

# February Calendar

## - Parents Helping Parents Family Resource Center -

*We are all parents here at PHP and we are here for you!*

PHP has a network of experienced staff and parents available for mentoring and support. We are a reliable source for current information, referrals and training, PHP regularly emails a calendar to interested families. Bilingual staff are available.

If you call us, please leave a message and we will return your call. We are available Tuesday-Friday from 8:30-4:00. (805) 543-3277

**Follow us on Facebook to receive information and inspiration! Please "like" our page at [@ParentsHelpingParentsSLO](https://www.facebook.com/ParentsHelpingParentsSLO)**



Our **current events** can also be viewed on our **Padlet** site:  
<https://padlet.com/phpslo/mhxu95b3t2heg1o>



**PHP SPONSORED EVENTS** Please RSVP to [php@ucp-slo.org](mailto:php@ucp-slo.org) to receive Log In information for any online Zoom meeting/support group.

**SUPPORTED LIVING PARENT SUPPORT GROUP** Join us for this monthly support group for parents whose adult children already receive SLS and those who want to learn more. First Tuesday of every month. *Tuesday, February 2 from 6:00-7:00 pm*

### **LET'S TALK DOWN SYNDROME**

A chance for parents of loved ones with Down syndrome (all ages) to meet and support each other. *Friday, February 5 from 3-4 pm. \*New afternoon time*

### **GET CONNECTED - STORY TIME & PARENT CHAT WITH ZOOM**

A time to chat and connect for parents of children ages 0-12 in Early Start or with special needs. We will start with a story and then are open to talk about other topics that you decide on. *This month we will have a special parent guest to talk about her experience advocating for her daughter's needs. Wednesday, February 10 from 11am-12pm.*

### **FRIDAY CHECK IN: PARENTS OF SCHOOL AGE KIDS WITH IEPs**

Let's meet for a **brief half hour** to **cheers** each other for completing another week of supporting our school age children in their educational journey, whatever it might look like now! We can share one thing we discovered during the week that helped our child. We NEED to have each other's backs—this is not easy, but we can do it!

*Friday, February 12 from 3 to 3:30 pm.*

### **PARENTS OF TEENS AND ADULTS WITH DISABILITIES SUPPORT GROUP WITH ZOOM**

Join us to talk about the challenges and successes of being at home with your teen or young adult. *Tuesday February 16, from 10:30 – 11:30 AM*

### **MAKER WORKSHOP**

Meet with Rebecca O'Gorman Trimbath of PRAISE Behavior Services via Facetime, Zoom or WhatsApp to receive help with communication and behavior, picture schedules, PECS, etc. Call or email PHP to set up an appointment.

*Monday, February 22 at 10 and 11 am, by appointment*

## **LET'S TALK AUTISM**

Together with the Central Coast Autism Spectrum Center, here is an opportunity to connect with other parents who have a loved one on the Autism Spectrum. All ages.

*Tuesday, February 23 from 6-7 pm.*

## **REUNION PARA PADRES DE FAMILIA \*Evento en Español**

Reúnase con nosotros en Zoom para conectarse con otras familias, hacer preguntas y compartir ideas. *Viernes, 26 de Febrero.* (Spanish support group).

## **\*SAVE THE DATE: TOILET TRAINING**

Psychologist Dr Tammy Dobbs will present on toilet training your special needs child. *Tuesday, March 16 from 6-7:30 pm*

## **\*SAVE THE DATE: BE THE BEST ADVOCATE FOR YOUR CHILD'S EDUCATION**

Presenter Carlos Rossi, Special Education Advocate, will talk about navigating obstacles within the IEP, negotiating educational interests, and creating partnerships. *March 18 from 4:30-6:30 pm.* Register with SELPA. **\*Evento en Español upon request**

## **\*SAVE THE DATE: HONE YOUR REINFORCEMENT SUPERPOWER AS A PARENT**

This training will build parents' capacity to implement an effective reinforcement system within the home. Presented by CAPTAIN 805 Cadre members. *March 23, 5-7 pm.* Register <https://slocoe.k12oms.org/2259-198008>

## **LOCAL EVENTS**

**TAKE A MINUTE** For all the families with babies and young children in Early Start, click on the link to watch this informative video: English <https://vimeo.com/172965709>

## **ORIENTATION TO TRI-COUNTIES REGIONAL CENTER**

Online - [www.tri-counties.org/who-we-are/tcrwelcome-orientations/](http://www.tri-counties.org/who-we-are/tcrwelcome-orientations/) (requires an email address); Contact your Service Coordinator; If you do not yet have a Service Coordinator, please Contact Colleen Duncan for assistance at 805 823-2305 or [cduncan@tri-counties.org](mailto:cduncan@tri-counties.org).

## **DRC Please join Disability Rights California for the Virtual Competitive Integrated**

**Employment (CIE) Clinics.** The CIE Clinics will be held in multiple languages *January – July 2021.* This is an opportunity for youth ages 16 - 22 to receive support and develop self-advocacy skills to prepare for employment and higher education. [[Register](#) today/Please share the registration page with your clients, families and community partners: <https://www.disabilityrightsca.org/post/webinar-virtual-competitive-integrated-employment-cie-clinics> ](see upper right corner to select a language).

**FACES** (Family Awareness Consulting Education Services) FACES is run by Symphony Baldwin and Pam Richerson who each have more than a decade of experience as educators and special education school administrators in both brick and mortar and independent study settings.

<http://ucp-slo.org/faces/>

**PROJECT CONNECT** United Cerebral Palsy is working to give the homes where our members live access to socialize with one another by providing a laptop, assisting with the payment for internet access, and connecting them through Zoom. To donate or learn more, go to <http://ucp-slo.org/project-connect-and-pushsave/>

**MENTAL HEALTH FOR THE COMMUNITY** MP Health is a new First 5 partner that will be delivering mental health and wellness support and counseling services to families with children ages 0-5. For the time being the services are virtual which makes them accessible to families/parents throughout the county. The services are bilingual (Spanish/English) and will be free of charge. [mphealthsb@medsecuremail.com](mailto:mphealthsb@medsecuremail.com) (805) 253-2547

**SALUD MENTAL PARA LA COMUNIDAD** MP Health es un nuevo socio de First 5 que brindará servicios de apoyo y asesoramiento de salud mental y bienestar a familias con niños de 0 a 5 años. Por el momento, los servicios son virtuales, lo que los hace accesibles a las familias / padres en todo el condado. Los servicios son bilingües (español / inglés) y serán gratuitos. [mphealthsb@medsecuremail.com](mailto:mphealthsb@medsecuremail.com) (805) 253-2547 **\*Evento en Español**

### **NAMI National Alliance on Mental Illness**

For information and support related to mental health, contact [namisanluisobispo@gmail.com](mailto:namisanluisobispo@gmail.com) <https://www.namislo.org/> Spring Family-to-Family class starting *February 2-March 23* from 6:30-8 pm via Zoom. Contact henry Herrera at (805) 440-3516

**PARENT CONNECTION & PARENT COACHING** Our qualified Coaches help parents sort through conflicting advice and help minimize information overload. Coaches guide parents to explore time-honored strategies and find the clarity that fits unique parenting journeys. Contact Gwendolyn Garcia, Program Coordinator at 805-543-3700 for information on classes and parent coaching services.

