

Parents Helping Parents



Serving Families
of
Children with Special Needs



November 2019

Calendar of Events

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

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

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PHP SPONSORED EVENTS RSVP to (805) 543-3277

REAL WORK FOR REAL PAY

What will employment look like for your adult child? Learn from David Grady of State Council on Developmental Disabilities about competitive, integrated employment: customized employment, paid internships, invoice based business models and more. *Thursday, December 5 from 6-7:30 pm* in Pismo Beach.

FIRST THURSDAYS AT JOY PLAYGROUND

Join us every first Thursday of the month at Joy Playground in Atascadero- a perfect meet up place for children and caregivers! *November 7 from 9-10 am*



PRIMER JUEVES EN EL PARQUE Para mamás y papás de niños en Comienzo Temprano, o con necesidades especiales, vengan al parque para jugar, compartir ideas y hablar de lo bueno y lo difícil de ser padres de familia! Joy Playground, Atascadero. *Jueves, 7 de Noviembre de 9-10 am. *Evento en Español**

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, November 13, 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 *Miercoles, 13 de Noviembre, 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, November 18 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 November 19*

SLO – *Now on Third Friday, from 10:30-11:30 am November 15*

LA TRANSICION Lo que debe saber cuándo su hijo/a sea adulto/a. *29 de Enero, Atascadero . *Evento en Español** Presentation in Spanish on the Transition to Adulthood



UCP SPONSORED EVENTS

FRAMING YOUR IEP CONCERNS *NEW

A toolbox training geared towards helping families frame, support and articulate their specific IEP concerns and skills for building positive, goal focused relationships with your district. Presented by Family Awareness Consulting Educational Services (FACES).

November 6, 6-7:30 at Courtney's House 311 6th St, Templeton

December 16, 6-7:00 at the Hilton Garden Inn Pismo Beach 601 James Way, Pismo Beach

RSVP to elizabeth@ucp-slo.org or (805)543-2039



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

ORIENTATION TO TCRC Learn more about services and how to work with your service coordinator. *November 14 from 10am – 12pm* in San Luis Obispo.

CALFRESH APPOINTMENTS Formerly known as Food Stamps, many individuals may now qualify who did not before. Call PHP to make an appointment with the TCRC Benefits Coordinator to help you fill out your application! SLO, Atascadero and Grover Beach, call for exact times and dates in November and December (805) 543-3277



LOCAL EVENTS

IEP & SERVICES: BEYOND THE BASICS

Topics will include Transitions, Disability vs Eligibility, Appropriately Ambitious Goals, Coping Skills. Presented by SELPA. *Wednesday, November 30 from 5:30-7:30 pm.* RSVP to (805) 782-7302. 8005 Morro Rd, Atascadero



HALLOWEEN PARTY

Food, music and games for adults with disabilities ages 17 and over. Courtney's House, Templeton. Free. *October 31 from 6-8 pm.* RSVP to 434-3895 or erin.figcourtneyshouse@gmail.com

SHOP FOR A CAUSE- SUPPORT PARENTS FOR JOY

100% of proceeds at this Holiday Boutique featuring local crafters and businesses benefit Parents for Joy and Joy Playground.

Saturday, November 9 from 10 am-3 pm. Atascadero Colony Park Community Center

STATE CAPITOL TREE LIGHTING CEREMONY AND REQUEST FOR ORNAMENTS

For more than two decades, individuals who have a developmental disability have created ornaments to adorn the Christmas tree at the State Capitol.

The tree lighting ceremony will take place the first week of December. As in previous years, a child with a developmental disability will participate in the ceremony and place an ornament onto the tree during an evening ceremony with Governor Gavin Newsom and First Partner Jennifer Siebel Newsom.



We encourage communities to create and send ornaments that reflect the cultural diversity of California and celebrate holiday traditions from the Golden State and around the world. Some examples of themes include Hanukkah, Winter Solstice, Christmas, and Kwanzaa.

To be included on the tree, all ornaments must be received at DDS headquarters by *Friday, November 8, 2019.*

If you have questions, please contact Ali Bay, at (916) 654-1884 or ali.bay@dds.ca.gov.

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

ONGOING EVENTS



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 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 One Friday a month, from 7-9 pm

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

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