

Parents Helping Parents



Serving Families
of
Children with Special Needs

February 2018 Calendar of Events

(805) 543-3277 php@ucp-slo.org
www.phpslo.org

Padres Ayudando a Padres: Sirviendo a las familias de hijos con necesidades especiales

PHP SPONSORED EVENTS

SPECIAL NEEDS TRUST Matthew O'Leary, attorney at law, will present on this topic. Learn how to continue to provide for your child beyond your lifetime, preserve SSI and Medi-Cal benefits, supplement basic support, and enhance quality of life.

February 21, 2018, 6:30-8pm. Hilton Garden Inn, 601 James Way, Pismo Beach.

"FIVE WISHES" Advance Directives for Adults

Five Wishes can be used to express how you want to be treated if you are seriously ill and unable to speak for yourself, using a document that is easy to understand.

Please join Mary Beth Lepkowsky, Five Wishes and Advanced Care Planning Facilitator Volunteer with Alliance for Living and Dying Well Assistant Director, TCRC

February 14, 10:30am-12pm. Atascadero PHP.

GET CONNECTED

Other parents who understand the special needs journey are often the best resources- come in and chat with others about behaviors, great programs you've found, IEPs, or any other subject you want to discuss.

In February, come in to make one giant Valentine to your child focusing on the *positive*: "What I Love About You". Craft supplies as well as positive parenting resources provided.

Wednesday, February 14th from 11am-12 pm SLO only this month.

RSVP to 543-3277 or php@ucp-slo.org For families of children ages 0-10. You may come with or without your children.



Evento en Español Una oportunidad para platicar con otras familias que tienen hijos con necesidades especiales. El evento en San Luis Obispo es bilingüe. *14 de Febrero*



MAKER WORKSHOP

Parents can create materials such as: picture activity schedules, icon exchange materials, visual schedules, social stories, visual prompts, etc. There will be computers, printing supplies, laminating supplies, etc. on hand. Training and support will be provided by Rebecca O'Gorman-Trimboth, BCBA.

Monday, February 26th from 10—11:30 am by appointment

PHP 940 Ramona Ave, Suite M, Grover Beach. RSVP to 543-3277 or php@ucp-slo.org.



PARENTS OF YOUNG ADULTS WITH DISABILITIES SUPPORT GROUP

Come and talk about the transition out of school, SSI, independence, social opportunities and more. We include parents of individuals between the ages of 14 and 40 for this support group. This month's event will be held on:

Tuesday, February 20, 10:30-11:30 am. PHP Library, Atascadero

SAVE THE DATES!

HOUSING OPTIONS Presentation by Joe Hoeflich, TCRC Adult Team Manager, for youth transitioning into adulthood: Independent Living, Supported Living, Residential Care and supports available to individuals. *March 21, 2018, Pismo Beach.*



UCP SPONSORED EVENTS



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! Activities range from eating out and bowling to movies, climbing gyms and archery. Fridays.

Please e-mail CJ Tilford at cjtilford@gmail.com for more information about dates, times, and locations.



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



TRI-COUNTIES REGIONAL CENTER EVENTS

WELCOME ORIENTATION TRI-COUNTIES REGIONAL CENTER

We hope you will join us for this informative meeting to learn more about how TCRC can help you and your family. We recognize you may have many questions and are eager to find answers. This orientation will give you an overview of services available and explain the role of your TCRC Service Coordinator.

Wednesday, February 15, 10am-12pm SLO. Register with your Service Coordinator or call Colleen Duncan 823-2305.

TOWN HALL MEETING

Come to speak with Omar Noorzad, Director of TCRC at this Town Hall Directors Meeting.

February 21, 1-2:30 pm

Pathpoint, 11491 Los Osos Valley Rd, SLO

ANNUAL WORK AND DAY PROGRAM TRANSITION FAIR

The purpose of this event is to acquaint students, individuals served by Regional Center, Parents, instructional staff, and service providers with post-school training options for adults with developmental disabilities.

**March 14, 10am-2pm and 5-7pm.* TCRC, 7350 Morro Rd, Atascadero

**March 22, 2018 10am-2pm.* TCRC, 3450 Broad St, Suite 111, San Luis Obispo

RSVP: Devon McClellan at dmcclellan@tri-counties.org

Evento en Español *Estas invitado a participar en la FERIA de transición de trabajo y programas de día Para explorar las oportunidades de trabajo y programas de día. 14 de Marzo en Atascadero y 22 de Marzo en SLO.*

POS INFORMATION NIGHT

You're invited to an Information Meeting & Presentation of FY16-17 Purchase of Service Expenditures. Join us and share your ideas about how we can better serve our diverse communities! Child care available upon prior request, Spanish translation will be provided.

Light Refreshments Served, Data Presentation, Small Group Discussions to Gather Input, Closing Remarks. Representatives from TCRC, Family Resource Centers, State Council on Developmental Disabilities Central Coast, and Office of Clients' Rights Advocacy will be available after the presentation to meet with people.

Thursday, March 15th, 10:00 -12:00 pm

3450 Broad Street, San Luis Obispo, CA 93401. (805) 543-2833

Evento en Español **Reunión de Información y Presentación de FY16-17 Compra de gastos de servicio del Centro Regional** Los representantes de TCRC, Centros de Recursos para la Familia, Consejo Estatal sobre Discapacidades del Desarrollo de la Costa Central y Oficina de Defensa de los Derechos del Cliente estarán disponibles después de la presentación para reunirse con la gente. *Jueves, 15 de Marzo, 10am – 12pm.*

TCRC STRATEGIC SURVEY

ENCUESTA DE TCRC

TCRC will be inviting people we support, family members, service providers and other community stakeholders to share their input and ideas in an online survey.

PHP would be happy to support anyone who does not have computer access or needs assistance to complete the online TCRC Strategic Planning Survey. Please contact our office at 543-3277.

It will be provided in English and Spanish and open to contributors from *March 5 through March 30, 2018.* ***Evento en Español*** *Padres de familia que no tienen acceso a una computadora para hacer la encuesta pueden contactar a Padres Ayudando a Padres para una cita.*

LOCAL EVENTS

LISTEN ENCOURAGE NURTURE STRENGTHEN: LENS Workshop 1: "Developmental progression: How to encourage developmental growth at any developmental stage"

Everyone seeks normalcy regardless of age, diagnosis or level of functioning. Children and adults follow a natural progression of developmental phases (cognitive, physical, and social/emotional). Sometimes, individuals can have difficulty moving from one stage of development to the next.

Join LENS consultants, Marcus Shira, PhD and Diana Ringer in an interactive discussion on ways to support and promote developmental growth in order to foster confident, happy and successful children.

Sunday, February 25, 2018, 3-4:30 pm (First of three workshops)– Space is limited; please email lens4family@gmail.com to reserve your seat

Workshops location: Meadow Park Community Building – 2333 Meadow St., SLO, CA 93401

LENS SIBLING CLUB

The Sibling Club (for ages 9-12) is a pilot event hosted by LENS consultants Marcus Shira, PhD and Diana Ringer. This is an opportunity for children to have fun and enjoy the company of peers who share similar life experiences. Club participants will meet 4 consecutive Sundays.

January 21, 28, February 4, 11. 3-4:30 pm. San Luis Obispo

Space is limited; please register your child at lens4family@gmail.org

PARK PLAY DAY

Join other families of children with special needs in the park for crafts, games, snacks and fun! This is geared towards families with children 12 and under, but all ages are welcome. This play date is organized by a Cal Poly Masters student of Special Education.

Saturday, February 3, 11am-1:30pm

Rancho Grande Park, 500 James Way, Arroyo Grande. Email parkplaydaySLO@gmail.com for more information and to RSVP.



CENTRAL COAST AUTISM SPECTRUM CENTER (CCASC)

GYMNASTICS DAY at Central Coast Gymnastics

February 4, 10:30 am – 12pm.

TEEN DANCE *February 10, 7-9:30 pm.* Ludwick Community Center, SLO.

For more information, or to participate in the planning meeting on 2/4/17, please contact Kim Richards at krichards@sloautism.org or 805-458-8063.

SLO PANDAS/PANS SUPPORT GROUP

This group is for families currently with a diagnosis of PANDAS/PANS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections) and for families looking to learn more.

For more information or to be put on the interest list, contact: slopandasfans@gmail.com or Zoe Jones (703)568-8574

ONGOING EVENTS



REACH: REALISTIC EDUCATION ADDRESSING CONDITIONING AND HEALTH

A new YMCA class for children and families impacted by Autism. Participants will be divided by age and/or abilities based on parent surveys and instructor observation. Any skill level welcome between ages 6-18. The goal of the program is to empower those on the spectrum with independent living skills, physical activity and fun! YMCA membership is required.

Saturdays. Ages 6-12 11:30am-12:15pm, ages 13-18 1-1:45 pm. San Luis Obispo

Contact April for more information 543-8235. alewallen@sloymca.org



CLUB 42

Club 42 is a social gaming club and activities center (developmentally disabled, elderly, 11 years and under are always free.)

Atascadero. www.club42atascadero.com



STORYTIME AT THE GROVER BEACH COMMUNITY LIBRARY

Kids of all ages are welcome for stories, songs, and surprises in both English and Spanish.

Niños de todas las edades están invitados para cuentos, canciones y sorpresas en inglés y español. Únete a nosotros cada lunes a las diez y media.

Mondays at 10:30am at 240 N. 9th St., Grover Beach.

240 N. 9th St., Grover Beach. ***Evento en Español***



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.

2 Fridays of the month, 9am – 11am, Oceano Family Resource Center- 1511 19th St. For questions, call Ximena: (805) 462-7135

GRUPO DE APOYO PARA PADRES DEL CONDADO DEL SUR

Está 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.

Dos Viernes al mes 9am – 11am, 1511 19th St, Oceano.

Para preguntas, llame a Ximena al (805) 462-7135. ***Evento en Español***

NAMI: FAMILY-TO-FAMILY

Do you have a family member or friend with a mental illness such as depression, bipolar disorder, schizophrenia, borderline personality disorder, or obsessive-compulsive disorder?

Family-to-Family can help you! It is an educational program for family members and friends of individuals living with mental illness. It offers knowledge, training and emotional support and is free. The course meets 2 ½ hours per week, for 12 weeks.

For more information, call Martha Elias at (805) 234-4369 or Jackie Garza at (805) 801-4376.



NORTH COUNTY ADAPTIVE SPORTS AND RECREATION PROGRAM

Do you want to incorporate more fun, sports-like activities into your child's life? This program offers weekly events, including swimming and kickball!

Swimming is held at the Atascadero Kennedy Fitness in the indoor pool: *Mondays from 6:00-7:00pm,*

Other activities may include line dancing and more.

Check the calendar on the Website: <http://ncasarp.org/> and contact by email at 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 or Michael Lara at mlara@sosc.org

- **San Luis Obispo:** PHP Library, 3450 Broad St, Suite 111, SLO
** bilingual Español/English staff are available*
(805) 543-3277, php@ucp-slo.org
- **Atascadero:** PHP Library, 7305 Morro Rd, Suite 104A, Atascadero
(805) 461-7415, php@ucp-slo.org
- **Grover Beach:** PHP Library (Open by Appointment), 940 Ramona Ave, Suite M, Grover Beach (805) 543-3277 php@ucp-slo.org



