

Parents Helping Parents



# February 2020

## Calendar of Events

(805) 543-3277 [php@ucp-slo.org](mailto: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



Our **SLO office/library has moved**, together with the Tri-Counties Regional Center.

Our new address is **1146 Farmhouse Lane**, across from the SLO County Regional Airport. Come visit us starting **January 31!**



### **PHP SPONSORED EVENTS** RSVP to (805) 543-3277

#### **PAID WORK EXPERIENCE FOR HIGH SCHOOLERS**

Does your high school student have an IEP or 504 Plan? Learn how to access the Student Services Paid Work Experience: job searches, apply for jobs and master an interview with a job developer and more! Presented by Danielle Skipper of NCI Affiliates /Achievement House.  
*February 12 from 6-7 pm, Hilton Garden Inn, 601 James Way, Pismo Beach.*



#### **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, February 12 from 11am-12pm. SLO and Atascadero*

RSVP to 543-3277 or [php@ucp-slo.org](mailto:php@ucp-slo.org) You may come with or without your children.

**\*Evento en Español\* CONECTESE** *Miércoles, 12 de Febrero, de 11am – 12 pm.* Una oportunidad para platicar con otras familias que tienen hijos (de 0-12 años de edad) 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, February 24 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 February 18*

SLO – *Now on Third Friday, from 10:30-11:30 am. This month the support group will be replaced by a workshop "One Page Profile".*

## ONE PAGE PROFILE

A hands on workshop to learn how this tool, which can be shared with professionals and family members, makes all the difference in your child's life and communicating their needs! Lilia Rangel-Reyes, Multicultural Specialist of Tri-Counties Regional Center will lead this workshop. Templates and Supplies provided.  
*February 21 from 10:30 am – 12 pm.*

**(NEW!) LET'S TALK AUTISM** A Group for Parents and Caregivers in South County  
Join PHP, the Central Coast Autism Spectrum Center and PathPoint for a chance to network and socialize  
*February 11 from 6-7:30 pm 940 Ramona Ave, Grover Beach.*

## CALFRESH APPOINTMENTS

We are taking appointments in all 3 of our PHP libraries for help with your CalFresh application.  
*SLO February 6 and 13. Atascadero February 11 and 21. Call for specific dates and times.*  
(805) 543-3277



## UCP SPONSORED EVENTS

### FAMILY AWARENESS CONSULTING EDUCATIONAL SERVICES (FACES)

**\*SUPPORTING BEHAVIOR NEEDS IN THE CLASSROOM\*** Symphony Baldwin and Pam Richerson will guide this workshop helping families frame, support and articulate specific IEP concerns and skills for building positive, goal focused relationships with your district.

*February 18, 6-8 pm. UCP, 3620 Sacramento St, SLO*

*February 25, 6-8 pm. Courtney's House, 311 6<sup>th</sup> St, Templeton.*

### 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 UCP. 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.

**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](mailto:cjtilford@gmail.com) for more information about dates, times, and locations.



## TRI-COUNTIES REGIONAL CENTER EVENTS

### TCRC TOWN HALL (AND A WELCOME TO THE NEW LOCATION!)

Omar Noorzad, Ph.D., Executive Director and the Directors' Group of Tri-Counties Regional Center will be hosting the town hall public forums.

This time is set aside to answer questions and get acquainted with persons receiving services, family members, service providers and other community partners. Please join us and bring your questions! For more information, please feel free to contact our office at **805-884-7215**

*February 19, 1:00 pm. 1146 Farmhouse Lane, SLO.*



## FORO PUBLICO

Omar Noorzad, Ph.D., el Director Ejecutivo de TCRC presentara un foro público en las nuevas oficinas en 1146 Farmhouse Lane, SLO. Traigan sus preguntas! *Miércoles, 19 de Febrero a la 1:00 pm.* **805-884-7215** **\*Evento en Español\***

### **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.

*February 13, 10am-12 pm. TCRC, 1146 Farmhouse Lane, SLO*

### **ORIENTACION AL CENTRO REGIONAL DE LOS TRES CONDADOS (TCRC)**

Esperamos que se una a nosotros para esta reunión informativa para aprender más acerca de cómo TCRC puede ayudar a usted y su familia. Reconocemos que puede tener muchas preguntas y están ansiosos de encontrar respuestas. Esta orientación le dará una visión general de los servicios disponibles y explicar el papel del coordinador de servicios TCRC. *13 de Febrero de 10am-12pm.*

**\*Evento en Español\***

### **Q & A WITH TCRC'S AUTISM COORDINATOR**

Join TCRC and the Central Coast Autism Spectrum Center for a Q & A with Colleen Duncan who will answer questions regarding TCRC services, community resources, stress management, respite and more. RSVP required (805) 763-1100. February 28, 6-8 pm Hampton Inn, SLO; February 29, 11-1 PathPoint, SLO; February 29, 3-5 pm, PathPoint, Arroyo Grande.

**SAVE THE DATE:** TRANSITION FAIR, March 18, 2020

### **LOCAL EVENTS**

#### **BUILDING COLLABORATIVE & WORKING RELATIONSHIPS WITH SCHOOLS**

A workshop sponsored by SELPA, CAC and PHP for parents of students with disabilities by advocate Carlo Rossi. Parents will learn how to be an effective advocate for their children.

*Monday, March 9 from 5:30-8 pm.* Register by February 28 [http://slocoe.k12oms.org/2259-](http://slocoe.k12oms.org/2259-181910)

**181910**

Pacheco Elementary school, 261 Cuesta Dr, SLO.

**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](mailto: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](mailto:WholeChildEvaluation@ucsf.edu) **\*Evento en Español\***

### **INDOJAX SURF CAMP FOR CHILDREN WITH SPECIAL NEEDS**

*July 21-23* in Cayucos. Registration is open! Go to <https://indojaxsurfschool.com/outreach.php>, scroll down and click on the Cayucos Camp. Follow the directions to register.

Note: A donation will be required at the time of registration, the amount of the donation, which is tax deductible, is left up to each family. Siblings are also invited to attend, each require individual registration. Participants attend all three days of the camp.

## 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](mailto:hphillips@slocoe.org) or (805) 593-3186 X 186

## 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](mailto:erin.figcourtneyshouse@gmail.com) or 805.434.3895



### 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 County support group and more can be found at [www.sloautism.org](http://www.sloautism.org)

**TEEN DANCE** *February 8 from 7-9:30 pm*, Ludwick Center, SLO.  
Planning meeting on *February 2*. Call (805) 458-8063

### 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](mailto:contact@sloautism.org) **\*Evento en Español**

**PARENT SUPPORT GROUP.** Contact Kaycie at 805-763-1100 or [contact@sloautism.org](mailto: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](mailto: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](mailto:info@sloparents.org)

## 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 starting in February. Free. SLO and Paso Robles.

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

\*Family Support Groups offered in all areas of the County. South County or SLO call (805) 544-2086. North County call (805) 674-8009 or (805) 236-1007.



## 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](mailto:aburnett@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

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

- **San Luis Obispo:** PHP Library, 1146 Farmhouse Lane, SLO  
*\* bilingual Español/English staff are available*  
(805) 543-3277, [php@ucp-slo.org](mailto:php@ucp-slo.org)
- **Atascadero:** PHP Library, 7305 Morro Rd, Suite 104A, Atascadero  
(805) 461-7415, [php@ucp-slo.org](mailto: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](mailto:php@ucp-slo.org)

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Tri-Counties  
Regional Center

