



Need Paperwork & Application Support from Arc Staff Members?

2nd Wednesday of every month
February 14, March 13, April 10, May 8
11am - 1pm

Dan Godwin Community Center
2602 McLeod Rd., Bellingham

Join Arc Staff in-person at the Dan Godwin Community Center. We will be supporting families with filling out paperwork for their loved ones. Bring a laptop or tablet if you have one, some laptops will be available for use at the Arc.

- Partners4Housing Residential Assessment Developmental Disabilities Administration (DDA) Eligibility
- Social Security Disability Insurance (SSDI)
- Guardianship

Questions?

Email parentcoalition@arcwhatcom.org or call (360) 715-0170



6 - 8pm
Tuesday,
February 20

Parent Coalition
Virtual
Workshop

Becoming an Individual Provider: How to get Paid to Care for your Adult Loved One with IDD

6 - 8pm, Tuesday, February 20
Virtual Workshop
Zoom Platform

Did you know that once your loved one turns 18, you can become a paid In-Home Caregiver (Individual Provider)? Join our Virtual Workshop and learn the requirements, how to apply, and what training looks like. Bring your questions and meet other families, Individual Providers, and Arc staff.

Pre-register to receive the Zoom Link.
Register: <http://tinyurl.com/yc2pnhdm>

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



SCAN HERE

Parent Coalition

Join Arc of Whatcom County staff, community members and advocates throughout the state for 2024 Advocacy Days! Wednesdays at 10am via Zoom.



Advocacy Days, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them. To make the meetings more accessible to people all around the state, we have moved to a virtual platform on Zoom.

Advocacy Day begins at 10:00 am

Spanish translators will be provided

February 7 – What is Needed to Ensure Every Student has an Inclusive Education?

February 14 – Engaging in Our Communities – How Do We Make Our Communities Welcoming?

February 21 – Why are so Many People in Crisis?

February 28 – What Can You Do Now?

To find registration Zoom links and to view previous Advocacy Days, visit:
<https://arcwa.org/advocacy/2024-advocacy-days>



AS360 is a new resource from the University of Washington Autism Center (UWAC). AS360 is an autism resource database designed to increase access to autism services and connect individuals and organizations. AS360 provides resources that help autistic people and their families, caregivers and providers navigate services and be part of an online community with other autistic people and their families.

- AS360 connects community programs into one cohesive ecosystem allowing families to identify and access clinically and culturally relevant resources
- AS360 provides individualized recommendations for navigating the autism journey
- AS360 puts caregivers at the center of their family's wellness journey, reducing stigma and enabling access to critical services

To learn more and access the site visit <https://www.as360.org/>



**42nd District Town Hall
Saturday, 1 - 2:30 p.m. February 17
Horizon Middle School
Ferndale**

Rep. Alicia Rule, Sen. Sharon Shewmake, Rep. Joe Timmons will be at this Town Hall. This is your chance to questions about what's happening in Olympia and tell us what's important to you. More details are coming soon.



Monthly Parent Connect

7-8pm, Monday, February 12
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

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
<https://us02web.zoom.us/j/86909304702>
Meeting ID: 869 0930 4702

Childcare Resources in Washington State

As a parent or caregiver, it is important to find safe and affordable childcare. It can be overwhelming to find the right childcare provider, but resources are available for you.

Childcare Aware provides families with accessibility information and support in early care and education from birth to 12 years old. Learn information on what parents/caregivers should ask, resources for financial assistance, and resources specific to the area of the state you are located. <https://childcareawarewa.org/>

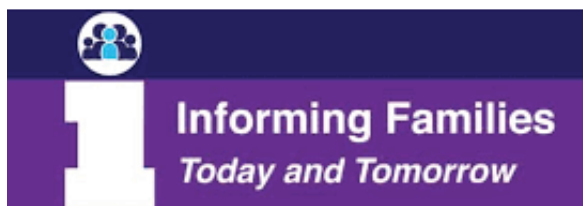
Washington State DCYF offers many resources for families and caregivers to support finding safe and reliable childcare. Child Care Check helps parents and caregivers search for quality child care in their area. To learn more, visit <https://www.findchildcarewa.org/> or call 1-800-446-1114.

ECEAP, Early Childhood Education and Assistance Program is funded by Washington state and is for children ages 3 to 4. Head Start is funded by the federal government for children ages 3 to 4. Children with disabilities who receive special education services are also eligible for ECEAP. To learn more visit <https://www.dcyf.wa.gov/>

WASHINGTON WORKING CONNECTIONS CHILDCARE (WCCC) can help eligible families pay for childcare. To learn more visit <https://www.dcyf.wa.gov/services/earlylearning-childcare/getting-help/wccc>.

THE CHILD AND DEPENDENT CARE FEDERAL TAX CREDIT is a tax credit that may help you pay for the care of eligible children or dependents. To learn more visit <https://www.irs.gov/taxtopics/tc602>

Learn more at www.informingfamilies.org



SPIN Dance
Every 3rd Monday of the Month
6 - 8pm
February 19

Bloedel Donovan Gym
2114 Electric Ave, Bellingham

Everyone 14 and older is invited to dance with us to music provided by Glitt3r Lyfe's Aireekah! Though we are returning to in-person, registration is still suggested. Learn more at: <https://maxhighbeecenter.org/special-events/>

MORE INFO



FREE
14 AND OLDER
ALL ABILITIES

WITH LIVE DJ AIREEKAH



SENSORY FRIENDLY SUNDAY

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

February 11, 2024 | 1-3PM

Ages: 18 months - 16 years old

Bloedel's Community Building

Free!



Fidgets



Weighted Blankets



Noise reduction headphones



Sensory gloves



Sunglasses



The Arc of Whatcom County is partnering with Partners4Housing to provide free Residential Assessment (RA) to local families. Completing this RA will help your family explore housing possibilities for your loved. After completing the questions, you'll meet online with a trained Solutions Coordinator. They will help you understand how to access all the benefits your loved one is eligible for, including that all-important section 8 voucher, so you can start planning for your loved one's future housing needs.

How to get started: If you or someone you know has a loved one with IDD, 16 years or older, living in Washington State, claim your free RA today ... at no cost!

SIGN UP HERE:

<https://signup.partners4housing.com/promo/WAWAT>

WAWAT





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: 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.

***FAS Friends Virtual Support Group will be held on Wednesday, the 28th in February 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
- ★ Interactive Worship



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. FAITH!**
All-Stars will experience God's love & understand their worth & value.



The All-Stars Club is a Christ-centered ministry 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

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, February 1, 4:30-6:30pm

Lead On!

We will all have an opportunity to lead in this meeting and to develop advocacy skills, build self-confidence, and leadership skills. Join us virtually for this meeting on zoom.

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

What Are Our Rights and How Do We Advocate

We will have an opportunity to learn and ask questions about legislative advocacy and self-advocacy skills. Join us virtually for this meeting on zoom.



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

Advocating for our Community Goals

Setting goals for our Self-Advocacy group meetings, ourselves, and 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

Assistant Director: Rhonda Rische

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

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.

2024 Event Calendar

FEBRUARY

1 Thursday, 11am - 12pm
Open Office Hours

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

7 Wednesday, 10am
2024 Legislative Advocacy Day
more info on page 2

8 Thursday, 11am - 12pm
Open Office Hours

12 Monday, 7 - 8pm
Parent Connect Meeting

14 Wednesday, 10am
2024 Legislative Advocacy Day
more info on page 2

14 Wednesday, 11am
Paperwork Support with Arc Staff
more info on page 2

15 Thursday, 11am - 12pm
Open Office Hours

20 Tuesday, 6 - 8pm
Become Paid Provider for your
Adult Child Workshop
more info on page 1

21 Wednesday, 10am
2024 Legislative Advocacy Day
more info on page 2

22 Thursday, 11am - 12pm
Open Office Hours

28 Wednesday, 10am
2024 Legislative Advocacy Day
more info on page 2

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

29 Thursday, 11am - 12pm
Open Office Hours

MARCH

7 Thursday, 11am - 12pm
Open Office Hours

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

11 Monday, 7 - 8pm
Parent Connect Meeting

13 Wednesday, 11am
Paperwork Support with Arc Staff
more info on page 2

14 Thursday, 11am - 12pm
Open Office Hours

21 Thursday, 11am - 12pm
Open Office Hours

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

28 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