

Parents Helping Parents



Serving Families
of
Children with Special Needs



January 2020

Calendar of Events

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

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

You can follow us on Facebook! Please "like" our page at [@ParentsHelpingParentsSLO](https://www.facebook.com/ParentsHelpingParentsSLO)



We will be closed January 1, 2020. Happy New Year, Feliz Año Nuevo!

PHP SPONSORED EVENTS RSVP to (805) 543-3277

LA TRANSICIÓN Lo que debe saber cuándo su hijo/a sea adulto/a: la vida después del IEP, trabajo, como navegar la independencia, recursos comunitarios. *Miércoles, 29 de Enero, 6-7:30 pm, Atascadero.* ***Evento en Español*** Presentation in Spanish on the Transition to Adulthood January 29.

GET CONNECTED for parents of children 0-12

A time to chat and connect for parents of children ages 0-12 in Early Start or with special needs.

**Wednesday, January 8, from 11am-12pm. SLO and Atascadero*

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

Evento en Español *Miércoles, 8 de enero, de 11am – 12 pm* 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, January 27 by appointment PHP 940 Ramona Ave, Suite M, Grover Beach.



PARENTS OF TEENS AND ADULTS WITH DISABILITIES SUPPORT GROUP ***Now 2 Locations!***

Come and talk about the transition out of school, SSI, independence, social opportunities and more. We include parents of individuals between the ages of 13 and 40 for this support group. This month's event will be held on:

Atascadero- Third Tuesday from 10:30-11:30 am January 21

SLO – Now on Third Friday, from 10:30-11:30 am January 17

CALFRESH APPOINTMENTS

We are taking appointments in all 3 of our PHP libraries for help with your CalFresh application. Call for specific dates and times. (805) 543-3277



SAVE THE DATES:

PAID INTERNSHIPS Presentation by TCRC Employment Coordinator Joey Carrol. *February 12 from 6-7 pm, Atascadero*

IS YOUR CHILD RECEIVING CCS? Presentation on *February 27* from 10:30-11:30 in English and 12:30-1:30 in Spanish. Light lunch and a gift card to all attendees who RSVP. Atascadero



UCP SPONSORED EVENTS

DANCE GROUP *NEW

We are excited to have Katie Neville, a local professional dancer, to instruct our members in the new UCP Dance Group. The sessions will be held every other *Wednesday from 5:30-6:30pm* at SLO Dance Academy. The members will learn basic dance skills and will work towards a dance performance in the future. If you are interested in dancing, you can sign up to volunteer by calling 805-543-2039.

Join the Volunteer Interaction Program (VIP) Group

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. Pizza or sandwiches will be provided, or you can bring your own food, to eat at break. To sign up today for the VIP Group, call **United Cerebral Palsy** at **(805) 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



TRI-COUNTIES REGIONAL CENTER EVENTS

WELCOME ORIENTATION

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.

January 15, 1-3 pm. 7305 Morro Rd, Atascadero

LOCAL EVENTS

ORIENTATION TO SPECIAL EDUCATION: DEMYSTIFYING THE IEP

Topics will include the IEP process, Free appropriate public education, seeking solutions.

January 22, 5:30-7 pm. SLO County Office of Education, 3350 Education Dr, SLO. RSVP to SELPA at (805) 782-7302

ORIENTACION A LA EDUCACION ESPECIAL Y EL IEP *Evento en Español*

22 de enero de 5:30-7 pm, SLO. Llame al (805) 782-7302 para reservar su lugar y pedir traducción.

SURVEY FOR CCS RECIPIENTS Researchers at the University of California, San Francisco are interviewing parents and guardians of children who get their care through the CCS Whole Child Model program. You will receive a \$50 gift card for participating.



Contact us to find out if you are eligible. (415) 476-0483 Email: WholeChildEvaluation@ucsf.edu

ENCUESTA DE CCS Investigadores de la Universidad de California - San Francisco están entrevistando a padres, madres y tutores de niños que reciben atención médica mediante el programa Modelo del Niño en su Totalidad de CCS. Recibirá una tarjeta de regalo de \$50 por participar.

Contáctenos para saber si reúne los requisitos.

Mensajes de voz: (415) 476-0483

Correo electrónico: WholeChildEvaluation@ucsf.edu ***Evento en Español***

AMERICAN SIGN LANGUAGE CLASS

Free class for families of deaf/hard of hearing children brought to you by the SLO County Office of Education. Childcare provided. Second session starting in February 2020. For more information contact Holly Phillips at hphillips@slocoe.org or (805) 593-3186 X 186

CREATING INCLUSIVE ENVIRONMENTS FOR ALL CHILDREN

This workshop is for educators and childcare providers. Attendees will learn strategies for developing inclusive practices and resources to support their programs.

January 22, 6-9 pm, SLO. For more information contact Rhonda Dickson at rhickson@kern.org (661) 636-4649

ONGOING EVENTS

Enrichment Activities at Courtney's House

Enrichment Classes are twice-weekly meetings in our Social & Life Skills Training program at Courtney's House. Participants learn skills in a safe and relaxing atmosphere that encourages teamwork and cooperation between friends. The interactions are led by staff and include arts and crafts, music, outings in town, dining together and guest speakers.

\$20 includes dinner and an activity. Open to anyone 17 and older with special needs. Courtney's House, 311 6th St. Templeton. Contact Erin for more information erin.figcourtneyshouse@gmail.com or 805.434.3895



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

Saturdays. San Luis Obispo. Siblings/aides welcome. For more information call 543-8235 or aburnett@sloymca.org



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 Kaycie in English at 805-763-1100) o por correo electrónico: contact@sloautism.org ***Evento en Español***

PARENT SUPPORT GROUP. Contact Kaycie at 805-763-1100 or contact@sloautism.org

Paso Robles *One Friday a month, from 7-9 pm*

San Luis Obispo *First Sunday of the month at UCP. 4:30-6:30pm*

SPECIAL NEEDS NETWORK is a group that holds regular events and meet ups in Santa Maria and South County. Contact specialneedsnetworksm@gmail.com for more information and to receive their emails.

PARENT COACHING

If you are a parent who is looking for insight into challenging child and teen behavior(s), contacting the parent coach will help you to generate solutions to every day parenting problems. If you want to: learn to set limits, handle disagreements, get your children to do chores and accept responsibilities, then don't put off contacting the parent coach today!

North County & Coast- 805-904-1411

SLO & South County- 805-709-2023

*** Español Spanish Speaking- 805-712-5038*

PARENTING CLASSES

Contact Parent Connection of SLO County for more info on October classes including: Maternal wellness, Promoting Social and Emotional skills in your child, Active Parenting ages 5-12, Imaginative parenting, Communication fundamentals, *Presupuesto para su Familia Foro de padres* and more.

Contact 805-543-3700, info@sloparents.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

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

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

- **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/



Tri-Counties
Regional Center

