Happy December 1st! We can officially say Happy Holidays 😊

We’re excited to announce we have the Dan Thompson grant from DDA and are working to get funds out to all 26 Parent to Parent programs. These funds will support several areas:
- Establishing multicultural programming in areas where there is none
- Enhancing multicultural programming in areas where there currently is programming
- Supporting language access for non-English speakers across all programs
- Enhancing services in programs that serve large geographic regions
- Supporting technology investment in all programs
- Implementing a state-wide language line for all programs so program coordinators can easily communicate with non-English speaking parents and caregivers

We’re so grateful for these funds which will support Parent to Parent’s growth as we meet the diverse support needs of families in Washington State.

We also wanted to share a small sampling of some of the great feedback we’ve received from parents and caregivers over the last few months:

- I’m new to the program but this group is already very inviting, members are all very welcoming. Leader is awesome.
- The best and most helpful resource I’ve ever received anywhere, ever!
- I appreciate the connection to activities in the community that my family can participate in. This has led to our first camp trip and horse experience. Opening the doors for my daughter to participate

We hope this season finds you and your family healthy, happy and looking forward to a year filled with many good things!

.........................

Welcome to Heather Avena, Yakima P2P Coordinator. Goodbye to Fern Harvey, Multicultural Coordinator with Grant Adam’s P2P Support Program.

~~~Tracie, Theresa, Patricia and Jackie

To share your feedback or story about Parent to Parent, please visit (QR Codes below):
https://www.surveymonkey.com/r/2KCJHF2  (English)
https://www.surveymonkey.com/r/M5JZWW8  (Spanish)
Remember to check out our Parent to Parent page on The Arc of Washington’s website (P2P Map & Coordinator info here). You can find up-to-date information about Coordinators and programs serving every County in Washington State!

*The Parent to Parent Family Stories* page on the website.

---

**Mission**

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the *next step*.

**Vision**

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

**Values**

*We believe* parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.

*We commit* to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.

*We practice* inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.

*We honor* the rewarding and challenging work of parents, caregivers and community partners.

*We engage* community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.

*We promote* building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.
2020 Infant and Early Childhood Conference (IECC)

May 1-5, 2023
completely virtual via Zoom
~~Call For Presenters~~

IECC is currently seeking proposals for its 2023 conference. The IECC Conference is well known within the State of Washington for providing high quality, evidence based training for families and professionals working with young children (ages birth to eight) and their families. If you or someone you know may be interested in submitting a proposal - Our submission deadline for presenter proposals is January 6, 2023.

To apply online click here.

IECC will be evaluating session proposals using a Rubric developed by DEC - we encourage presenters review our selection criteria before submitting their proposal.

~~IECC Partnership Opportunity~~

IECC is so thankful for its many community partners. Due to their support IECC has been able to shift its platform and offer the conference registration complimentary for all attendees the past few years. If your organization would be willing to partner with us please email the conference coordinator, Amanda Cardwell directly at amandacardwell@frontier.com. Please feel free to share this invitation with your colleagues. Let me know if I may provide additional information. I’ll look forward to connecting with you during our virtual conference in May!

Sincerely,
Amanda Cardwell
Conference Coordinator
Infant and Early Childhood Conference
www.ieccwa.org
*IECC plans to offer STARS Credit and Clock Hours for this event.

For general conference information please visit www.ieccwa.org. The purpose of the IECC Conference is to provide opportunities for families and service providers to come together to learn, share and advocate on behalf of all young children, especially those with developmental delays.
2022-2023 Legislative Notebook Meeting

Monday December 5, 2022
10:00 am to 2:00 pm

Register here: https://us02web.zoom.us/meeting/register/tZEldemhqTMsHtUi6z3td7fG24hkD4Vf8JmH

The Notebook Meeting will be in English and in Spanish!

Click here for Public Policy page

Each year in December, The Arc of Washington State releases their Legislative Notebook for People with Intellectual and Developmental Disabilities (IDD). In this notebook you will find:

- One-page information sheets on the issues of importance
- Budget charts and other data charts
- Budget requests from Developmental Disabilities Administration (DDA)
- One-page Fact Sheets on each DDA service
- Summaries of Reports to the Legislature
- List of all Legislators and their contact info
- Who’s on which Committees
- Priorities Lists from various Community Organizations
- and so much more!

Dangerous Behaviors in Family Contexts: Keeping Sisters and Brothers Emotionally and Physically Safe

December 13, 2022
3:00 - 5:00 pm EST

Flyer with more information

With moderator Ann Turnbull, this webinar will begin with the perspectives of a sibling (also an adolescent psychotherapist) and parent who experienced domestic dangerous behavior.

These "lived experiences" will be followed by a researcher who will share key findings of a comprehensive literature review related to sibling vulnerability and reactions.

A behavioral interventionist and adolescent psychotherapist will discuss strategies for addressing prevention, as well as social-emotional-behavioral services and supports for siblings and other family members.

Q & A will provide opportunities for participant questions.

Zoom Registration Link: Webinar Registration - Zoom
On the first Monday of each December, The Arc holds a virtual meeting for advocates to attend and learn more about the notebook pages.

This is a time to gear up for the 2023 Legislative Session!

"Only in the darkness can you see the stars." —Martin Luther King, Jr.

Strategies to Support Patients with IDD/ASD and Mental Health Challenges

The Northwest MHTTC is hosting a full-day training along with ongoing training every Friday until December 16th.

This training will cover strategies to support individuals with Intellectual and Developmental Disabilities with mental health challenges. Click here to register.

Special Education Legal Clinic Registration

Washington Autism Alliance presents a free special education legal clinic for low-income families to get help understanding their children's educational rights. Appointments are available:

December: 1, 5, 8, 12, 15
Clinic hours: 12-1 pm

Click for flyer

To schedule an appointment go to Special Education Clinic Registration
Interpreter Services Available
The purpose of the clinic is to provide a 30-minute consultation (for those who qualify) with a special education attorney. The clinic offers free, limited legal advice and referrals for special education issues. The clinic is not meant to be a comprehensive consultation, if you need a more in-depth meeting, please contact WAA for a full intake screening.
Special Education issues related to your student’s Individual Education Plan (IEP) and/or 504 Plan including but not limited to:
- Child Find
- Qualifying for services
- Accommodations and Modifications
- Behavior supports
- Discrimination
- Discipline

Message from Washington's Hands and Voices

Please share our recent news and updates with families of children who are deaf, deafblind, deaf plus or hard of hearing.

NEW DAY- What's Up Wednesday

Last year families asked if we could plan our virtual family meet ups around sign language classes. After reaching out to organizations that offer sign classes, we have moved our virtual family meetings to the 4th Wednesday of the month starting on Oct 26th 7-8 PM.

Please share with families and professionals you know.

What's Up Wednesday is a meeting hosted by our Guide By Your Side team of Parent Guides and special guests for families (parents, extended family and caregivers) of children who are DHH to come together to meet other families, learn helpful tips and tools, ask questions, share support, celebrations and stories.

Captioning and ASL interpreting is provided.

Additional language interpreting upon request 2 weeks prior

2023 dates for What's Up Wednesdays
7-8 PM
Medically Complex Caregivers

Drop-in discussion group for foster and kinship caregivers of medically complex children.

Stop by for connections, resources, and fostering support.

4th Tuesday of the Month

Tuesday, 7:30 PM - 8:30 PM

Via Zoom: 8150 560 4085

Future topics include:
* New to the Journey
* What’s Safety Got to Do with It?
* Technologies that Support Access
* Understanding Parent Rights (Safeguards) and How to Use Them Effectively
* and more!

Join: Join Meeting - Zoom
ID: 939 8330 9951
Passcode: whatsup

For questions contact Christine Griffin
Email (below):
gbys@wahandsandvoices.org
Phone: 425-268-7087

“The Joy of brightening other lives, bearing each other’s burdens, easing each other’s loads and supplanting empty hearts and lives with generous gifts becomes for us the magic of the holidays.”
–W. C. Jones

SURVEYS/Studies

Input on the 2023 Fatherhood Summit

5th Annual Washington Fatherhood Summit needs your input to make it as successful as possible.

Please take a few minutes to complete this brief survey

- Let us know what dates work best for you,
- what format you like,
- the theme we are considering,
- and what topics you would like to be covered during the Summit.

The Infant Brain Imaging Study Network

The Infant Brain Imaging Study Network recently received a $9.5 million grant from NIH to replicate our previous study of brain and behavior development in infants at risk for developing autism. The goal of our new study is to identify the symptoms of autism at an earlier age.

You and your infant will travel to one of our locations at 6-, 12-, and 24-months of age for developmental testing, an MRI during natural sleep, and a brief electroencephalogram (EEG). LENA language recordings will take place at 6-, 12-, and 18-months of age. Your family will be reimbursed for all travel related expenses and compensated for participating. Your family will also complete online questionnaires at 9- and 18-months of age with compensation.
IBIS is recruiting 250 new babies to help us replicate our research originally published in Nature, in which we believe we can identify kids at highest likelihood for autism in the first year of life (using MRI) ... well before symptoms consolidate into a diagnosis.

It is extremely critical that we enroll these 250 infants with an older full sibling with autism to test this idea again. But... due to the complicated nature of this study and the delays in recruiting due to the pandemic, we have an urgent need to find these families and we could use your help.

- Perhaps you know young families with a newborn (or a baby on the way) who have an older sibling with autism?
- Perhaps you know advocates/organizations who can spread the word about our study?

Would you be willing to tell them about our study?
Have recruitment ideas or groups we should reach out to? E-mail us at ibisstudy@uw.edu.
Our website: https://ibis-network.com/infant/

RESOURCES

1.) PARENT RECOGNITION MONTH - - in February! - Unsung Hero Nominations Open
Since 2011, we have honored 309 parents and caregivers in Washington for the roles they have taken with their families, schools and communities. They have been recognized because they have shown strength, courage and empathy in their communities. Parents and caregivers around Washington State are supporting their children, families, and communities in exceptional ways through this pandemic and we want to show our appreciation. Please help us in honoring 28 more in February 2023 by nominating a parent/primary caregiver/guardian for the Unsung Hero award. The nomination form is available in three languages (English, Spanish and Somali) and can also be found here on our website.
All nominations must be submitted by January 3, 2023. The nominations can be emailed to strengtheningfamilies@dcyf.wa.gov. Please pass this on to your Washington networks.

2.) Developmental Disabilities Administration has new signature options!
The Department of Social and Health Services’ Developmental Disabilities Administration now offers a variety of signature options for their documents, including two new options:
- Adobe E-Signature - your case manager will send you documents for signature through email.
- Voice Signature - your case manager will call you and follow a script on a recorded line.
It is important to know and understand the various options available to individuals and/or other authorized signers. This allows the signer to find the best and most appropriate option for them.
Please see the link below for more information about DDA Signature Options from Informing Families. **Informing Families Signature Options**

3.) Use *My Life Plan* to help you live life to its fullest.

SELF-GUIDED LIFE PLANNING
Create a vision for the future. Set goals. Identify helpful people and needed supports. Let Your Person Centered Planning Guide help you plan and prepare for each stage of life.

AGE APPROPRIATE FOR EVERYONE
From infancy and childhood through school age and transition. From adulthood to retirement.

FEEL EMPOWERED AND IN CONTROL
Share your completed plan with all the important people in your life: your family, IEP team, case resource manager, and support staff. Your plan shows them what is important to you and what you want your life to look like.

[https://www.mylifeplan.guide/](https://www.mylifeplan.guide/)

4.) CARE project from University of Washington's CoLab. University of Washington's CoLab is looking to connect with anyone living in Washington state, including individuals, youth, organizations, providers, and communities, who might be interested in receiving updates and/or providing feedback on a new project as it develops over the next year. The goal is to make sure this project is informed by community and individual lived expertise, and that anyone who wants to share their experience can have a voice in project development. The initiative, entitled CARE (Culturally Affirming & Responsive Mental Health) for Kids & Families, is a new, statewide effort to promote culturally responsive behavioral healthcare while centering youth, caregivers, and community members with lived experience/expertise in the behavioral health system. Depending on your time capacity and level of interest, there are many ways for you to get involved. In particular, people with lived experience, work experience, or other forms of expertise in behavioral health care, racial equity, and/or promoting health equity are encouraged to apply. Visit the CoLab website to learn more about the project and how you can participate. [https://uwcolab.org/care-for-kids-and-families](https://uwcolab.org/care-for-kids-and-families)

5.) The trauma your parents experienced well before you were born could explain why you’re so anxious all the time. [https://www.insider.com/guides/parenting/generational-trauma](https://www.insider.com/guides/parenting/generational-trauma)

6.) Children suffering adversity more likely to thrive when parents are emotionally supported. [https://www.eurekalert.org/news-releases/963405](https://www.eurekalert.org/news-releases/963405)


8.) Infant and Young Child Feeding in Emergencies (IYCF-E) Toolkit. [https://www.cdc.gov/nutrition/emergencies-infant-feeding/index.html](https://www.cdc.gov/nutrition/emergencies-infant-feeding/index.html)

9.) Health literacy is the ability to find and understand health information and use it to make health decisions. This year, we worked with DOH Youth Voice volunteers to develop a social media campaign to raise awareness about health literacy among youth - including what it is and how it impacts health. Youth volunteers worked with DOH’s communications and social media teams to co-design and -create the social media messaging and graphics. And for the first time ever, DOH is on TikTok!

Repost or share DOH’s (bilingual English and Spanish) weekly social media posts on Twitter, Facebook, Instagram and even TikTok (yes, we made videos - check them out here: [https://www.tiktok.com/@wadepthealth/video/7150502646334377262?is_from_webapp=v1&item_id=7150502646334377262&web_id=7123230500453418538](https://www.tiktok.com/@wadepthealth/video/7150502646334377262?is_from_webapp=v1&item_id=7150502646334377262&web_id=7123230500453418538))

Share the following resources with young people and youth-serving partners:

- Health Literacy/Washington State Department of Health: [https://doh.wa.gov/you-and-your-family/health-literacy](https://doh.wa.gov/you-and-your-family/health-literacy)
- Talking with your doctor: [https://www.ahrq.gov/questions/10questions.html](https://www.ahrq.gov/questions/10questions.html)
- Finding the right provider: [https://health.gov/myhealthfinder](https://health.gov/myhealthfinder)
10.) **Nation’s first Native and Strong Lifeline Launches as Part of 988**
New crisis line is first in the nation dedicated to serving American Indian and Alaska Native communities. The first mental and behavioral health 988 crisis line in the nation tailored for Native and Indigenous people, run by an all-Native team for Washington residents. Washington’s Native and Strong Lifeline is now live - the first program of its kind in the nation dedicated to serving American Indian and Alaska Native people. Operated by Volunteers of America Western Washington (VOA), one of our state’s three 988 crisis centers, this line is available for people who call the 988 Suicide & Crisis Lifeline and is specifically for Washington’s American Indian and Alaska Native communities. Calls are answered by Native crisis counselors who are tribal members and descendants closely tied to their communities. The Native and Strong Lifeline counselors are fully trained in crisis intervention and support, with special emphasis on cultural and traditional practices related to healing.

The Native and Strong Lifeline is integrated into the 988 Suicide & Crisis Lifeline system in Washington state. When someone calls 988 Lifeline from a Washington state area code, they will hear an automated greeting that features different options, such as the Veterans Crisis Line and the Spanish Language Line. Callers can now choose option 4 to be connected to the Native and Strong Lifeline. *(for the rest of the story…click on links)*

**Download pdf document**

**9-8-8 for Suicide Help** * 988 is confidential, free, available 24/7/365. * Connecting those experiencing a mental health, substance use, or suicidal crisis with trained crisis counselors. * 988 services will be available in Spanish, and interpretation services in over 250 languages.

**Partner Tool Kit:**
https://www.samhsa.gov/find-help/988/partner-toolkit/social-media-shareables

11.) **Assistive Technology Opportunity for Clients and Providers**
Did you know that funding was provided to purchase 4,394 phones to share with DDA clients and providers? The purpose is for clients and providers to have access to the technology needed to engage fully in remote services. We currently have 3,300 iPhones with a 2-year service plan (depending on when the phone is given out) with unlimited data, text and Wi-Fi hotspot capability. These phones are ready to be distributed to clients and or providers who may not otherwise have access to participate in remote services. When the service plan has ended, T-Mobile will unlock the phone and the end-user can continue using the phone with any carrier.

If you are in need of a phone for remote services, please contact your DDA Case Resource Manager to request a phone as soon as possible. These phones will be given out on a first come first serve basis.

12.) **Resources for Families Seeking Childcare**
Do you know or are you a family that needs assistance for childcare? Apply for childcare with DCYF’s Working Connections Child Care (WCCC) subsidy program by calling 1-844-626-8687, visiting Washington Connection, or submitting a paper application. Families interested in enrolling their children in Head Start or ECEAP may contact a Head Start or ECEAP provider near you. Local Head Start and ECEAP providers can be found on the DCYF website.

Applications are processed, on average, within 10 days.

Another resource is Child Care Aware of Washington, who can help families with various aspects of childcare such as locating providers in their area, obtaining a provider’s Early Achievers score, and resources for families experiencing homelessness. Child Care Aware can be contacted by calling 1-800-446-1114 or by visiting ChildCareAwareWa.org.

13.) **Preparing for Winter Weather**
Now is the time to prepare. Emergencies can take many forms, from winter storms, wildfires, power outages and earthquakes to terrorism. Individuals with intellectual and/or developmental disabilities are often at higher risk if they rely on others for care and support. Please check out the emergency preparedness care provider bulletin to learn who is at increased risk. Prepare for a winter conditions, know storms can:
- Last a few hours or several days.
- Knock out heat, power and communication services which places older adults, young children
Tips on winter-storm readiness and other hazards are available from Ready.gov.

Winterize your vehicle. Create an emergency supply kit for your car. Some items to include:
- Jumper cables.
- Sand or cat litter (for tire traction).
- Warm clothes.
- An ice scraper.

Remember to keep the gas tank full and if possible, have a professional mechanic check your battery, anti-freeze and cooling system.

Know the difference between frostbite and hypothermia. Signs of frostbite include numbness, white or grayish-yellow skin and firm or waxy skin. Signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech or drowsiness. If you see signs of frostbite or hypothermia, act quickly and call 911.

Visit www.ready.gov/winter-weather for more information.

14.) Free at-home COVID-19 tests available through the end of the year.

DOH encourages community to take advantage of free tests while supplies last. OLYMPIA - Washington State Department of Health (DOH) will continue to provide free COVID-19 home test kits to residents at least through the end of 2022, despite the end of federal financial support for testing programs. With upper respiratory season at a high peak, at-home tests offer a way for individuals to check their COVID status without needing to access the healthcare system. Washingtonians can order up to 10 free at-home test kits per month through the “Say Yes! COVID Test” program. To order, visit sayyescovidhometest.org. The kits are delivered to the requester’s home or work address, free of charge.

The antigen tests take 15 minutes to complete, offering users a convenient way to check whether they are infected with COVID-19. Users can follow up with a test from a medical provider or test site to verify results. Those testing positive can report their test result to Washington’s COVID-19 hotline at 1-800-525-0127. More information and resources available here.

Testing is one of the key ways to prevent the spread of COVID-19, along with staying current on vaccines, wearing a well-fitted mask in crowded or poorly ventilated indoor settings, frequent handwashing, and staying home when sick. DOH encourages everyone to get their flu shot and activate WA notify on their phones, which allows you to receive or send anonymous notification if you have come in contact with someone who tested positive.

These precautions are especially important now because hospitals and emergency rooms are operating at a higher than usual capacity due to a surge in respiratory viruses. Consider taking a COVID-19 test prior to a gathering, especially if you are getting together with people who are older, immunocompromised, or at risk for severe disease.

DOH first started the program in January 2022, in a partnership with the National Institutes of Health, the Centers for Disease Control and Prevention, Care Evolution, Amazon, and other community partners. Since then, DOH has received over 2.5 million orders, distributing 12.5 million test kits in Washington.

For more information on how to prevent the spread of COVID-19, visit https://doh.wa.gov/emergencies/covid-19

The DOH website is your source for a healthy dose of information. Find us on Facebook and follow us on Twitter. Sign up for the DOH blog, Public Health Connection.

SPANISH RESOURCES

Misión
Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar el siguiente paso.

Visión
Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

Valores
Creemos que los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos. Nos comprometemos a crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y cuidadores. Practicamos la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos. Honramos el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios. Participamos en asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar. Promovemos la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.

1.) Los niños y jóvenes con necesidades especiales de atención médica durante emergencias

Los niños y jóvenes con necesidades especiales de atención médica durante emergencias. Aproximadamente 1 de cada 5 niños en los Estados Unidos tiene necesidades especiales de atención médica. Los niños y jóvenes con necesidades especiales de atención médica, también conocidos como niños con necesidades especiales de atención médica (CYSHCN, por sus siglas en inglés), necesitan más cuidados por sus diferencias físicas, conductuales, emocionales o de desarrollo, que los niños y jóvenes de su misma edad con un desarrollo típico. Las necesidades especiales de atención médica pueden incluir discapacidades físicas, intelectuales y del desarrollo, así como afecciones de larga duración, como el asma, la diabetes o la distrofia muscular.

2.) Plan en caso de emergencia

UNA SERIE ESPECIAL DE RADIO EN ESPAÑOL DE KINDERING

Sintonice la estación de radio KKMO, El Rey 1360 AM o en línea en https://www.elrey1360seattle.com/ a la 1 pm el martes 1 de noviembre para una transmisión especial en español presentada por Kindering para padres de niños con necesidades especiales. Durante este programa, hablaremos con Alexandra Martin Truesdell, terapeuta del habla y del lenguaje de apoyo temprano en Kindering, además de mamá de dos niños pequeños. Alexandra nos hablará sobre mentiras y verdades relacionadas con el desarrollo del lenguaje bilingüe y nos ayudará a responder algunas de las preguntas más frecuentes acerca de criar niños que hablan dos idiomas. Kindering acoge a todos los niños con diversas habilidades y a sus familias, al ofrecer una educación de alta calidad y terapias que cultivan la esperanza, el valor, y las habilidades necesarias para remontar el vuelo.

NUEVO DÍA- Qué tal Miércoles

El año pasado las familias preguntaron si podríamos planear nuestras reuniones familiares en línea de acuerdo a las clases de (continuación)... Subtítulos e interpretación del Lenguaje de señas americano serán ofrecidos. La interpretación de algún idioma adicional deberá solicitarse dos semanas previas a la reunión.
lenguajes de señas. Después de contactar a las organizaciones que ofrecen clases de señas, movimos nuestras reuniones al cuarto miércoles de cada mes comenzando el 26 de octubre de 7-8 PM.
(La reunión de noviembre será el quinto miércoles del mes).
Por favor comparte con otras familias y profesionales que conozcas.

**Los próximos temas incluyen:**
- Nuevo en el camino
- ¿Qué tiene que ver la seguridad con esto?
- Tecnología que permite el acceso
- Entendiendo los derechos de los padres (garantías) y ¡cómo usar la terminología eficazmente y más!

Qué tal miércoles es una reunión organizada por el equipo de Guía a Su Lado de Padres Guías e invitados especiales para familias (padres, familia extendida y cuidadores) de niños sordos o hipoacúsicos para que se reúnan y conozcan otras familias, aprendan consejos y herramientas útiles, hagan preguntas, compartan apoyo, logros e historias.

<table>
<thead>
<tr>
<th>Fechas para Qué tal miércoles de 7-8 PM del 2022/23.</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 de enero</td>
</tr>
<tr>
<td>22 de febrero</td>
</tr>
<tr>
<td>22 de marzo</td>
</tr>
<tr>
<td>26 de abril</td>
</tr>
<tr>
<td>24 de mayo</td>
</tr>
</tbody>
</table>

Únete via Zoom https://zoom.us/join
ID de la reunión: 939 8330 9951
Contraseña: whatsup
elisa.torres@wahandsandvoices.org
425.268.7087

Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!
https://www.surveymonkey.com/r/M5JZW8W
COVID - 19 Resources

COVID Vaccine Factsheet are now posted on our website under family information: *Children with Special Health Care Needs Publications :: Washington State Department of Health.* Additional languages and updates will be posted there as they become available.

*Parent Guide to COVID-19 (English) other languages.*

**COVID-19 Vaccination for Children 5 through 11 Years Old**
Information for Jurisdictions, Healthcare Providers, Pharmacists, Schools, and Community Partners...

**RESOURCES ON THE PFIZER COVID-19 VACCINE 12-15 AGE EXPANSION.** In response to the authorized of Pfizer COVID-19 to children ages 12-15, the CDC has developed several useful tools for parents and clinicians to utilize.
- Talking with Patients about COVID-19 Vaccination. [https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html](https://www.cdc.gov/vaccines/covid-19/hcp/engaging-patients.html)

**A Person Centered Approach to Prepare for the COVID Emergency or Crisis Event**
(download English & Spanish flyers)

Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19. If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211. Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method. Resources and self-help tips are available on walistens.org.

**COVID-19 Vaccine Information:** From Children and Youth with Special Health Care Needs Program at the WA State Department of Health and Getting Vaccinated - Spanish


---

**Archived Mental/Behavioral Health**


This tip sheet explores stress and compassion fatigue, as well as signs of distress after a disaster. It covers strategies healthcare providers can use to reduce their stress during this time and information about coping with compassion fatigue.

3. **Finding Your Way in Community: Free Online Mindfulness Groups for Parents and Caregivers**
   (Supporting each other through meditation and communication.)

4. **Mental health symptoms in school-aged children in four communities.**

---

If you or your family is experiencing distress and need support call:

- National Parent Helpline 1-855-4 A PARENT or 1-855-427-2736
- Info Children /Parent Helpline 1-778-782-3548
- National Suicide Prevention 9-8-8

---

25 Fun Christmas Treats to make with your family (kids and adults alike)... click here!

---

only by **GIVING**

are you able to receive **MORE than**

you already have.

~~John Rohn~~