



**AUGUST 2011 CALENDAR  
PARENTS HELPING PARENTS  
[www.phpslo.org](http://www.phpslo.org)**

**PARENTS HELPING PARENTS FAMILY RESOURCE CENTER**

PHP serves families of children with special needs throughout San Luis Obispo County. Two lending libraries, which cover a wide variety of special needs topics, are equipped with toys, games and a place for children to play while their parents browse. PHP has a network of experienced staff and parents available for mentoring and support. A reliable source of current information, referrals, and training, PHP regularly e-mails a Calendar of Upcoming Events to interested families.

Contact: 805.543.3277 (SLO) or 805.461.7415 (Atascadero) or [php@ucp-slo.org](mailto:php@ucp-slo.org)

**PHP SPONSORED EVENTS**

**GET CONNECTED AT PARENTS HELPING PARENTS**

For parents of children 0-5 years old. Come into Parents Helping Parents Family Resource Center to meet other parents and PHP's resource specialists!

Thursday, August 18, 2011, 10:00-11:00am  
3450 Broad Street, Suite 111, San Luis Obispo

**CREATIVE HOUSING OPTIONS SERIES**

Parents Helping Parents is presenting a series of monthly programs to bring you the information you need to provide quality housing for your adult children with developmental disabilities. Please phone us if you would like to be placed on the interest list.

**CREATIVE HOUSING OPTIONS II SERIES: HOUSING AUTHORITY**

**Presented by Carol Hatley, Executive Director of the Housing Authority of SLO**

Come learn about the work the Housing Authority is doing to create safe, affordable housing in San Luis Obispo County for adults with disabilities.

Thursday, September 8, 2011, 7:00 – 8:00pm  
TCRC SLO

Reserve your spot! Space is limited. Call 805.543.3277.

**CREATIVE HOUSING OPTIONS II SERIES: ASSISTIVE TECHNOLOGY**

**Presented by Paul Mortola, Central Coast Assistive Technology Center**

Thursday, October 6, 2011, 7:00 – 8:00pm  
TCRC SLO

Reserve your spot! Space is limited. Call 805.543.3277.

**SAVE THE DATE FOR A FUN-RAISING BBQ FOR THE RANCH!**

Family, friends, and community partners are invited to join in the fun. The Ranch is a new project under UCP that is working to provide a community venue that utilizes adults with disabilities as their staff.

Saturday, October 22, 2011  
San Luis Obispo

For more information, contact Parents Helping Parents, 805.543.3277.

## **UCP EVENTS (www.ucp-slo.org):**

### **SIBSHOPS**

Sibshops are fun-filled workshops just for brothers and sisters of children with special needs. This is a great opportunity for kids to meet other siblings, play games, do crafts, share experiences and have A LOT of fun!

San Luis Obispo

Contact: For information on future dates or to sign up, contact Kristine Cleary at 805.543.2039.

### **UCP KIDS CLUB FOR 6 – 12 YEAR OLDS & UCP TEEN CLUB FOR 13 – 17 YEAR OLDS**

Community recreation activities and socialization opportunities for kids and teens with special needs, including transportation and supervision.

July/August: Teen Camp

Saturday, September 10, 2011, 1:00-4:00pm: Avila Beach Trip

Cost: \$25

Contact: UCP Youth Services, 543.7102 or [youthservices@ucp-slo.org](mailto:youthservices@ucp-slo.org)

### **UCP COMMUNITY INTERACTION PROGRAM: TOURS FOR ADULTS**

Supervised vacations for adults with disabilities.

Thursday, August 25, 2011 – Saturday August 27, 2011: Santa Barbara Zoo

Monday, September 12, 2011 – Sunday, September 18, 2011: Oregon Express

Cost: \$525

Contact: Kristine, 543.2039 or [kristine@ucp-slo.org](mailto:kristine@ucp-slo.org)

### **UCP LEISURE CLUB LOCAL OUTINGS & ACTIVITIES FOR ADULTS**

Supervised excursions and activities in the local community once a month on Saturdays for adults with developmental disabilities. The cost of \$25 includes meals, staff, activities, and two-way transportation.

Saturday, August 13, 2011: BBQ – San Luis Obispo

Saturday, August 20, 2011: BBQ – San Luis Obispo

Contact: Kristine, 543.2039 or [kristine@ucp-slo.org](mailto:kristine@ucp-slo.org)

## **LOCAL EVENTS:**

### **MOMMY AND ME LITTLE SWIMMERS**

A parent and child class designed for children ages 2 to 8 years with special physical needs to engage them in fun water activities that encourage both physical and social development. Class may be joined at any time. Ongoing monthly sessions will continue into the fall. Taught by Kay Heaton, B.S.M.S., Kinesio-Therapist.

Fridays, 1:00pm – 2:00pm

San Luis Obispo

Cost: \$20 for series of four classes

To register, call 805.547.1914 or email Mary at [Jhh@jackshelpinghand.org](mailto:Jhh@jackshelpinghand.org).

### **P.O.P.S. FATHERS GROUP**

Positive Opportunities for Parenting Success is looking for families to join them in their upcoming Fathers Group. Free childcare provided.

August 2011

Arroyo Grande

For more information, call 474-2141 or 474-2018 or email [abernal@capslo.org](mailto:abernal@capslo.org).

## **IEP RIGHTS AND STRATEGIES WORKSHOP**

### **Presented by Team of Advocates for Special Kids**

Learn an overview of the rights and protections under IDEA and Section 504 of the Vocational Rehabilitation Act; the value of record keeping; the requirements of the assessment process; and communication techniques.

Thursday, August 11, 2011, 9:30am – 3:30pm

TCRC Atascadero

For reservations, call 805.461.0231. Space is limited and reservations are recommended.

## **ASSISTIVE TECHNOLOGY 101**

### **Presented by Team of Advocates for Special Kids**

This workshop covers the laws as they pertain to assistive technology, the Assistive Technology Evaluation Process (how to get a good AT evaluation), and a brief introduction to the various types of AT available.

Monday, September 19, 2011, 9:00am – 12:00pm

TCRC Atascadero

Cost: Free for parents of children with special needs. \$25.00 for all others.

Contact: *You must be preregistered.* Call Yolanda McAlpine at 805.461.0231 to register.

## **AT FOR AUTISM AND OTHER DISABILITIES**

### **Presented by Team of Advocates for Special Kids**

TASK will introduce technology specifically related to disorders on the autism spectrum and for those with developmental disabilities.

Tuesday, September 20, 2011, 9:00am – 12:30pm

TCRC Atascadero

Cost: Free for parents of children with special needs. \$25 for all other attendees.

Contact: *You must be preregistered for this workshop.* Call Yolanda McAlpine at 805.461.0231 to register.

## **ONGOING:**

### **ADULT SOCIAL CLUB**

For parents and young adult children ages 18-35 who are challenged with high functioning autism, Asperger's or PDD-NOS.

Contact: Contact Victoria or Greg at 460.9389 to find out about the next event.

### **NORTH COUNTY AUTISM SPECTRUM PARENT SUPPORT GROUP**

3<sup>rd</sup> Friday of every other month (odd-numbered months), 7:00 - 9:00 p.m.

Friday, September 16, 2011

Paso Robles

Contact: Becky, 471.1354 or [nocosupport@autismspectrumcenter.com](mailto:nocosupport@autismspectrumcenter.com)

### **SAN LUIS OBISPO AUTISM SUPPORT GROUP**

An opportunity to network and socialize with other parents of children (up to age 18) challenged with Autism Spectrum Disorders (including Asperger's Syndrome/HFA/PDD-NOS) Call for dates and times of the next meetings.

Sierra Vista Regional Medical Center Auditorium, San Luis Obispo

Contact: Trisha or David Oksner, 805.474.9750 or email at [trisha@oksner.org](mailto:trisha@oksner.org) or [dave@oksner.org](mailto:dave@oksner.org).

### **SAN LUIS OBISPO COUNTY SPECIAL OLYMPICS TRAINING**

Including: Aquatics, Power Soccer (Motorized Wheelchair), Golf, Gymnastics, Bocce, Track & Field.

Contact: 544.6444

### **SOUTH COUNTY AUTISM SUPPORT GROUP**

Meets the 2<sup>nd</sup> Tuesday of each month from 12:00pm – 1:30pm.

Grover Beach

Contact: Please RSVP to Leslie Barton, LMFT at 541.7908 or [lesliebartonlmft@gmail.com](mailto:lesliebartonlmft@gmail.com).

### **SPECIAL HELPING HANDS**

Special Helping Hands is a new support group for parents of children with all and any disabilities.

Friday, August 19, 2011, 7:00pm

255 Cross Street, Arroyo Grande

Contact: Venna Davis and Christina Ybarra at [Venna.Christina@yahoo.com](mailto:Venna.Christina@yahoo.com).

### **SPECIAL NEEDS SUNDAY SCHOOL CLASSES**

Are you a parent of a special needs child who would like to attend church but are unable to find a Sunday school class appropriate for your child?

**Atascadero Bible Church** ([www.abcchurch.org](http://www.abcchurch.org)) invites you to join them for *His Kids*, a ministry which exists to provide parents of children with special needs the opportunity to attend church regularly and to create a safe and loving environment for their children to learn about his or her creator through Bible stories.

Sundays, 9:00a.m.

Contact: Kyle Zimmerman, Children's Ministry Director at [kyle@abcchurch.org](mailto:kyle@abcchurch.org).

**Calvary Chapel Arroyo Grande** also invites you to join them for *His Kids*. This ministry is for children through young adults with disabilities.

Sundays, 10:30am

Contact: Dawn Leone, Children's Ministry Director at 481.2320

### **OUT OF TOWN EVENTS:**

#### **SUPPORTED LIFE 2011 CONFERENCE: "MANY PARTNERS, ONE STRONG VOICE"**

Wednesday, October 5, 2011 – Friday, October 7, 2011

Sacramento, CA

Register online at [www.supportedlife.org](http://www.supportedlife.org).

For more information about parenting classes in the area, please visit Parent Connection's website at [www.sloparents.org](http://www.sloparents.org). Parent Connection is a web-based family resource center with a current list of parenting classes and family resources in SLO County.

**The opinions listed in this newsletter are for your information and do not necessarily reflect the views of Parents Helping Parents.**