

Parents Helping Parents



Serving Families
of
Children with Special Needs

December 2017 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

**** All PHP offices will be closed December 25 and 26 ****

PHP SPONSORED EVENTS

GET CONNECTED

This month we will be *making cards*: for the holidays or thank you cards for the many people in your life who support your child. *Schedule this creative time for yourself!* We will have guided projects for those who don't feel they have a creative streak and also many materials for those who are inspired to use their own ideas.

Come find out about the resources available at our libraries in SLO and Atascadero – For families of children ages 0-10. Talk with other parents who understand having a child with extra challenges. You may come with or without your children.

Wednesday, 13th from 11am-12 pm SLO and Atascadero

RSVP to 543-3277 or php@ucp-slo.org



Evento en Español Una oportunidad para platicar con otras familias que tienen hijos con necesidades especiales. El evento en San Luis Obispo es bilingüe. *Miércoles, 13 de Diciembre.*

HOLIDAYS AND CRISIS SUPPORT SERVICES

As the holidays are quickly approaching, there can be an added level of difficulty for some families. This may include an increase in more challenging behaviors and parents and families need to know what supports and services are available to assist them. Crisis Support Services will present an overview of services including building rapport and connecting with individuals and their loved ones before a crisis occurs, what circumstances may lead to individuals and families needing Crisis Support Services, and what happens when Crisis Support Services come to your home. In addition, the 10 crisis prevention strategies will be discussed.

Tuesday, December 5th, 10:30-11:30 am

PHP Library, Atascadero. RSVP to 543-3277 or php@ucp-slo.org



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, December 18th from 10—11:30 am by appointment

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



SAVE THE DATES!

DUAL DIAGNOSIS Please join Kristin Reed Campos, PhD, Staff Psychologist with Tri Counties Regional Center for a presentation on Dual Diagnosis. In this event, you will learn to recognize signs of mental health in people with IDD, learn the prevalence of different mental health illnesses in people with IDD, and discuss evidence-based treatments for specific dual-diagnoses.

January 31, from 10:30am-12pm at the PHP office in SLO.

SPECIAL NEEDS TRUST Matthew O'Leary, attorney at law, will present on this topic February 21, 2018, Pismo Beach.

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

GIVE THE GIFT OF TECHNOLOGY

UCP wants to help you purchase an iPad or computer to increase the independence of a child or adult with a developmental disability. UCP will support your assistive technology gift up to \$500. You must write a letter stating how the technology will improve the individual's life, obtain a quote and invoice.

Submit requests by noon on December 13, 2017

For more information contact 543-2039 or email your request to programs@ucp-slo.org

KIDS & TEENS CLUB

Melodrama December 9

LEISURE CLUB- Christmas Party December 16

For more information about UCP events please call 543-2039.



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



LOCAL EVENTS

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.

Second Thursday of every month at 6:30

Next support group: Thursday December 14, 6:30-7:30 pm ** RSVP BY DECEMBER 13

PHP Library, 940 Ramona Ave, Suite M, Grover Beach.

For more information contact: slopandaspan@gmail.com or Zoe Jones 703-568-8574



WREATH MAKING

Make your own wreath to benefit Special Olympics. S'more and cider included!

Saturday, December 2, 2017 11am-1pm

Jack Creek Farms, Templeton. For more information (805) 544-6444 or kshannon@sosc.org

A DISCUSSION ABOUT AUTISM FOR FOSTER CARE FAMILIES

This training, recommended for resource families and relative caregivers, is a discussion about Autism and Asperger's with trainer Judy Marti and is brought to you by Options for Recovery, DSS and Cuesta College Foster and Kinship Care.

Thursday, December 11. Two sessions 9:30am-12pm, or 6-8:30pm.

3563 Empleo St, Conference room #1, SLO

RSVP to 781-1705 and for more information



CENTRAL COAST AUTISM SPECTRUM CENTER (CCASC)

SENSORY NIGHT AT THE MUSEUM

December 9, 5:15pm-7:15pm. SLO Children's Museum, RSVP to Tyler at 703-2120. 715-4484

ONGOING EVENTS



MINDFUL KINDFUL YOUNIVERSITY

"YOUUnique Fitness" (music, movement, and mindfulness) is a new class starting in Los Osos for special needs youth. Dee DiGioia, a former speech language pathologist, is a Certified Mindfulness Educator & Life Coach.

Contact: mindfulkindfullyou@gmail.com; 805-270-5523



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.

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*,

Kickball is held on: *Thursdays from 6:00-7:30pm* at the Atascadero Community Center.

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

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