

Parents Helping Parents



Serving Families
of
Children with Special Needs



December 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

**** We will be closed December 24 and 25. Happy Holidays!**

PHP SPONSORED EVENTS

NUTCRACKER GIVEAWAY

The Civic Ballet has generously donated a limited number of tickets to *The Nutcracker* for families of children with special needs that would not otherwise be able to afford the ticket price. Please call PHP to inquire. Performance on *Friday, December 7*. (805) 543-3277



El "Civic Ballet" está donando unos cuantos boletos a su presentación del ballet "Nutcracker" para familias que no pueden pagar el boleto. Viernes, 7 de Diciembre. Llame al PHP 543-3277 para más información.

<https://pacslo.org/Online/default.asp>

"GET CONNECTED" FAMILY SUPPORT



Support Group for parents of children 0-10. SLO and Atascadero. Let's talk about our tips for the holiday season: stress-free and joyful...let's go!

Wednesday, December 12 from 11am-12 pm

RSVP to 543-3277 or php@ucp-slo.org You may come with or without your children.

Evento en Español *Una oportunidad para platicar con otras familias que tienen hijos con necesidades especiales. Este evento es bilingüe.*



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 17, 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, December 18, 10:30-11:30 am. PHP Library, Atascadero

SAVE THE DATE: "FINAL RULE"

Changes are coming! Work-Incentive Opportunity Act (WIOA) ◇ Employment First ◇ Community Integrated Employment ◇ CalAble Act ◇ Self Determination Pilot Program. This presentation by David Grady and Jennifer Dwyer will take place on *January 15, 2019*.



UCP SPONSORED EVENTS

GIFT OF TECHNOLOGY

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

Deadline: noon, December 14th.

Submit to programs@ucp-slo.org or to 3620 Sacramento Drive, Ste 201, SLO. For more information call (805) 543-2039



TEENS CLUB Join UCP's newly revamped Teens Club! Participants pay \$30 and that includes transportation and food! This month we will be taking a tour of the Madonna Inn and doing Christmas crafts.

December 8, 2:30-5:30 pm.

(805)543-2039 or email us at: contact@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! 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

WREATH MAKING

Come out and enjoy our Annual Wreath Making Workshop at Jack Creek Farms. Tickets are \$35 per wreath and all supplies are included as well as local sweet treats. This family friendly event is a benefit for Special Olympics.

Saturday, December 1, 11am-1pm. (805)544-6444, kshannon@sosg.org



PEOPLE FIRST HOLIDAY DANCE



\$5 cover with proceeds to be donated to a local non-profit

Friday, December 14 from 7-9 pm

Ludwick Center, 864 Santa Rosa St, SLO. Call Bradlee at 782-8890 for more information.

THE LENS HOUR~ Listen, Encourage, Nurture, Strengthen ~

LENS consultants, Dr. Marcus Shira and Ms. Diana Ringer will be available at the San Luis Obispo Parents Helping Parents library. The time will be devoted to an open discussion on any questions parents would like to ask. It will also be an opportunity for creative collaborative thinking in a casual, confidential and positive climate.

Friday, December 14, 11 am – 12 pm

RSVP to 541-8561 or 975-7560, lens4family@gmail.com

PARENT SUPPORT GROUP

This is a chance to hang out with other parents of children with special needs, ask questions, share tips and resources, offer and receive support, and get a full dose of happy.

Thursday, December 6, 3:30-5pm, Ventana Grill, Pismo Beach. Questions? Email Nitaña at intheplayroom@hotmail.com

ONGOING EVENTS

YOUNIQUE FITNESS

Social/emotional/mental/physical fitness classes for those with disabilities (different abilities) integrating the wide-ranging benefits of music, movement, and mindfulness, where everyone is welcome and everyone succeeds!

- Tuesdays at 4:30 pm. 5035 Palma Ave, Atascadero Ag Hall

For more info check the website first: <https://mindfulkindfullyouniversity.com/youunique-fitness/> or contact Dee DiGioia at 805-270-5523 or mindfulkindfullyou@gmail.com



CENTRAL COAST AUTISM SPECTRUM CENTER (CCASC)

Details for many events including gym days, at Central Coast Gymnastics, Autism Night at the Paso Robles Children's Museum and more can be found at www.sloautism.org

HABLEMOS DEL AUTISMO/ SPANISH AUTISM SUPPORT GROUP

Grupo de apoyo para familias 5:30-7 pm, Paso Robles. Contacta a Brenda en Español al 805 975-9924 (or Debra in English at 805 235-8038) o por correo electrónico: contact@sloautism.org ***Evento en Español**

PARENT SUPPORT GROUP Paso Robles. Contact Debra at 235-8038 or contact@sloautism.org

CURIOUS PARENT FORUMS & SUPPORT GROUPS

South County Youth Coalition partnered with Parent Connection are pleased to provide San Luis Obispo - South County residents with Curious Parent Forums and Support Groups in the 2018-2019 school year! Topics ranging from: The Dance of Attachment, Raising Bright Courageous and Strong Children with Dramatic Play, Why Reading Matters and How to Get Kids to Love It.

Arroyo Grande Library. For registration call Rubi Cuevas at 474-3000 ext.1229 or email rubi.cuevas@lmusd.org. Childcare provided and refreshments served. Free

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, coordinated by NAMI and TMHA meets 2 ½ hours per week, for 12 weeks. Free
For more information, call Henry Herrera at (805) 440-3516 ***bilingual**

NAMI TRAINING: Family Programs Educator and Support Group Facilitator

Would you like to lead a group or teach a course? Candidates must be referred by their affiliate education coordinator, Family to Family or Basics teacher, facilitator or NAMI board member.

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



REACH: REALISTIC EDUCATION ADDRESSING CONDITIONING AND HEALTH

A new YMCA class for young people with disabilities. Participants will be divided by age and/or abilities based on parent surveys and instructor observation. Any skill level welcome between ages 7-25. The goal of the program is to empower with independent living skills, physical activity and fun! Siblings and/or aides welcome

Ages 7-12 11:30-12:30

Ages 13+ 1-2 pm

Saturdays. San Luis Obispo. Siblings/aides welcome. Contact April for more information 543-8235.

alewallen@sloymca.org

ADULTS WITH DISABILITIES CONTINUING EDUCATION (AWD) CUESTA COLLEGE

To provide an accessible program of active learning that enables adults with disabilities in San Luis Obispo County to achieve their individual employment, education, and life goals. In support of this mission, AWD is announcing a series of cost-free, ongoing informational sessions for:

- Students with autism who seek increased social and academic supports on the SLO campus,
- Students with developmental and learning disabilities who are interested in continuing their education through the Cuesta AWD program.

For more information please contact: Greg Halfman, AWD Program Liaison, (805) 546-3100, EXT 2858, gregory_halfman@cuesta.edu

SPECIAL OLYMPICS

SLO Special Olympics is in need of volunteers. If interested please contact Kenna Shannon at kshannon@sosc.org

CHANGE A LIFE WITH THE GIFT OF MOBILITY

Do you have mobility equipment that is no longer being used? Donate it to **Joni and Friends** Wheels for the World program. The group gathers manual wheelchairs, walkers (collapsible) and crutches and canes (aluminum) and distributes them to children and adults with disabilities worldwide. Pediatric equipment is highly desired. A tax deductible receipt will be provided. Contact Liz Rice at 441-2161 or liz@the5rices.com for pickup and drop off options.

WHEELS TO WATER

Empowering people with disabilities through adaptive kayaking. www.wheelstowater.com, (608) 514-3843 Morro Bay

BEYOND BOUNDARIES

Artistic movement and expression for dancers and musicians with special needs.

www.coastalperformingartsfoundation.org/beyondboundaries. Grover Beach



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 or 431-2291

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***



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



www.facebook.com/ParentsHelpingParentsSLO/

