



Parent to Parent of Whatcom County

Issue No. 5-05
September 2005



A Newsletter for Parents of Children with Special Needs

Mission Statement: *The Parent to Parent Support Programs provide emotional support and information to families of children who have a newborn or a newly diagnosed child with a disability or special health care need. "Helping Parents" are parents who provide one-on-one support to other parents who have a child with similar needs*



Ice Cream Social

On September 9, 2005 Hispanic Outreach had an Ice Cream Social. Special thanks to **Mallard's** Ice Cream in Bellingham for donating the delicious homemade ice cream.



Spring Swim Social

What a great time. Can you believe it? We had 69 people in the water at the Arne Hanna Aquatic Center. We had the entire place to ourselves and it was fun!! Thanks to all the families who attended to make this Swim Social a great success.



Spring Sibshop

Our All Day Sibshop took place on Sat. August 24, at Bloedel Donovan. There were about 10 sibs that participated this year. What a great time the kids had making many beautiful things for themselves and their family members. There were many who chose to go swimming. Thanks to all the sibs that participated, Mike Ryan, our volunteer, and Bellingham Parks and Recreation Department. A reminder that our next Sibshop is October 21st. (see Page 2 for details)



PARENT TO PARENT of WHATCOM COUNTY *Supporting Families with Children Who Have Special Needs*
2001 H Street Bellingham, WA 98225 email p2pwhatcom@nas.com (360) 255-2056
www.arcwhatcom.org/p2p

Parent to Parent Calendar

Upcoming Events

Autism Conference

October 3rd - 5th, 2005



A major autism conference will take place in Seattle. Presenters include J. McAfee, M.D., author of "Navigating the Social World," R. Donlin, M.S., L. Ernsperger, Ph.D., author of "Effective Strategies to Get Kids with ASD to Eat," and Lynn Hamilton, author of "Facing Autism." Contact PCFD for cost, registration forms and all other information: 808-284-8244, pcfd@msn.com, info@pcfdservices.com and www.pcfdservices.com

Parent to Parent Support Meeting

October 17th, Monday

7:00 - 8:30 pm

Whatcom Center for Early Learning
2001 H Street, Bellingham

No Topic!!

Come join us for food, fun, laughter and support. Childcare and sweets provided. Please **RSVP 24 hours in advance for childcare**. For more information, contact Parent to Parent at 255-2056.

Pizza and Swimming Sibshop

October 21st, Friday

7:00 - 8:30 pm

Ages: 7-13 years old

Sibshops: A program just for Brothers and Sisters of children with special needs.

*see insert page for detailed information

Mom's Day Out

November 6th, Sunday

10:30 am - 6:00 pm

Roadtrip to Port Townsend

Have we got the trip planned for the hard working Mom!! Just get away for an afternoon. We will leave Bellingham at 10:30 to catch the Ferry on Whidbey Island and ride it for 45 minutes to arrive in downtown Port Townsend for the afternoon of shopping or just taking it easy in a cafe. Come join us for the day, carpooling is recommended. Please call the Parent to Parent Office at 255-2056 by November 1, 2005, to get you itinerary for the day. Hope to see you there rain or shine, so wear appropriate clothes.

Parent to Parent Support Meeting

November 21st, Monday

7:00 - 8:30 pm

Whatcom Center for Early Learning
2001 H Street, Bellingham

It's Holiday Craft Time.



We will be making something for the upcoming Holiday. Come join us for food, fun, and support. Childcare and sweets provided. Please **RSVP 24 hours in advance for FREE childcare**. For more information, contact Parent to Parent at 255-2056.

You Are the Expert Conference

October 14 - 15, 2005

8:00 am - 4:00 pm

Red Lion Hotel Wenatchee, WA

Statewide Parent Training Program: inclusion, IDEA changes, behavior, advocacy skills, self-advocacy for youth, juvenile justice, and much more. Contact Karen Anderson at wapave9@washingtonpave.com or website at www.washingtonpave.org

WSFN Statewide Conference

Washington State Fathers Network

South Seattle Community College

October 15th, 2005 Saturday

8:30 - 5:30 PM



Join men from around the Northwest, U.S. and Canada for the annual Washington State Fathers Network Conference.

Contact Chris Morris, cmorris@fathersnetwork.org or Paul Blair, pblair@fathersnetwork.org for further information and registration materials. You may register on-line at: www.wsfm.org/conference2005

FREE International Online Autism Conference

October 17 - 21, 2005

Over 30 experts have agreed to take part in giving participants free access to these speakers. To register, visit www.Autism2005.org - The list of speakers is expanding!

Asperger's Seminar

Tony Attwood, Ph.D., author and therapist specializing in Asperger's Syndrome, is presenting a seminar in Seattle, Tuesday, November 1, 2005, at the Doubletree Guest Suites, and in Spokane, Thursday, November 3, at the Spokane Convention Center. Tuition and registration information is available at:

2 www.mapleleafcenter.com or phone (802) 446-3601.



Saturday, October 8, 2005

Maritime Heritage Park

Bellingham, WA

11:00 AM – 4:00 PM

Mark your calendar for the 2nd Annual Buddy Walk of Whatcom County.

The month of October is National Down syndrome Awareness Month. In 1995 the National Down Syndrome Society held the first Buddy Walk “to promote understanding and acceptance of people with Down syndrome”. This year Down syndrome Outreach of Whatcom County will hold its 2nd Annual Buddy Walk. The Buddy Walk will be held at Maritime Heritage Park on Saturday, October 8, 2005 at 11 am. Grab your friends, neighbors, teachers, and any other buddies and come enjoy the fun at the 2nd Annual Whatcom County Buddy Walk. There will be the ever-popular face painting, super sitters to entertain the children, a balloon tying expert, guest speakers, exhibits, and music. Raffle tickets will be available for a chance for great prizes. Come join us for an afternoon of fun and celebrate Down syndrome Awareness Month with all your buddies. For more information or to receive a registration forms, please call Sarah Weg at (360) 715-0170, X2 or stop by the Arc of Whatcom County office and pick one up.

Pre-registration is preferred. * Submitted by Sarah Weg



Fall Sibshop

Sibshops: A program just for brothers and sisters of children with special needs.

Join us for an evening of pizza, fun, and swimming.

Friday, October 21, 2005

7:00 to 8:45 pm

For children ages 7-13 years old

Little Caesars's Pizza and Arne Hanna Aquatic Center

A \$2.00 donation would be appreciated

Scholarships Available

And Volunteers Needed

To RSVP or to register call Parent to Parent at 255-2056
and leave a message for Pam Dakar.

Developmental Disabilities Life Opportunity Trust



Saturday October 15, 2005

9:00 am - 12:00pm

***Whatcom Educational Credit Union
Education Building
511 E. Holly Street Bellingham***

Learn about investing in the Washington State Developmental Disabilities Endowment Trust Fund. The vision behind the Life Opportunities Trust is to encourage people to save money to pay for supports and services they need in the future.

Parent Advocate Training

Saturday October 15, 2005

12:00 - 3:00pm

***WECU Education Building
511 E. Holly Street
Bellingham, WA***

Join other parents for an update on changes in special education law (IDEA) as well as advocacy tips and techniques. For more information please call Beverly @ The Arc's Parent Coalition 715-0170 ext. 4



Autism Society of Washington (ASWS)

Whatcom and Skagit Chapter

**Autism Spectrum Disorders , Asperger's Syndrome, Pervasive Developmental Disorders
And other ASD's**

**Meeting every 3RD Thursday of the month
7:00 pm**

**St. Luke's Health Education Center
3333 Squalicum Pkwy
Bellingham, WA**

**Guest Speakers, Information, Guidance,
Support, Q & A**

Moving:

If you are moving, please contact the Parent to Parent Office at 255-2056 and leave your new address. Because your mail will be returned. If you love getting your newsletter, please let us know.

Whatcom County Families for Deaf and Hard of Hearing Children Upcoming Events:



**Coming soon in November 2005!
Social Cognition and Children with
Hearing Loss
with Kimberly Peters, Ph.D., CCC-A**

**For more information, please contact
Christine Griffin at 715-9970.**

Whatcom Interagency Coordinating Council (ICC) Meeting

Tuesday, December 6th, 2005

12:00 - 1:30pm

Garden Street Family Center

The Whatcom ICC is a group of ***Providers and Parents*** who meet to discuss the needs of children birth to six years old with special needs. They are looking for interested ***PARENTS*** to come to the meeting to provide input. Come join us to hear other parents stories and experiences. Goodies will be provided. For more information Contact Maureen Godwin at 738-2504 ext. 32093.

Down syndrome Outreach Upcoming Events:

DsO Parent's Night Out!

Wednesday October 12, 2005

7:00 - 9:00 pm.

Need a Break, Want a Break? Want to meet other Parents in the Down syndrome Community? Want to renew friendships, share experiences, and learn from others? Or just need a reason to get out of the house for the Night? This is your time to relax, laugh, cry, have fun, meet other parents, chat, listen, share experiences, gain knowledge or just receive or give support to and from other parents in the Down syndrome Community here in Whatcom County. Parent's Night Out will be at Bellis Fair Mall in the Food Court, opposite the theater side. Please join us.



Thank You

Parent to Parent would like to thank our wonderful guest speakers that have been at our last few meetings this summer.

July

Thanks to Debbie Moon and Karleen

Carlson who came and shared information about their summer program FACES.



August

Thanks to Missy Rumsey and Susan McNutt, O.T. who came and gave valuable information about Sensory Integration Dysfunction.

September

Thanks to Beverly Porter, Parent Advocate with The Arc's Parent Coalition who came and gave some great information about IEP and school issues.

If you have information you would like to share or if there is a topic you would like to have a support meeting on, please contact Pam Dakar at the P2P office at 255-02056. Thanks again to all of us who attended and to the speakers for their time.

PARENT TO PARENT OFFICE HOURS

9:00 am - 12:00 pm Monday thru Friday
8:00 am - 9:30 am Tuesday/ Hispanic Coordinator
Whatcom Center for Early Learning
2001 H Street
360-255-2056



WCEL News

Whatcom Center for Early Learning

Ferndale Toddler Time

at Ferndale Boys & Girls Club

Starting Thursday September 15th, 2005
10:00 - 11:30 am

Sensational Toddlers

Two 8 - week sessions

Call Bellingham Parks & Recreation Department
at 676-6985, for schedules, cost, and registration.

A big "Thank you" to the helping parents who have volunteered to answer the Parent to Parent Phone Line!!

August - Karleen Carlson
September - Debbie Moon



The Parent to Parent of Whatcom County Newsletter is published six times a year by:

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Bellingham, WA 98225


360-255-2056

Email: p2pwhatcom@nas.com

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Edited by Pam Dakar, Parent to Parent Coordinator and
Alina Zollfrank, Hispanic Outreach Coordinator

 **The Arc
of Whatcom County**
1111 Cornwall Avenue, #205
Bellingham, WA 98225

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Parent to Parent Support Meetings

When: October 17th, Monday

Time: 7:00-8:30pm

When: November 21st, Monday

It's Holiday Craft Time!

Time: 7:00-8:30pm

Where: Whatcom Center for Early Learning
2001 H Street, Bellingham

Come join us for food, fun & support. Childcare will be provided by Super Sitters
Please RSVP 24 hours in advance for FREE childcare. Thank You.



We want to hear from You!

*If you have a story, a quote or a picture to share,
please e-mail p2pwhatcom@nas.com or call
Pam Dakar at (360)255-2056 ext. 1*