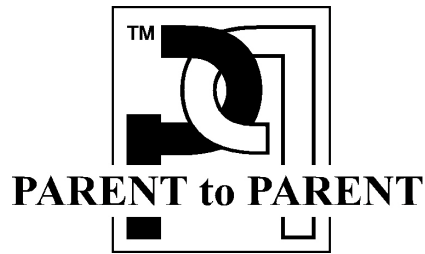


Check out our latest newsletter!



WA State Parent to Parent (P2P) Newsletter: November 2017



Happy Fall everyone,

This is my favorite time of year with the beautiful colors of leaves and our sunny days shining on snow capped mountains and water. Just lovely. Hope all of you are doing well. We had another fantastic P2P Coordinator Training in Yakima at Parent to Parent Children's Village- they are the best hosts. Thank you. Lots of great information shared and mentoring of each other and also now County Coordinators will be able to train other parents in the Holland Groups, Yakima Parent to Parent and also in Telling Your Story with a Purpose, by Seattle Children's Hospital. Be on the look-out for these trainings in your area.

Have a great Thanksgiving with your family and friends.

Hugs, ~~Susan and Jackie

P2P Coordinator Spotlight: Clark County P2P



Bobbi Bjork, Coordinator -
[All About Me](#)
(click on link above for more)...

[Clark County](#) website

[P2P Facebook page](#)



Calendar of Events 2017...

November

ONLY 25 SPOTS LEFT!!! Hurry and sign up if you want to attend.

11/1: [DOH Connecting Communities: A Common Vision for Middle Childhood Health and Wellness Across Generations](#)-FREE-Middle Childhood Health Summit Agenda, Invitation and Breakout Session flyer for ages 5-12 years old
[Registration Invitation info](#)
[Breakout Sessions](#)
[Agenda](#)

11/4: [Washington State Fathers Network](#) conference in Bellevue. [For more information](#) (calendar)

12/13-12/15: [TASH Conference December 13-15, 2017 Atlanta, Georgia](#). This year's conference theme, "Still We Rise for Equity, Opportunity, and Inclusion," shows the resilience of individuals with disabilities and their families across the lifespan. Conference attendees will celebrate their passion for disability rights, civil rights, and human rights while exploring inclusive communities, schools, and workplaces that support people with disabilities, including those with complex support needs.

2018...

May

5/3-5/4: The [2018 IECC Conference](#) will be held May 2-4, 2018 in the Greater Tacoma Convention Center, Tacoma, WA with a preconference day on May 2.

July

7/1-7/8: Held in Seattle 2018- [The Special Olympics USA Games](#) more information to follow.

ANNOUNCEMENT OF TRAININGS



ONLY 25 SPOTS LEFT!!! Hurry and sign up if you want to attend.

November 1, 2017 - DOH [Connecting Communities: A Common Vision for Middle Childhood Health and Wellness Across Generations](#)-FREE-Ages 5 to 12. Contact Shanne Montague at shanne.montague@doh.wa.gov for more information. Hosted at DayBreak Star and Discovery Park in Seattle, Washington

[Registration Invitation info](#)

[Breakout Sessions](#)

[Agenda](#)

New Resources

[ACHS County Coordinators](#) for Developmental Disabilities October 2017 Contact Listing

What is [My Life Plan](#)? It's a Person-Centered Planning Guide. It's a tool to help you create a vision that's based on strengths, skills and interests, and to set goals and identify supports to make that vision a reality.

[TRAVIS ALERT LAW](#) - On May 16th, 2017 at 10:30 am Governor Jay Inslee signed the Travis Alert Act into a Law. The Travis Alert Law is a two-part law. The first part of the law is to allow people who want to put their, or their loved one's information into the already established 9-1-1 system. The second part of the new law is to make sure all responders have training on how to help with people who have different disabilities including mental health, medical sensory, neurological and physical. Working with Washington State Health Department and Law Enforcement. [Parent to Parent Connection Newsletter Issue 71-Travis Alert Law](#)

[New! WATAP is Recruiting for Our Advisory Council](#) - New! October 12, 2017: We are recruiting new members for our consumer majority Advisory Council! Would you like to be a part of envisioning program activities and partnerships for assistive technology service deployment in Washington State? If you use assistive technology or are parent of an assistive technology user learn more about the council and how to apply.

Spanish Resource - [Understood.org](#) - Information about the school system in S Ed, stories from parents and students and much more. Information in English and Spanish. Easy for parents to understand and easy to find in the internet. Addresses how we can be a good advocate for our children using the same language the professionals use. [Personal Stories](#)

Partners4Housing-[Housing Options for People with I/DD in Washington](#)

How to take a BREAK from all the Bad News out there:

Seek out sites and apps that are more positive and have uplifting messages.

Like:

- [TED Talks-Uplifting Playlist](#)
- [Upworthy](#) website stories
- [C'Mon Get](#) (APP) Happy-[My Talking Pet](#); [Uplifter](#)

A Meditation APP-[Headspace](#)

The free APP [7Cups](#) offers 24/7 advice and support for all sorts of everyday emotional concerns. (this might be interesting to see how this works)

Twitter: [Cute Emergency](#)

Instagram: [Happsters](#)

Thanks to Jennifer Joffy for this list, special for USA Today.

Pure Wow-20 Ways to Practice Self-Care in 2017 by Jenny Jin



Take a break from social media.

You won't miss much—maybe another photo of your friend's kid or the meal your boss ate on vacation.

Links for Archived Newsletters

(Click to read [archived past editions](#) through August 2016 of the P2P Newsletter!)

[September 2016](#)

[October 2016](#)

[November 2016](#)

[December 2016](#)

[January 2017](#)

[February 2017](#)

[March 2017](#)

[April 2017](#)

[May 2017](#)

[June 2017](#)

[July 2017](#)

[August 2017](#)

[September 2017](#)

[October 2017](#)

WA State Parent to Parent (P2P) | The Arc of Washington State | 1-800-821-5927 |
parent2parentwa@gmail.com |
http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs

Friend us on Facebook:

<https://www.facebook.com/parentto.parent.9>

STAY CONNECTED:

