

Check out our latest newsletter!



## WA State Parent to Parent (P2P) Newsletter: November 2016

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

Visit Our Website

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*"Be a good steward of your gifts. Protect your time. Feed your inner life. Avoid too much noise. Read good books, have good sentences in your ears. Be by yourself as often as you can. Walk. Take the phone off the hook. Work regular hours". ~~ Jane Kenyon, poet*



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### **WELCOME November-**

Well the rain has arrived in Bellevue-but the trees are beautiful, I love the Fall. Hope you can take some time to enjoy the outdoors and also get cozy with some hot chocolate and a fire.

Want to say a Good bye to Lawrie Williams from the Seattle Children's Parent Support Program. She has been a valuable help to all of us over these last 15 years. Providing great resources and wise thoughts. I will miss her. Will keep you posted on her replacement and what the Program will look like in 2017.

Also welcome to our 3 new Programs and Coordinators-Shawnda Hicks, Coordinator at Mosaic in Clallam County; Donna Tiffan with Klickitat Parent to Parent and the new PEACE organization run by Darla Helt and Okanagan County which is working on hiring a Coordinator through the Behavioral Health and County DD with Shannon Mendoza as the organizer. It is very exciting.

It was wonderful to see you all at the Coordinator Training in Wenatchee.

You are amazing parents and wonderful people.  
Thank you,  
~~ Susan

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## P2P Coordinator Spotlight: Skagit County Parent to Parent!

Amanda Sloan and Heather Milliren - two gorgeous red heads on the left...  
(no picture available for Gabby)



Click on name to meet [Amanda Sloan](#), [Heather Milliren](#) and [Gabby Lopez](#).

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**Winner of the 2016 Coordinator Dessert Bake Off**  
Melissa Lund, Kitsap/Jefferson P2P

[Salted Caramel Vanilla Shortbread Bars](#)—Yum!

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## Calendar of Events

### 2016...

**Writing as a Righting Journey: Free workshop for parents whose children live with ongoing health conditions November 13, 2016 from 11 am-2 pm at Seattle Children's Hospital--Small Dining Room #3. For more information and to sign up contact Suzanne Edison, MA, MFA, [suzanne.edison@curejm.org](mailto:suzanne.edison@curejm.org)**

## Coming in 2017...

1/28: The [Washington Shining Star Pageant](#) is now accepting applications for participants. Girls must be in Kindergarten up to age 30 with an IEP, and/ or disability. The pageant is a fun way to celebrate friendship and create special memories.

3/8 - 3/10: **General & Special Education Conference** - Washington State Convention Center, Seattle. Discounted rooms available at the Sheraton Hotel at the current prevailing government rate! Course content age range: Birth-21 years of age. Click [here](#) for more info.

5/3 - 5/5: **Infant and Early Childhood Conference** - Greater Tacoma Convention Center, Tacoma, WA. Click [here](#) for more info.

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## New Resources

1. [Grief and Loss Resources](#)
2. [Virtual Supports and Information Groups](#) (Arc of King Co)
3. [10 Ways to Take Care of Yourself When the World Feels Overwhelming](#)
4. [The Loving Push: How Parents and Professionals Can Help Spectrum Kids Become Successful Adults](#) by Debra Moore Ph.D. (Author), Temple Grandin Ph.D. (Author)
5. [The 10 Best and 10 Worst Cities for People with Disabilities](#)
6. [Rules Around Providing Care to Minors without Parent Consent](#)
7. [Parent Training to Address Problem Behaviors of Youth with Autism](#) presented by Karen Bearss, PhD - training offered to support parent to learn effective behavioral interventions for children with Autism. Live Streaming is available.
8. Lifespan Respite WA has respite vouchers available- [eligibility requirements](#)
9. [Partners4Housing](#) is here to help. Our Residential Assessment is a valuable tool for anyone who is exploring housing for a family member with a disability.
10. [Autism 208: Transition to Adulthood - Social-Sexuality Education for Young People with Autism](#)



María Ramos es feliz con su labor en *The Arc of Tri-Cities*. Disfruta más aún teniendo cerca a su ángel especial, su hijo Álex, quien también participa en los diversos programas que se ofrecen a las personas con inteligencia diferente.

Foto: raíces

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**Congrats to our ex-Whatcom County Parent to Parent Coordinator Christine Griffin for her Seaver Vision Award at the recent Hands and Voices Conference in Denver, CO.**



WE CANNOT  
**CHANGE** THE  
CARDS WE ARE  
DEALT, JUST  
HOW WE **PLAY**  
THE HAND.

Randy Pausch

**REALSIMPLE**

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[http://arcwa.org/index.php/getsupport/parent\\_to\\_parent\\_p2p\\_programs](http://arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs)

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