



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 límites



¡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 energías.

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

Bienestar del cuidador: Estrategias prácticas para el autocuidado y manejo del estrés en la vida diaria.

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

**Confirma tu asistencia manda texto a
Isabel 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



Parent to Parent

Inform | Support | Connect

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.



WALLA WALLA VALLEY
Disability Network

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 wwvdn.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 Out 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



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
						

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• Lunch: 11:30AM-12:30PM• 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:     Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	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 Meal Type:     Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	Address: 822 W. Main Street Phone: 509-527-3385 Distributes: Friday Times: <ul style="list-style-type: none">• Sit-Down Meal: 11AM-12PM• 1st Saturday Drive-thru: 9:30AM-11:30AM Meal Type:     Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	Address: 1612 Penny Lane Phone: 509-529-2130 Distributes: Friday Times: <ul style="list-style-type: none">• By appointment only Meal Type:     Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.	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:     Notes: Free, in-person dining for WA residents ages 60+. Ask about Meals on Wheels program for homebound clients.
meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box

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	Miercoles	Jueves	Viernes	Sabado
						

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• Almuerzo: 11:30AM a 12:30PM• 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:     Notas: Free Congregational Church	Dirección: 302 W. Main Street Número: 509-525-3903 Distribuye: Miércoles y viernes Horas: <ul style="list-style-type: none">• Comida sentada: 11AM a 12PM• Drive-thru del primer sábado: 9:30AM a 11:30AM Tipo de comida:     Notas: The Pantry @ St. Frances Cabrini (operado por BMAC)	Dirección: 822 W. 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:     Notas: The Pantry @ St. Frances Cabrini (operado por BMAC)	Dirección: 1612 Penny Lane Número: 509-529-2130 Distribuye: Viernes Horas: <ul style="list-style-type: none">• Solo por cita. Tipo de comida:     Notas: The Pantry @ St. Frances Cabrini (operado por BMAC)	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:     Notas: The Pantry @ St. Frances Cabrini (operado por BMAC)
meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box	meal types:  Grab-and-go meal  Sit-down meal  Grocery-style pantry  Pre-made food box

declaración de no discriminación: Ningún cliente será discriminado por motivos de raza, religión, color, género, embarazo, edad (incluidos los mayores de 40 años), origen nacional (incluida la ascendencia), etnia, discapacidad (según se define en la Ley Federal de Estados Unidos con Discapacidades), estado civil, condición de veterano, orientación sexual o cualquier otra característica protegida por la ley federal o estatal aplicable.

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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