

# Island County Parent to Parent Newsletter

October  
2025

**Are you anxious about meeting new people? Me too. Join us and engage as little or as much as you want. Check us out. No pressure.**



## 2025 Fall & Winter Events with Parent to Parent



Island County Parent to Parent: All Ages, All Abilities, All Welcome

**Mark your calendar!** Halloween Party, Sensory Friendly Movies, Mom Meet-Ups, Parent Connect Meeting, Prom and more

### October

- 4—Sensory Friendly Movie at Oak Harbor Cinemas—Family movie at 2:00pm \$8 per person
- 7—Mom Meet-Up at Whidbey Coffee next to Wendy's 1:00-2:00pm
- 7—Resource & Transition Fair at Coupeville High School 5:00-7:15pm
- 24—Halloween Dance Party at The Center (next to pool) Oak Harbor Noon-2pm

More event details inside newsletter



### November

- 1—Sensory Friendly Movie at Oak Harbor Cinemas—Family movie at 2:00pm \$8 per person
- 4—Mom Meet-Up at Whidbey Coffee next to Wendy's 1:00pm-2:00pm
- 4—Parent Connect virtual support group email for link 5:30-6:30pm
- 11—Sensory Friendly Area at the Veteran's Day Parade Oak Harbor 2pm
- 16—Prom: The Masquerade Ball at Elks Ages 14 & up Scan QR Code for Details & RSVP



### December

- 2—Mom Meet-Up at Whidbey Coffee next to Wendy's 1:00pm-2:00pm
- 2—Parent Connect virtual support group email for link 5:30-6:30pm
- 6—Sensory Friendly Movie at Oak Harbor Cinemas—Family movie \$8 per person
- 13—Holiday Party with Santa at The Center (next to pool) Oak Harbor Noon-2:00pm



Questions? Contact Tiffany Wheeler-Thompson with Parent to Parent. Support & Resources for special needs families. (360)632-7539 call/text All Events are subject to change/cancellation. Check our Facebook Page for up-to-date info.

### Helpful Resources

**Parent to Parent:**

<https://www.islandcountywa.gov/198/Parent-to-Parent>

**Informing Families:**

<https://informingfamilies.org/>

**DDA is now DDCS:**

[www.dshs.wa.gov/dda](https://www.dshs.wa.gov/dda)

**DVR:**

Mt Vernon (360) 429-3097  
Everett: (425) 339-4880  
[www.dshs.wa.gov/dvr](https://www.dshs.wa.gov/dvr)

**PAVE:**

(800)5-PARENT  
<https://wapave.org/>



Want to know more about Parent to Parent? Check out our website and Facebook page.  
(360)632-7539 Call/Text

# Resource Fair 2025

School Age  
Transition Age  
Adulthood

Tuesday, October 7  
Coupeville HS  
5:00-7:15pm  
Dinner Served 5:15-6pm

Connect with local and regional DISABILITY agencies and resources that provide support for your child through the life span.

## Presentations

Time	Topic
5:15-5:35	Guardianship and Special Needs Trusts with disability attorney Christy Ibrahim
5:45-6:15	Panel Discussion with employed students, adults & employers
6:25-6:55	DDCS/DDA with Safe in Home Waiver funds, Remote supports & technology

### Questions?

Melissa Casey - Coupeville School District - [mcasey@coupeville.k12.wa.us](mailto:mcasey@coupeville.k12.wa.us)

Susan Armstrong - Oak Harbor Public Schools [sarmstrong@ohsd.net](mailto:sarmstrong@ohsd.net)

Luke Hodson South Whidbey School District [lhodson@sw.wednet.edu](mailto:lhodson@sw.wednet.edu)

Mike Etzell Island County Developmental Disabilities [mikeet@islandcountywa.gov](mailto:mikeet@islandcountywa.gov)

# Parent to Parent Presents:



## 2025 Halloween

## Dance Party!

**Sunday, October 26th**

**Noon-2pm**

**New Location: The Center**

**51 SE Jerome S , Oak Harbor**



Join us for our annual Halloween Dance Party. Dancing, Potluck, Arts & Crafts, Face Painting and more. Costumes are encouraged but not required. Nothing scary please.

If you are able, please bring a side dish, snack or dessert to share.

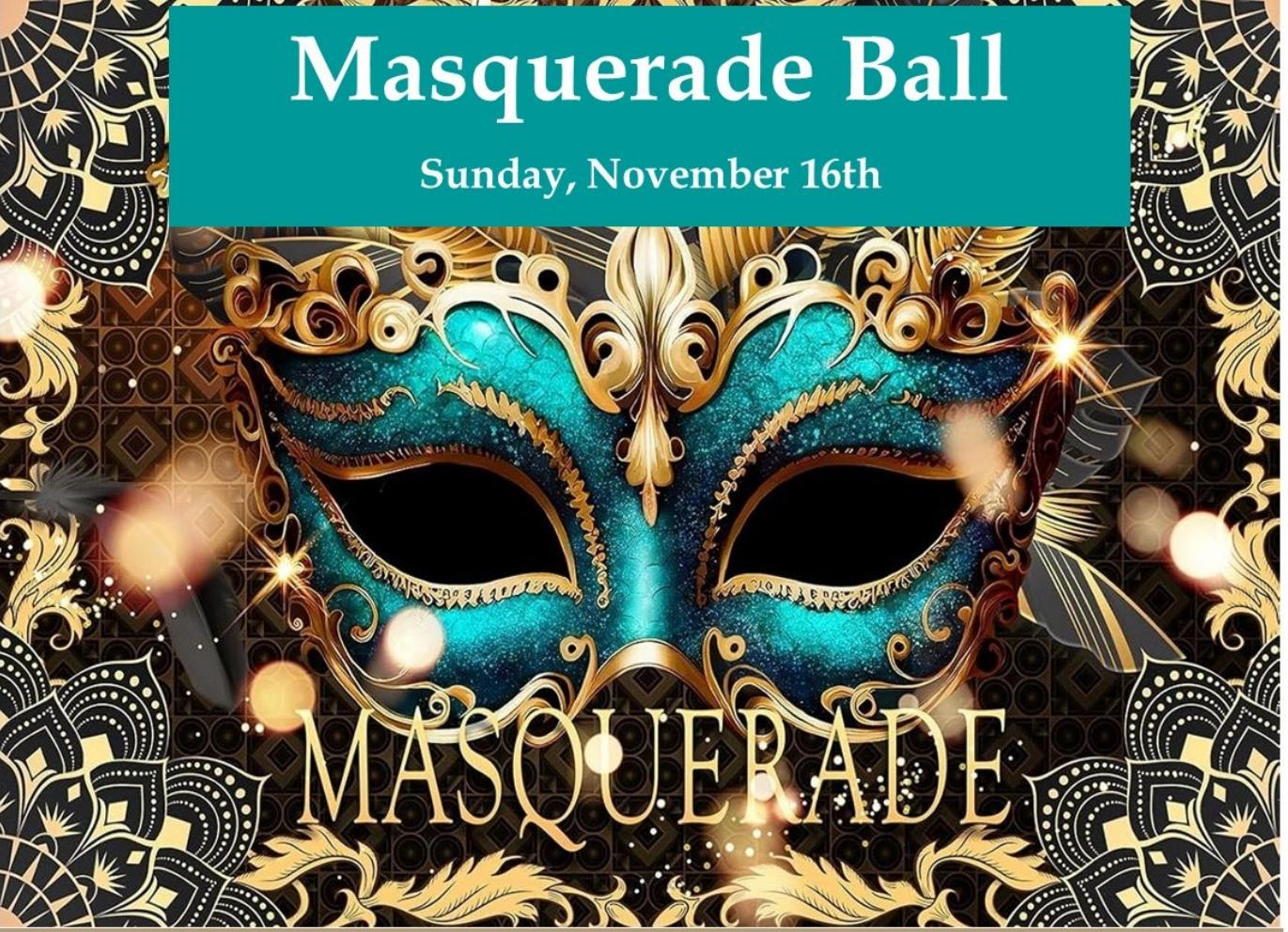
Questions? Contact Tiffany (360)632-7539 call/text [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)



**Parent to Parent** provides support and resources for special needs families in Island County

# Masquerade Ball

Sunday, November 16th



# MASQUERADE

This year our Night to Remember Prom will be a Masquerade Ball.

For Ages 14 & up with disabilities. Masks will be provided.

Come join us for a magical time of music and dancing at the

**Oak Harbor Elks Lodge** **— Noon – 2:30pm**

Dress to impress for this unforgettable event. Whether you're flying solo or coming with friends, you're sure to have a great time. Don't miss out on the chance to make memories that will last a lifetime.

See you there!



Use QR Code to RSVP. Please list the "dancer's name" as the primary person.

Add tickets for any additional support/caregivers that may attend so we have enough food for all. Thank you.

Lunch will be provided by the Elks Lodge at Noon. Dancing will follow after lunch.

We are always looking for volunteers.

Questions? Contact Tiffany with Parent to Parent (360)632-7539 call/text

# Holiday Party

*with Island County Parent to Parent*



The Center

51 SE Jerome Street, Oak Harbor

Saturday, December 13  
Noon-2:00pm

Hosted by Island County Parent to Parent  
(The old Senior Center, by the pool)

Parent to Parent Annual Holiday Party

Come One! Come All! Celebrate the holidays with other families on a similar journey, supporting a child/adult with special needs.

Free Event, Potluck, Arts & Crafts and of course, Santa.

Santa will be making an appearance about 12:30ish  
Tiffany (360)632-7539 for more details.

**All Ages, All Abilities Welcome!**

Questions: Tiffany (360)632-7539 call/text



## THE TEAL PUMPKIN PROJECT



Raise awareness and show your support for kids with food allergies!



Paint a pumpkin teal and place it on your porch along with a sign to indicate you have non-food treats available!

[www.foodallergy.org](http://www.foodallergy.org)

## NON-FOOD TREAT IDEAS

TREATS YOU DON'T EAT  
ARE FUN AND  
SAFE FOR ALL KIDS!

GLOW STICKS     FINGER PUPPETS  
STENCILS     BUBBLES     COINS  
SPIDER RINGS     PLAYING CARDS  
STICKERS     VAMPIRE FANGS     WHISTLES  
KAZOOS     PINWHEELS     SILLY GLASSES  
COMIC BOOKS     CRAZY STRAWS     STICKERS  
MINI NOTEPADS     PENCILS

#TEALPUMPKINPROJECT [TEALPUMPKINPROJECT.ORG](http://TEALPUMPKINPROJECT.ORG)

We have a few teal pumpkins available. First come, first served. They will be at our Halloween Dance Party on Sunday, October 26th at The Center. Noon-2:00pm.

## What to Say to Kids Instead of "Be Careful!"

### Help Your Child Foster Awareness by Saying:

- Notice **how...** these rocks are slippery, that branch is strong.
- Do you **see...** the poison ivy, your friends nearby?
- Try **moving...** your feet carefully, quickly, strongly.
- Try **using your...** hands, feet, arms, legs.
- Can you **hear...** the rushing water, the singing birds, the wind?
- Do you **feel...** stable on that rock, the heat from the fire?
- Are you **feeling...** scared, excited, tired, safe?

### Help Your Child Problem Solve by Saying:

- **What's your plan...** if you climb that boulder, cross that log?
- **What can you use...** to get across, for your adventure?
- **Where will you...** put that rock, climb that tree, dig that hole?
- **How will you....** get down, go up, get across?
- **Who will...** be with you, go with you, help you if?

[www.backwoodsmama.com](http://www.backwoodsmama.com)



## What to ask instead of

How was  
your day?

<input type="checkbox"/>		What did you eat for lunch?
<input type="checkbox"/>		Did someone do something funny?
<input type="checkbox"/>		What did you do at recess?
<input type="checkbox"/>		Did anyone do something kind?
<input type="checkbox"/>		Who made you smile?
<input type="checkbox"/>		Which of your teachers would survive a zombie apocalypse?
<input type="checkbox"/>		Who do you want to make friends with but haven't yet?
<input type="checkbox"/>		What challenged you today?

<input type="checkbox"/>		What new fact did you learn today?
<input type="checkbox"/>		Who brought the best food in their lunch today? What was it?
<input type="checkbox"/>		Did you sing any songs?
<input type="checkbox"/>		If one of your classmates could be teacher for the day, who would you pick and why?
<input type="checkbox"/>		Did anyone push your buttons today?
<input type="checkbox"/>		What is your teacher's most important rule?
<input type="checkbox"/>		What was your favorite subject today?
<input type="checkbox"/>		What one thing would you change about your school?
<input type="checkbox"/>		Who did you play with at recess today?

<input type="checkbox"/>		Did anything make you feel scared today?
<input type="checkbox"/>		What book did you read?
<input type="checkbox"/>		Did anyone cry today?
<input type="checkbox"/>		What did you do that was creative?
<input type="checkbox"/>		Tell me about 3 different times you used your pencil today.
<input type="checkbox"/>		Did anyone get hurt today?
<input type="checkbox"/>		What's the one thing from home you wish you had at school?
<input type="checkbox"/>		Was anyone absent today?
<input type="checkbox"/>		Who did you sit next to at lunch?
<input type="checkbox"/>		If you could teach any subject, what would it be?

Never Underestimate  
the Power of a  
Sleep Deprived,  
Caffeinated,  
Determined Mom  
on IEP Meeting Day.

IEPbootcamp.com

# ***THIS is how EVERY IEP meeting should start!!!!***

www.AUTISMWARENESSSHOP.ORG

BEFORE WE BEGIN THIS IEP MEETING, I JUST WANT TO TAKE A MOMENT TO TELL HOW HOW AMAZING YOUR CHILD IS. WE'RE GOING TO TALK A LOT TODAY ABOUT ALL OF THE THINGS YOUR CHILD CAN'T DO BUT I NEED YOU TO KNOW THAT HE IS SO MUCH MORE THAN THE SUM OF HIS DEFICITS. YOUR CHILD HAS HIS OWN PERSONALITY WITH UNIQUE STRENGTHS AND INTERESTS THAT MAKE HIM SUCH AN AWESOME LITTLE GUY. IF WE HAD MORE TIME I WOULD LOVE TO SIT DOWN WITH YOU OVER COFFEE AND CHAT ABOUT ALL THE PRECIOUS MOMENTS THAT I HAVE SHARED WITH HIM. BUT TODAY IS FOR HELPING HIM. SO YES, WE ARE GOING TO FOCUS ON WHAT HE CAN'T DO, BUT THAT IS ONLY TO MAKE SURE THAT HE HAS EXACTLY THE RIGHT SERVICES TO REACH HIS FULL POTENTIAL AND SHINE THROUGH AS THE AMAZING PERSON THAT YOU AND I KNOW HIM TO BE!!!

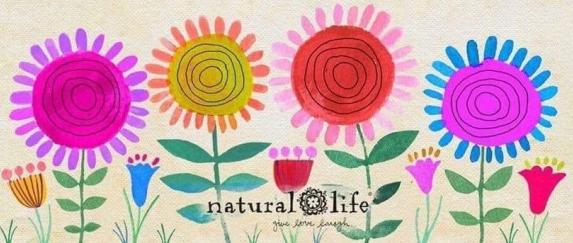
**ARE YOU READY TO TACKLE THIS WITH ME??**

~unknown

A SHOUTOUT TO  
EVERYONE WHO IS TRYING RIGHT NOW.

Trying to do the right thing. Trying to stay open.  
Trying to keep going. Trying to hold on. Trying to let go. Trying to find their flow. Trying to stay afloat. Trying to meet each new day. Trying to find their balance. Trying to love themselves. Trying new things and new ways.

I see you. I'm there too. We're in this together.



## **Parent to Parent FREE Resource Toolkit: Services: Community: Support**

Our resource toolkit can help you identify support, resources and activities in and around Island County. You will receive a folder full of programs, providers, disability & autism resources, support groups, Developmental Disabilities Community Services DDCS (formally DDA) information, our monthly newsletter and more. We just need your snail mail address. Email Tiffany. Info on back page. Our toolkits and resource guides are also available in English and Spanish on our website <https://www.islandcountywa.gov/198/Parent-to-Parent>  
Don't forget to check out our Facebook Page for the latest information, trainings and more <https://www.facebook.com/islandcountyparent2parent>



# EVERYTHING WAS RECENTLY UPDATED ON OUR WEBSITE

## Have you checked out our website recently?

Oh boy, there is lots of new content, resources, information and more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

Hard copies of these resource guides, Family Toolkits and “Island County Transition: School-age to Adulthood In Depth Guide: English” are also available. Email [t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov). Provide your contact information to ensure a reply.

### Island County Disability Resources

- ◆ Island County Disability Resource Guide: English & Spanish
- ◆ Island County Autism Resource Guide: English & Spanish
- ◆ Autism Resources for Families website. English & Spanish
- ◆ Special Education Quick Guide: English
- ◆ Island County Behavioral/Mental Health Resource Guide: English

### Other resources: Ages & Stages

- ◆ P2P Resource Birth to Three
- ◆ P2P Resource Three to Six
- ◆ P2P Resource Six to Fourteen
- ◆ P2P Resource Fourteen to Twenty One
- ◆ P2P Resource Twenty One-Adulthood

### Transition Support & Resources

- ◆ Transition Packet Info, Timelines and Checklists
- ◆ Transition IEPs, Services, Planning
- ◆ Transition DDA
- ◆ Transition Employment Support
- ◆ Transition HS vs College
- ◆ Transition Advocacy and Social Emotional
- ◆ Transition Resource Federal State Local
- ◆ Transition Legal and Financial Planning
- ◆ Transition Healthcare
- ◆ Transition-Toolkit PAVE

### Resources, Support and Services

- ◆ Free Resources, Support & Services Guide: English & Spanish

## Island County Parent to Parent

### Support & Resources for Special Needs Families in Island County

Tiffany Wheeler-Thompson ,Coordinator

105 NW 1st Street Coupeville, WA 98239

(360)632-7539 call/text

Email: [t.wheeler-thompson@islandcountwa.gov](mailto:t.wheeler-thompson@islandcountwa.gov)



\*\*Check us out on Facebook for up-to-date resources, information and activities

[\\*\\*www.facebook.com/islandcountyparent2parent](https://www.facebook.com/islandcountyparent2parent)



### What is Parent to Parent? How Can it Help Me & My Family?

Parent to Parent offers support, connections to resources, system navigation and opportunities such as events and training for families with children or adults with special needs, delays, disabilities and/or complex medical needs.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

\*All events are subject to cancellation or rescheduling. Check our Facebook Page before you head out to the event\*