

Parents Helping Parents



Serving Families
of
Children with Special Needs

March 2019

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

“LET’S TALK: SOCIAL STORIES” Our first gathering was so successful we’re doing it again! Come in to chat with Sara, PHP staff and mom to an extraordinary boy with an extra chromosome and see some of her examples of the social stories she creates for him about topics such as: feeling sad, going to the dentist, wearing glasses and more.



Tuesday, March 5, from 9-10 am. PHP Resource Library, Atascadero



GET CONNECTED SUPPORT GROUP

We will be hosting a book exchange! Come in to our offices to meet other families and learn more about our resources.

Support Group for parents of children 0-10. [SLO and Atascadero](#)

**Wednesday, March 13, 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, March 18, 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, March 19, from 10:30-11:30 am. PHP Library, Atascadero



UCP SPONSORED EVENTS

Join the Volunteer Interaction Program (VIP) Group ** Only 2 spots left!

United Cerebral Palsy (UCP) is offering a free volunteer training program (VIP Group) designed for teens and young adults on the Autism Spectrum who are interested in volunteering for local service, non-profit organizations. **Meetings will be facilitated by Nancy Harper**, a long-time San Luis

Coastal Paraeducator specializing in social skills and behavioral therapy, in addition to running the REACH Youth Fitness Program at the YMCA. Pizza or sandwiches will be provided, or you can bring your own food, to eat at break.

The next VIP Group meeting is on *Monday, March 11 from 5:30 to 7:00 pm at UCP, 3620 Sacramento Dr, SLO*

To sign up today for the VIP Group, call **Danielle** at **United Cerebral Palsy** at **(805) 543-2039** or e-mail her at danielle@ucp-slo.org. Also looking for volunteers to support the members in their volunteer experiences.

TEENS CLUB Join UCP's newly revamped Teens Club for a movie! Participants pay \$30 and that includes transportation and food! For more information call UCP at 805 543-2039 or email us at: contact@ucp-slo.org. See you there!
(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



TRI-COUNTIES REGIONAL CENTER EVENTS

INFORMATION MEETING: TCRC PURCHASE OF SERVICE

Meeting and discussion about TCRC's efforts to better serve our diverse communities. Connect with other families, share your ideas with TCRC staff and enjoy refreshments.

Monday, March 4, 10am – 12pm, 3450 Broad St, Suite 111, SLO. RSVP to 543-8725

REUNION INFORMATIVA Y DISCUSION CON EL CENTRO REGIONAL

Comparta sus ideas con el personal de TCRC, conectarse con otras familias y disfrute de refrescos. Cuidado infantil gratuito disponible previa solicitud.

Lunes, 4 de Marzo de 11am – 12pm. 3450 Broad St, Suite 111, SLO. RSVP to 543-8725 ***Evento en Español***

WORK AND DAY PROGRAM TRANSITION FAIR

Meet representatives from agencies providing adult programs to learn about a variety of educational, prevocational, social, community, and volunteer activities offered after high school.

Wednesday, March 20, 2019, 10am-2pm and 5-7 pm

TCRC 7305 Morro Rd Atascadero

Thursday, March 21, 10am-1pm
TCRC, 3450 Broad St, SLO

FERIA DE TRABAJO Y PROGRAMAS DE DIA

Estas invitado a participar en la Feria de transición de trabajo y programas de día en el Centro Regional de los Tres Condados (TCRC). Conocerá a los representantes de las agencias que proporcionan los programas para adultos donde aprenden acerca de una variedad de actividades educativas, pre-vocacionales, sociales y comunitarias. ***Evento en Español***

Atascadero: *Miércoles, 20 de Marzo de 10am-2pm y de 5-7pm*

San Luis Obispo: *Jueves, 21 de Marzo de 10am – 1pm*

LOCAL EVENTS

THEATRE: DANCING LESSONS

The Autism Center is hosting the play Dancing Lessons. This performance is the best autism diversity training there could be. It is respectful, uplifting, hysterical, and touching. It is my wish that every teacher, professional, parent, coworker, friend of someone with autism see this play. It is so valuable and necessary to shed light on our neuro-diverse community and showcase the value we ALL bring to society. Please come and bring others!

Sunday, March 3, 2019 at 2:00pm

Presented by The Central Coast Autism Spectrum Center. Romance-Comedy, mature themes, best for ages 18 and up.

Tickets \$19.00 and include free parking. <https://pacslo.org> for tickets. Cal Poly SLO



YOGA FOR SPECIAL NEEDS

Held at Grace Yoga in Atascadero, Andrea Sherrill has a background in nursing, medical massage therapy, meditation and early childhood education. *Adult classes on Tuesdays at 1:30 and children on Thursdays at 3:15.*



Call 888-9188 for more information.

INDOJAX SURF CAMP for Special Needs Children. Today we open registration for our 2019 camp to be held *July 23-24-25* in Cayucos, CA, [9:00am to 12:00pm](#), all three days. Indo Jax Surf Charities will supply all equipment (surfboards, wetsuits, life vests and professional instructors).

We do have to limit registrations to 25 participants and request a donation.

To register click on the following link and scroll down and click on Cayucos camp: <https://indojaxsurfschool.com/outreach.php>



LET'S GO BOWLING

Hosted by the Santa Maria Special Needs Network. Fee \$5 and snacks available for purchase.

Sunday, March 10 at 1:00. Rancho Bowl, Santa Maria. To RSVP contact Diana Gard at (805) 264-2434 by March 4.

SPECIAL NEEDS NETWORK ART CLASS

With professional artist at the Minami Center in Santa Maria. Call Mary Louise for more info (805) 937-9458 *Saturday, March 9 from 1-3 pm.*

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

SLO: Starting February 4 and Paso Robles: Starting February 13

For more information and to register, call Henry Herrera at (805) 440-3516 ***bilingual**

ONGOING EVENTS

THE LENS HOUR

LENS consultants, Dr. Marcus Shira and Ms. Diana Ringer will be available at the San Luis Obispo Parents Helping Parents library the **4th Friday of each month at 11:00 a.m.**

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. RSVP to Dr Shira at 541-8561 or Ms Ringer at 975-7560 ~ **Listen, Encourage, Nurture, Strengthen** ~



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, park dates, South Country support group 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

PARK PLAY DATE Sunday March 24 at 11am. Paloma Creek Park, Atascadero. RSVP to ihuggins@sloautism.org

PARENT SUPPORT GROUP Paso Robles. Contact Debra at 235-8038 or contact@sloautism.org Friday, March 15 from 7-9 pm



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

ASSISTANCE WITH CHILDCARE COSTS

For families who meet the income requirements and have children ages 0-12, CAPSLO Childcare Resource Connection is now accepting applications for assistance. For questions call (805) 541-2272 APPLY @ <https://goo.gl/PFZu3z>

ASISTENCIA CON PAGOS DE CUIDADO DE NIÑOS

Conexión de Recursos para el Cuidado de Niños de CAPSLO

Contacto: 805-541-2272 o Fax 805-541-0141

Niños de 0 a 12 niños de edad. Aplique en <https://goo.gl/PFZu3z>

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

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: Childhood Nutrition and Feeding, 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



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

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