

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, 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.



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

Self-Advocacy 101

Build your self-advocacy and self-awareness skills with our interactive game of Jeopardy. 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



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 – Vice President

Susan Jewell – Treasurer

Dale Whipple – 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 April** – 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

MARCH

4 Monday 10 am – 11am
Coffee & Conversations

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 1

14 Thursday, 11am - 12pm
Open Office Hours

21 Thursday, All Day
World Down Syndrome Day!

21 Thursday, 11am - 12pm
Open Office Hours

21 Thursday, 6 - 8pm
Guardianship and Future
Planning: Preserving Rights and
Respecting Choices

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

APRIL

4 Thursday, 11am - 12pm
Open Office Hours

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

8 Monday 10 am – 11 am
Coffee & Conversations

8 Monday, 7 - 8pm
Parent Connect Meeting

10 Wednesday, 11am
Paperwork Support with Arc Staff

11 Thursday, 11am - 12pm
Open Office Hours

18 Thursday, 11am - 12pm
Open Office Hours

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

25 Thursday, 11am - 12pm
Open Office Hours

28, Sunday, 1 - 4pm
Down syndrome Outreach's
Spring Fling
more info on page 4



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