

## February 2017 Calendar



### **PARENTS HELPING PARENTS PADRES AYUDANDO A PADRES [www.phpslo.org](http://www.phpslo.org)**



#### **PARENTS HELPING PARENTS FAMILY RESOURCE CENTER**

PHP serves families of children with special needs throughout San Luis Obispo County. Two lending libraries, which cover a wide variety of special needs topics, are equipped with toys, games and a place for children to play while their parents browse. PHP has a network of experienced staff and parents available for mentoring and support. A reliable source of current information, referrals, and training, PHP regularly e-mails a calendar to interested families.

Contact: SLO (805) 543-3277, Atascadero (805)461-7415 or [php@ucp-slo.org](mailto:php@ucp-slo.org)

PHP sirve a familias de niños con necesidades especiales que viven en el condado de San Luis Obispo. Tenemos dos bibliotecas con una diversidad de libros y materiales que cubren una amplia variedad de temas relacionados a personas o niños con necesidades especiales. Nuestras bibliotecas están equipadas con juguetes, juegos y un lugar para que los niños jueguen mientras los padres buscan la información que necesitan. PHP dispone de una red de personal con experiencia y un grupo de padres con conocimiento en necesidades especiales para orientar y apoyar. Nuestras bibliotecas son una fuente confiable de información actualizada, referencias y entrenamiento. PHP regularmente manda correos electrónicos a las familias interesadas con el calendario vigente. Usted puede ponerse en contacto con: oficina de San Luis Obispo (805) 543-3277, Atascadero (805)461-7415 o [php@ucp-slo.org](mailto:php@ucp-slo.org)

#### **San Luis Obispo**

PHP Library, 3450 Broad St, Suite 111, SLO \* *bilingual Español/English staff are available*

#### **Atascadero**

PHP Library, 7305 Morro Rd, Suite 104A, Atascadero

[www.facebook.com/ParentsHelpingParentsSLO/](http://www.facebook.com/ParentsHelpingParentsSLO/)



## FEBRUARY EVENT HIGHLIGHT

PHP is partnering with Courtney's House in Templeton to bring you an important workshop:

### I HAVE A VOICE

Our loved ones with special needs may face added obstacles in reporting, processing, and recovering from either being a victim of or witness to a crime. Desiree Garcia, from the District Attorney's Victim/Witness Assistance program, will present information to help us be informed and prepared so we know how to respond.

*February 22<sup>nd</sup>, 6:30-8 pm @ Courtney's House in Templeton.*  
Please RSVP early – Space is very limited \*\*

## PHP SPONSORED EVENTS

\*\* For ALL PHP events, please RSVP to [php@ucp-slo.org](mailto:php@ucp-slo.org) or call 543-3277.

### GET CONNECTED AT PARENTS HELPING PARENTS

Join us *Wednesday, February 8<sup>th</sup>*, in Atascadero, or *Thursday, February 9<sup>th</sup>*, in SLO, from 11-12. We will be discussing Family Media Planning – learn about tools and tips to ensure your family's media consumption aligns with your family values!

### PARENTS OF YOUNG ADULTS WITH DISABILITIES SUPPORT GROUP

Come and talk about the transition out of school, SSI, independence, social opportunities and more. Once a month, next meeting: *Tuesday, February 21<sup>st</sup>, 10:30-11:30 am @ PHP Library, Atascadero*  
Call PHP Atascadero with questions: 461-7415.

## UCP SPONSORED EVENTS

**Kids Night Out** is back! Join UCP *Friday, February 24<sup>th</sup> from 6-8 pm* in Oceano to meet and hear stories from Medicine Man Lone Eagle. \$25 includes dinner and transportation.

The **Kids and Teens Club** will have a bowling outing *February 11<sup>th</sup>*. \$30 covers transportation, lunch, the activity and staffing.

Our **CIP Tour** will travel to **San Francisco** *February 18<sup>th</sup> – 20<sup>th</sup>* for dinner, shopping, and a boat cruise! \$600 covers transportation, lodging, meals, support staff, and activities.

The **Leisure Club** will take a Sub Sea Tour of Morro Bay *February 25<sup>th</sup>*. \$30 covers door-to-door transportation, a meal, the activity, and interactive supervision.

For more information about these and other events, contact UCP at 543-2039.

**Arts for Living** has a lot of music opportunities going on – check out <http://www.artsforliving.org/> and click on programs – they have two music clubs in SLO and one in Atascadero.

**Glee Club** is an inclusive community choir joyfully singing a variety of styles of music and improvisation in a supportive environment! – they meet every Wednesday, from 5:30-6:30 pm at the UCP SLO Office, 3620 Sacramento, Suite 201

Call Laura to Reserve YOUR Space for either group: 805-225-6101 or email [artsforliving@ucp-slo.org](mailto:artsforliving@ucp-slo.org)

**SLO Excursions** is a program that takes place in "real-life" settings allowing teens to receive hands-on behavioral support while enjoying fun and new everyday activities with friends. Friday afternoons between 3:45PM and 7:30PM depending on the event. Please e-mail CJ Tilford at [cjtilford@gmail.com](mailto:cjtilford@gmail.com) for more information.

## LOCAL EVENTS

### HEALTH FOR THE COMMUNITY

The Latino Health Coalition of SLO County and Dignity Health are partnering on a health

information fair *Saturday, February 4<sup>th</sup>*, from 9-1 at Shandon High School. Contact Patty Herrera at 542-6268 for more information.

### **NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)**

If you have a loved one with a mental illness, join in **Family-to-Family**, developed by NAMI. This is a 12 session education program offering information, understanding and support. Classes are free, including all materials, and are led by trained volunteer instructors, all of whom have a family member with a mental illness. New sessions begin *February 6<sup>th</sup>* in San Luis Obispo, and *February 21<sup>st</sup>* in Paso Robles. Preregistration is required, contact Henry Herrera, (805) 440-3516

### **COASTAL FAMILY RESOURCE FAIR**

Join several agencies and organizations *February 24<sup>th</sup>*, from 4-6 pm at Los Osos Middle School. Free taco dinner, checkups, games, and information!

### **FERIA DE RECURSOS PARA FAMILIAS COSTERAS**

*Febrero 24th, 4-6 pm* – Vengan y aprendan acerca de los recursos que están disponibles en su comunidad y empiecen a planear las actividades de verano para sus hijos mientras disfrutan de una cena de tacos gratis y actividades divertidas.

### **SOUTH COUNTY PARENTING SUPPORT GROUP**

The group provides parent education and information about community resources for family support as well as a safe and confidential place to share concerns and learn with other parents.

Facilitated in Spanish by Ximena Ames.

*Thursdays, 9am – 11am*, First 5 School Readiness, 1551 17<sup>th</sup> St., Oceano. For questions, call Ximena (805) 462-7135

### **\*Evento en Español\* GRUPO DE APOYO PARA PADRES DEL CONDADO DEL SUR**

Esta invitado a un grupo de apoyo para padres que es totalmente gratis. El grupo ofrece educación para padres e información de recursos disponibles en la comunidad para el apoyo familiar. El grupo va a proporcionar un ambiente seguro y un lugar

donde podrá compartir inquietudes y aprender con otros padres de manera confidencial.

*Los jueves 9am – 11am*, Oficina de First 5 School Readiness, 1551 17th St. Oceano. Para preguntas, llame a Ximena al (805) 462-7135

### **CENTRAL COAST AUTISM SPECTRUM CENTER (CCASC)**

Check out CCASC's events calendar -

<http://www.sloautism.org/resources/#calendar> – upcoming February events include a gymnastics day at Central Coast Gymnastics, a sensory night at the Children's Museum, and a Game Night at Meadow Park.

### **LEARN.CONNECT.PLAY.PRESCHOOL**

Lively, interactive, hands-on parent education classes. The February session will focus on routines. *February 8<sup>th</sup>, 6:30 – 8:00 pm* \*snacks and childcare provided\* First Presbyterian Church, 981 Marsh St. San Luis Obispo (\*call 471-7529 for childcare)

### **NORTH COUNTY ADAPTIVE SPORTS AND RECREATION PROGRAM**

Meets each *Thursday from 6-7:30 pm* at Colony Park in Atascadero, and at the indoor pool at the Atascadero Kennedy Club *Mondays from 6-7 pm*. Check the calendar on the Website:

<http://ncasarp.org/>

Contact email: [info@ncasarp.org](mailto:info@ncasarp.org)

### **STRIDE's FRIDAY CLUB**

A free weekly sport program put on in conjunction with the SLO Special Olympics. *Every Friday 10-11 am (elementary -high school students) 11-12 pm (young adults) 12-1 pm (older adults)* @ Cal Poly's Recreation Center Main Gym. Email [kinesiology@calpoly.edu](mailto:kinesiology@calpoly.edu) or Michael Lara at [mlara@sosc.org](mailto:mlara@sosc.org)

### **FAMILY TIES SUPPORT GROUP**

Are you caring for another relative's child? Then you are a "Kin Caregiver". Kinship Center has three groups meeting monthly – 2 in North County and 1 in South County. Contact: Marta Nielsen at (805) 434-2126.



**Tri-Counties  
Regional Center**



Parents Helping Parents



Serving Families  
or  
Children with Special Needs

