

# SUPPORT & SOCIAL GROUPS

For families, caregivers, self-advocates, and others supporting individuals with disabilities

**Mom Meet-Up (360)632-7539** It is a great chance to ask questions, hear others experiences, plus maybe make a new friend. **First Tuesday of the Month**. 1:00pm-2:00pm at Whidbey Coffee by Wendy's in Oak Harbor. Questions? Tiffany Wheeler-Thompson (360)632-7539call/text

**Parent Connect with Parent to Parent (360)632-7539** call/text - Meets Virtually via Zoom This unique opportunity to ask questions and gain valuable insight about experiences from other families. Email t.wheeler-thompson@islandcountywa.gov to receive zoom Link **1st Tuesday of the Month**. 5:30-6:30pm

**P A M I Padres Apoyando Motivando Informando** (Grupo de apoyo para familias de niños con necesidades especiales) Aquí encontrarás información importante sobre \*Ayudas y recursos en la isla \*Ideas y Actividades del mes \*Apoyo y Motivación para seguir Adelante \***segundo martes del mes** : Laiza Ramos (787)529-6788 or pamiespanol@gmail.com

## **Flying Fingers**

Social group for deaf/hard of hearing. The **first Friday of month** Location: Langley United Methodist church, 3 St and corner Anthes Ave. 5:30pm to 7pm. For additional information contact Susan at sisoileil973@yahoo.com **360-221-0383**

## **People First People First of Washington: (360)720-4918**

Support and advocacy for adults with disabilities. Realize and appreciate that we are People First and our disabilities secondary. We meet monthly for support, advocacy skills and social events. Email Brent bbowden@newleafinc.org

**Circle of Friends** Adults with disabilities that gather a couple of times a month to hang out. **first Thursdays of the month**. We get together to just hang out, go out to dinner and watch movies or play games. <https://www.facebook.com/groups/613260006484363>



For more information, contact Tiffany Wheeler-Thompson with Island County Parent to Parent (360)632-7539

