantities



Fetal Alcohol Spectrum Disorders are the number one cause of Intellectual and Developmental Disabilities (IDDs) nationwide and worldwide, and are more common than Autism, Down Syndrome, Cerebral Palsy, and Tourette's combined.

Community is important, as are people who "get it," and who understand. FASD Focus NW support groups are a chance to build community, make connections and share ideas. To know that you are not alone. Each group meeting is spent sharing joys as well as tears, asking questions, and offering and receiving support from others. This is a volunteer ran and peer-led support group that is open to families or caregivers to individuals who have been diagnosed with or are suspected of being impacted by Prenatal Substance Exposure (PSE) and/or Fetal Alcohol Spectrum Disorders (FASDs) as well as to adults impacted by PSE/FASDs. Our groups are respectful of and open to birth mothers. In 2008, the CDC reported that more than half of all pregnancies (51%) were unplanned. At FASD Focus NW, we seek to educate and reduce stigma related to unintentional alcohol consumption and pregnancy.

***FAST Friends Virtual Support Group will be held on Wednesday, the 22nd in December from 8:00 to 9:00 p.m.** Our support group is always the 4th Wednesday of each month from 8-9pm. There is no fee to attend and you do not need to sign up each month.



Sign up to receive meeting invites at:
<https://www.nofaswa.org/support>



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

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
Frances Chalmers – 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 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. Call 360-715-0170 if you are needing any assistance and would like to connect with a staff member.

We now offer Open Virtual Office Hours.

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

Thursdays, 11am - 12 noon
Join Meeting:
<https://us02web.zoom.us/j/86909304702>
Meeting ID: 869 0930 4702

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

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 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

DECEMBER

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 December 27th Board of
Directors Meeting was voted to be
canceled.*

***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, 7pm
“Our Dyslexic Children”
Documentary Screening &
Panel Discussion
more info on page 2

18 Thursday, 11am - 12pm
Open Office Hours

24 Wednesday, 6 - 7:30pm
All Community Members
Welcome! Learn more at:
<http://arcwhatcom.org/about-the-arc/board-of-directors/>

25 Thursday, 11am - 12pm
Open Office Hours

FEBRUARY

1 Thursday, 11am - 12pm
Open Office Hours

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

12 Monday, 7 - 8pm Parent
Connect Meeting

15 Thursday, 11am - 12pm
Open Office Hours

22 Thursday, 11am - 12pm
Open Office Hours

28 Wednesday, 6 - 7:30pm
Board of Directors Meeting
- All Community Members
Welcome!

29 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