



WALLA WALLA VALLEY
**Disability
Network**



February 2026 Newsletter

Your partnership and support of our programs, activities, and the families we serve—those who have a loved one with an intellectual or developmental disability—mean the world to us.

[Donate to Support WWVDN Programs](#)

P2P Family Story: Ulises is a Young Adult



"Ulises is a curious young adult who loves learning something new every day and has a great memory. He balances school, music, sports, and technology without neglecting his household chores." [Read More](#)

Note From Parent to Parent

February is a great time to slow down, reconnect, and lean into community. Parent to Parent is here to support families and caregivers as we continue building connections and offering opportunities to come together.

Last month, I enjoyed hosting our Helping Parent Training and Visual Schedule training, and it was great to connect with families during those opportunities. This month, we're continuing Connect and Play gatherings and looking forward to our upcoming Internet Safety Workshop with WWPD for parents.

Whether you are new to Parent to Parent or have been connected with us for a while, we're glad you're here. Thank you for being a part of our Parent to Parent Community. We appreciate you and look forward to connecting throughout the month.

For Parents & Caregivers

Papas y Mamas Especiales

Monday, Feb 2 from 5:00 pm to 7:00 pm



Encuentro de Corazones Valientes!

JUNTA MENSUAL DE APOYO DE PADRES A PADRES

Cuidando a quienes cuidan, amando sin limites



!Hola Papas y Mamas Especiales! en este mes donde celebramos el amor en todas sus formas, queremos invitarlos a un espacio exclusivamente para ustedes. febrero nos ofrece el momento perfecto para fortalecer nuestros lazos y recargar energias.

LUNES 2 DE FEBRERO, DE 5-7 PM
CCF - 1150 W. CHESTNUT

Bienestar del cuidador: Estrategias practicas para el autocuidado y manejo del estress en la vida diaria.

Este es un espacio de conversacion honesta para compartir experiencias y sentirnos acompañados.

Confirma tu asistencia manda texto a Ysabel Fuentes 509-301-0679

[More Info Here](#)

P2P Family Bowling

Saturday, Feb 7, 14, & 21 from 12:00 pm to 2:00 pm

FAMILY BOWLING



A fun time to Bowl and connect with friends and family.

Come to one or all! Since we only have four lanes available and a maximum of 25 people playing, please specify during registration which members of your group will be bowling.



12-2PM

**FEBRUARY
7, 14, 21**

**MAXIMUM OF
25 PEOPLE**

**BOWLAWAY LANES
411 ASH ST. WALLA
WALLA, WA 99362**

**SHOE RENTAL IS
\$3.00 AND \$4.50
PER GAME PER
PERSON TO
BOWL**

[More Info & Register Here](#)

P2P Internet Safety Workshop

Tuesday, Feb 10 from 5:30 pm to 7:00 pm



INTERNET SAFETY WORKSHOP

February 10, 2026

5:30-7:00 pm

Center for Children and Families
(Library)

Presentation from the Walla Walla
Police Department

The Walla Walla Police Department will share practical tips to help caregivers keep individuals safe online. Learn about common scams, social media safety, and when to report concerns.

RSVP through the Calendar of
Events at wwvdn.org

[More Info Here](#)

Connect & Play Self-Care Superstars

Tuesday, Feb 17 from 4:00 pm to 5:30 pm



February Session



WALLA WALLA VALLEY

Disability
Network

Self-Care Superstars

Connect & Play is a hands-on, interactive session for the whole family focused on building everyday self-care skills.



February 17
4:00 to 5:30 pm

Elopement Risk Level:
1 - Low Risk

Activities Include:

- Kids practice daily routines through games and role play
- Calm Down Corner with sensory tools and stress-relief activities
- Self-care role play to recognize and manage feelings
- Parents explore strategies to support self-care at home



Parent to Parent

Inform | Support | Connect



[More Info Here](#)

P2P Columbia County Potluck

Friday, Feb 20 from 6:00 pm to 7:30 pm

Columbia County

Potluck



Join us for friendship and good company.
Bring your favorite dish and enjoy a hearty
potluck meal.



February 20th
6:00 pm



Delaney Building
111 S. 3rd St. Dayton, WA

RSVP through the Calendar of Events at www.vdn.org

[More Info Here](#)

For Children, Teens, and Adults With Disabilities



My Body & Boundaries

Monday, Feb 9 from 3:30 pm to 5:00 pm

[More Info Here](#)

Friends & Turn-Taking

Monday, Feb 23 from 3:30 pm to 5:00 pm

[More Info Here](#)



Feelings & Friendships

Monday, Feb 2 from 3:30 pm to 5:00 pm

[More Info Here](#)

Boundaries & Respect

Monday, Feb 16 from 3:30 pm to 5:00 pm

[More Info Here](#)



SOAR Events - For age 13 and over

Open for registration:

Tuesday, Feb 3 - Whitman Buddy Program: Buddy Valentines Crafts

Thursday, Feb 5 - Posted: a Social Media Night

Tuesday, Feb 10 - Scam Squad: a Digital Detective & Escape Room Night

Friday, Feb 20 - Strong & Kind: Code Smart, Speak Smart

Friday, Feb 27 - Brave Trainers: Catch Safety, Level Up Bravery

(Registration deadline is the Sunday before the event @ 6:00 PM)

[**Visit the SOAR Events Page**](#)

[**Become a SOAR Investor**](#)

Volunteers Make a Difference



VOLUNTEERS NEEDED



Opportunities Available:

Monday, Feb 2 - RISE: Friendship Supporter

Thursday, Feb 5 - SOAR: Digital Guide

Monday, Feb 9 - LIFT: Personal Space Partner

Tuesday, Feb 10 - SOAR: Scam Squad Sidekick

Monday, Feb 16 - RISE: Boundary Buddy

Tuesday, Feb 17 - Connect & Play: Life Skills Guide

Friday, Feb 20 - SOAR: Code & Kindness Coach

Monday, Feb 23 - LIFT: Turn-Taking Teammate

Friday, Feb 27 - SOAR: Brave Trainer Mentor

Fridays, April 17, 24 and May 1, 8, 15 & 22 - Challenger Baseball: Buddy

[**More Info Here**](#)

Registration for Challenger Baseball is Open

Fridays, April 17 & 24 and May 1, 8, 15 & 22 at 5:30 pm



Challenger Baseball gives children and youth with disabilities the chance to play baseball in a fun, supportive, and inclusive environment.

Players build confidence, make friends, and enjoy the excitement of team sports, while families and the community come together to cheer them on! Parents/Caregivers must remain present.

[More Info Here](#)

Community Bulletin

Developmental Disabilities Community Services

Home and Community Living Administration



January 16, 2026

Community First Choice



Check Our Our Menu of Services

Are you hungry for information about Community First Choice services? Step into the CFC Café! Our new video series shows how CFC services can help you live more independently. We'll release a new video each month, so be sure to check back for more of our CFC menu.

[Community First Choice Video Playlist](#)

Night to Shine

Friday, Feb 13 from 5:00 pm to 8:00 pm



Help

Night to

Shine™

TIM TEBOW FOUNDATION

**February 13
2026**

5:00-8:00 pm

Trinity








595 Abbott Rd, WW




[More Info Here](#)



WALLA WALLA FOOD RESOURCES*

*This list only includes BMAC-affiliated organizations in the city of Walla Walla.

Emergency Food Assistance by Weekday						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 WALLA WALLA SENIOR CENTER THE CENTER AT THE PARK 800 Sprague Ave. 99005	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 The Pantry @ St. Frances Cabrini 1612 Penny Lane	 The Pantry @ St. Frances Cabrini 1612 Penny Lane

Organization Information

 Address: 202 W. Birch Street Phone: 509-525-7153 Distributes: Mon-Sun Times: <ul style="list-style-type: none"> • Breakfast: 7:30AM-8AM • Dinner: 5:30PM-6PM Meal Type:  Notes: Meals handed out in the parking lot on Poplar Street between 4th and 5th Ave.	 Address: 720 Sprague Avenue Phone: 509-527-3775 Distributes: Mon-Thu Times: <ul style="list-style-type: none"> • Lunch: 11:30AM-12:30PM Meal Type:  Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	 Address: 825 W. Alder Street Phone: 509-529-9470 Distributes: Mon-Thu Times: <ul style="list-style-type: none"> • Mon-Thu: 9AM-12PM & 1PM-3PM Meal Type: 	 Address: 302 W. Main Street Phone: 509-525-3903 Distributes: Wed & Fri Times: <ul style="list-style-type: none"> • Wed/Fri: 9:30AM-11:45AM • *1st Saturday Drive-thru: 9:30AM-11:30AM Meal Type: 	 Address: 822 W. Main Street Phone: 509-527-3385 Distributes: Friday Times: <ul style="list-style-type: none"> • Sit-Down Meal: 11AM-12PM • Food Giveaway: 12:30PM-1:30PM Meal Type: 	 Address: 1612 Penny Lane Phone: 509-529-2130 Distributes: Friday Times: <ul style="list-style-type: none"> • By appointment only Meal Type: 	 Address: 73 S Palouse Street Phone: 509-525-8753 Distributes: Tuesdays and Wednesday Times: <ul style="list-style-type: none"> • Lunch: 11:30AM-1PM Meal Type: 
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meal types:	Grab-and-go meal	Sit-down meal	Grocery-style pantry	Pre-made food box

nondiscrimination statement:
No client will be discriminated against because of race, religion, color, gender, pregnancy, age (including those over 40), national origin (including ancestry), ethnicity, disability (as defined in the federal Americans with Disabilities Act), marital status, veteran status, sexual orientation or any other characteristic protected by applicable federal or state law.

Flyer produced by Blue Mountain Action Council. For questions or update requests, please email info@bmacww.org.














Revised 10/30/2025.

RECURSOS ALIMENTARIOS EN WALLA WALLA*

*Esta lista solo incluye organizaciones afiliadas a BMAC en Walla Walla.

Asistencia alimentaria de emergencia por día						
Domingo	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 WALLA WALLA SENIOR CENTER THE CENTER AT THE PARK 800 Sprague Ave. 99005	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 CHRISTIAN AID CENTER WALLA WALLA RESCUE MISSION	 The Pantry @ St. Frances Cabrini 1612 Penny Lane	 The Pantry @ St. Frances Cabrini 1612 Penny Lane

Información de organizaciones

 Dirección: 202 W. Birch Street Número: 509-525-7153 Distribuye: Lunes a domingo Horas: <ul style="list-style-type: none"> • Desayuno: 7:30AM a 8AM • Cena: 5:30PM a 6PM Tipo de comida:  Notas: Comida repartida en el estacionamiento de Poplar Street entre 4th y 5th Ave.	 Dirección: 720 Sprague Avenue Número: 509-527-3775 Distribuye: Lunes a jueves Horas: <ul style="list-style-type: none"> • Almuerzo: 11:30AM a 12:30PM Tipo de comida:  Notas: Comida gratis para residentes de WA mayores de 60 años. Pregunte por el programa Meals on Wheels para clientes confinados en casa.	 Dirección: 825 W. Alder Street Número: 509-529-9470 Distribuye: Lunes a jueves Horas: <ul style="list-style-type: none"> • Lunes-Jueves: 9AM a 12PM & 1PM a 3PM Tipo de comida: 	 Dirección: 302W Main Street Número: 509-525-3903 Distribuye: Miércoles y viernes Horas: <ul style="list-style-type: none"> • Miércoles/Viernes: 9:30AM a 11:45AM • *Drive-thru del primer sábado: 9:30AM a 11:30AM Tipo de comida: 	 Dirección: 822W Main Street Número: 509-527-3385 Distribuye: Viernes Horas: <ul style="list-style-type: none"> • Comida sentada: 11AM a 12PM • Sorteo de comida: 12:30PM a 1:30PM Tipo de comida: 	 Dirección: 1612 Penny Lane Número: 509-529-2130 Distribuye: Viernes Horas: <ul style="list-style-type: none"> • Solo por cita Tipo de comida: 	 Dirección: 73 S Palouse Street Número: 509-525-8753 Distribuye: Martes y miércoles Horas: <ul style="list-style-type: none"> • Almuerzo: 11:30AM-1PM Tipo de comida: 
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Folleto producido por Blue Mountain Action Council. Para preguntas o solicitudes de actualización, escriba a info@bmacww.org.

Revisado el 30 de octubre, 2025.



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