



Skagit County Parent to Parent

invites you to our upcoming **FREE** Winter workshops*

Get Up & Go With 5210

Strategies for Helping KIDS with DISABILITIES
Eat Better & Move More

Monday
January 14, 2019
6:30 to 8 PM



www.skagitcounty.net/5210

Skagit Family Resource Center
320 Pacific Place, Mt. Vernon

Presenter: Carolyn Conner, RDN, CD
with Nutrition First & 5210 Skagit

Learn practical tips and strategies to help kids with disabilities eat better and move more.

***REGISTER by 1/10!**

Telling Your Story With a Purpose

Do you want to make your voice heard?
Attend this **ADVOCACY & LEADERSHIP** training!



Saturday
January 26, 2019
9:30 AM to 2 PM

includes LUNCH

Skagit Family Resource Center
320 Pacific Place, Mt. Vernon

Presenters: Louis Mendoza, Fathers Network &
Jeremy Kredio, Father

- Identify a policy to make a **DIFFERENCE**
- Use your family's experience as an example
- Present your story to advocate for change

***REGISTER by 1/23!**

Nurturing Healthy Relationships in Support of Student Learning

Monday
February 11, 2019
6:30 to 8 PM



Skagit Family Resource Center
320 Pacific Place, Mt. Vernon

Presenter: Greg Abell, Sound Options, LLC

We'll explore strategies and skills in support of healthy parent and educator partnerships. Our student's success is built on our ability to work together effectively.

***REGISTER by 2/7!**

Organizing Your Child's IEP Binder

Monday
March 11, 2019
6:30 to 8 PM



Skagit Family Resource Center
320 Pacific Place, Mt. Vernon

Presenter: Heather Milliren, Skagit P2P

We'll provide you with a pre-assembled binder filled with organizational tips, forms and supplies. Bring your child's IEP paperwork. You'll leave with a useful tool to advocate as an IEP team member.

***REGISTER by 3/7!**

***TO REGISTER:** Contact Skagit P2P 360.416.7570 x 2999 or p2poffice@sparckids.org

All workshops are for ADULTS ONLY please! Childcare not provided.



Skagit County Parent to Parent

c/o SPARC
320 Pacific Place
Mt. Vernon WA 98273

www.p2pskagit.org



Support for Parents
of Kids With
Special Needs



**INSIDE:
WINTER 2019
FREE WORKSHOPS
REGISTRATION
REQUIRED!**

Join us for • **SUPPORT** • **RESOURCES** • **CONNECTIONS** • Adults only please!



Skagit County Parent Support Group
Calico Cupboard in Mt. Vernon ■ 121 Freeway DR, Suite B*

JAN 15 • FEB 19 • MAR 19
10-11:30 AM

**Private meeting room upstairs (no elevator)*



Anacortes Parent Support Group
Calico Cupboard in Anacortes ■ 901 Commercial AVE*

JAN 16 • FEB 20 • MAR 20
10-11:30 AM

**Private meeting room past fireplace*



SUPPORT GROUP

for parents of children with Autism

Autism Parent Support Group
Skagit Family Resource Center ■ 320 Pacific PL, MT Vernon

JAN 23 • FEB 27 • MAR 27
6:30 to 8 PM

**Spanish translation provided*



Parent Support Group—En Español
Skagit Family Resource Center ■ 320 Pacific PL, MT Vernon

JAN 9 • FEB 13 • MAR 13
11:30 AM to 1 PM

**Spanish translation provided*