



WALLA WALLA VALLEY
Disability Network



December 2025 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](#)

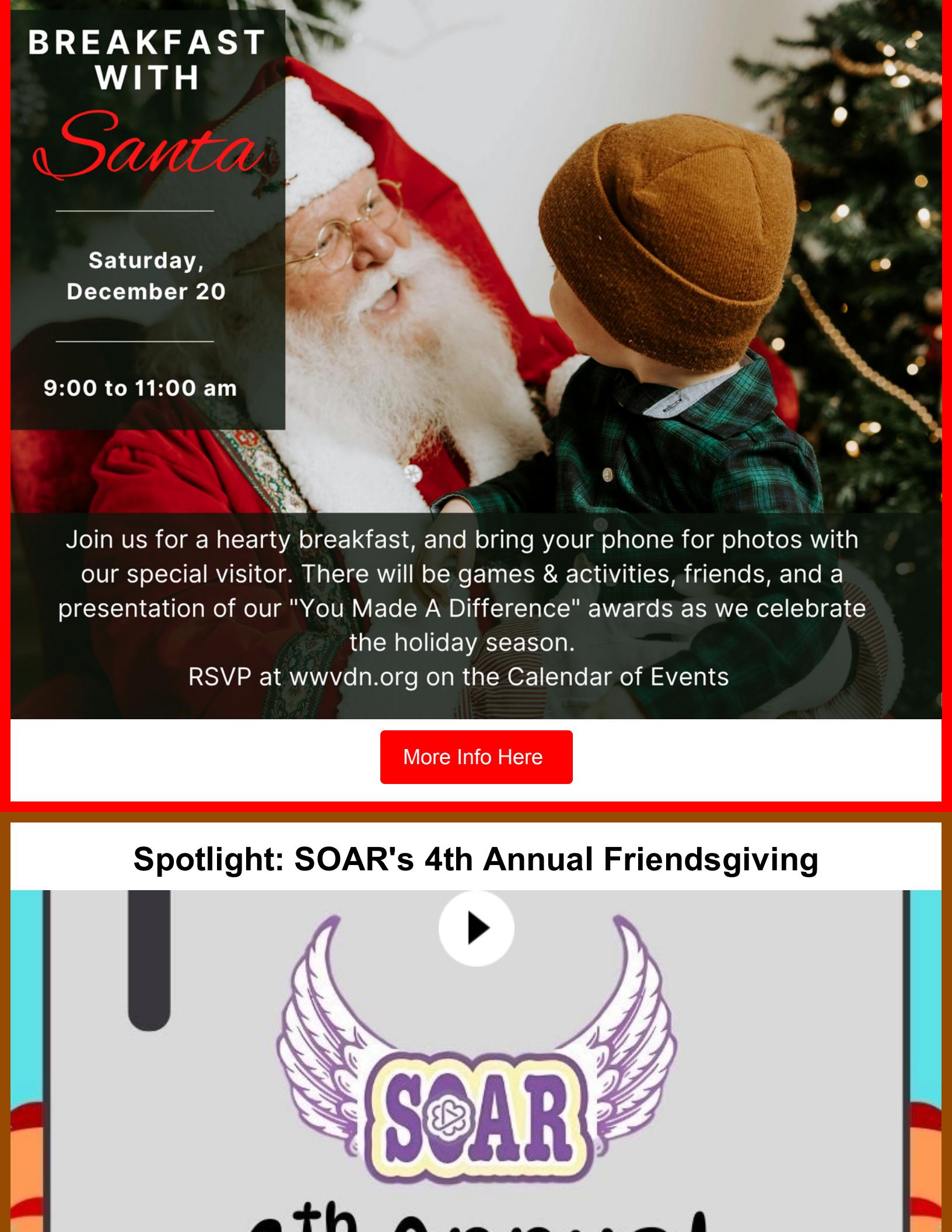
P2P Breakfast With Santa

Saturday, Dec 20 from 9:00 am to 11:00 am

BREAKFAST WITH *Santa*

**Saturday,
December 20**

9:00 to 11:00 am



Join us for a hearty breakfast, and bring your phone for photos with our special visitor. There will be games & activities, friends, and a presentation of our "You Made A Difference" awards as we celebrate the holiday season.

RSVP at wwwdn.org on the Calendar of Events

[More Info Here](#)

Spotlight: SOAR's 4th Annual Friendsgiving



4th Annual

4th Annual **FRIENDS GIVING**

"SOAR's 4th Annual Friendsgiving was a celebration overflowing with laughter, creativity, and connection, the kind of day where every corner of the room buzzed with joy. With forty-four participants joining in and eight incredible volunteers supporting the fun, the atmosphere felt like a vibrant reunion of friends ready to make memories." [Read More](#)

Spotlight: Challenger Basketball 2025



CHALLENGER BASKETBALL



Friday, November 21st, 2025 was the conclusion of the 2025 Challenger Basketball season. Participants arrived at 5:00pm and signed thank you cards for our coaches before beginning warm-ups. Everyone present was then surprised to learn there would be a special basketball competition - players vs families! [Read More](#)

Note From Parent to Parent

Happy December! The holiday season is here, and our Parent to Parent community is glowing with gratitude and joy. This time of year reminds us how special it is to be part of a caring network of families who support, encourage, and lift one another up.

Come and see our float in the Parade of Lights on December 6th! We're so excited to share some sparkle and holiday cheer with the whole community. Don't forget our magical breakfast with Santa! It's always a warm and festive morning full of smiles, good food, and holiday joy. We hope you'll bring your family and join us for this special tradition.

Looking ahead, our Helping Parent Training is coming in January. This is an amazing opportunity to learn, connect, and support other families in meaningful ways.

Wishing you a season filled with peace, warmth, and joyful moments. Thank you for being such an important part of our Parent to Parent family. Happy Holidays!

Warmly,

Geneva, Parent to Parent Coordinator

Papas y Mamas Especiales: Posada Navideña

Monday, Dec 8 from 5:00 pm to 7:00 pm



REGISTRATION DEADLINE: FRIDAY, DECEMBER 5

[More Info Here](#)

We've opened a few more spots!



Improving Social Skills & Behavior: Classes for Kids With Autism & Their Parents/Caregivers

This series of classes focuses on building key social and behavioral skills for elementary school students with Autism.

At the same time, caregivers will attend their own class to learn the same strategies being taught to their students and to receive personalized assistance with behaviors and interventions.

Register at wwvdn.org on the Calendar of Events

Each student class limited to 12 students,

Classes held Thursdays, 6:30 pm to 7:30 pm

at the Center for Children & Families, 1150 W Chestnut St, Walla Walla

Students in grades K-2 and their caregivers will meet the following Thursdays:

Dec 4 & 18; Jan 15 & 29; Feb 12 & 26; March 12 & 26

Students in grades 3-5 and their caregivers will meet the following Thursdays:

Dec 11; Jan 8 & 22; Feb 5 & 19; March 5 & 19; April 2



Made possible by grant funding from Wildhorse Foundation

We are opening up a few more spots, so if you missed your chance to register in October, it's not too late! Open to students & caregivers in all local school districts.

Classes resume Dec 4 for K-2nd grade and Dec 11 for 3-5th grade

[More Info & Register Here](#)

Volunteer Opportunities



VOLUNTEERS NEEDED



Opportunities Available:

Saturday, Dec 6 - SOAR: Holiday Parade of Lights (Support Crew)

Wednesday, Dec 10 - SOAR: Deck the Houses Creative Companion

Friday, Dec 19 - WWVDN: Breakfast With Santa (Decoration Crew)

Saturday, Dec 20 - WWVDN: Breakfast With Santa (Santa's Elves)

Tuesday, Dec 30 - SOAR: New Year's Rockin' Eve Eve (Helping Hands)

[More Info Here](#)



SOAR Events - For age 13 and over

Open for registration:

Saturday, Dec 6 - Holiday Parade of Lights

Tuesday, Dec 9 - Whitman Buddy Program: Buddy Ball

Wednesday, Dec 10 - Deck the Houses

Tuesday, Dec 30 - New Year's Rockin' Eve Eve

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

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

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

Coming in January 2026!

Introducing LIFT & RISE

For years, SOAR (Social Opportunities And Recreation) has provided teens and adults with disabilities a joyful place to build friendships, develop confidence, and practice independence through fun, inclusive social-recreational activities.

We are thrilled to announce the expansion of our services to younger participants with two new programs beginning in January! Programs will run every other week, with sessions lasting 1 hour to 90 minutes.

These new youth programs give kids the chance to socialize, have fun, build skills, learn about healthy relationships, and begin practicing independence in a safe, supportive, and welcoming environment.

These programs are designed to grow with your child. Each step builds confidence, friendships, and the foundational skills needed for independence.

Why These Programs Matter

Thanks to new funding, we can:

- ✓ Reduce social isolation for children with I/DD
- ✓ Offer caregivers additional respite
- ✓ Provide weekly opportunities for movement, play, and social growth
- ✓ Teach the foundations of healthy relationships
- ✓ Encourage prosocial behavior in fun, natural ways
- ✓ Introduce self-advocacy and decision-making
- ✓ Strengthen community connections with local partners

All through activities your child will genuinely enjoy.

WALLA WALLA VALLEY
DISABILITY NETWORK

WALLA WALLA VALLEY
DISABILITY NETWORK

Program Pathways



"Learning to take off"

Ages 5-8
Sessions up to 90 minutes

LIFT introduces our youngest participants to group play, creativity, and early social skills.

Activities focus on:

- Practicing turn-taking and making choices
- Building fine & gross motor skills
- Learning about boundaries
- Exploring what healthy friendships look like
- Using imagination and movement in fun, playful ways

A gentle and joyful first step in our program pathway.



"Gaining confidence and friendships"

Ages 8-12
Sessions up to 90 minutes

RISE supports growing kids and preteens as they deepen social skills and begin practicing early independence.

Activities include:

- Group games and creative projects
- Community-based experiences
- Practicing self-advocacy
- Learning to respect their own boundaries and others'
- Building and strengthening peer relationships

A perfect bridge between early social skill-building and the independence of SOAR.



"Flying strong and independent"

Teens & Adults (Ages 13+)
2-hour sessions

Our long-running SOAR program continues to help teens and adults build independence, friendships, and community connections through dances, outings, game nights, classes, and inclusive social events.

LIFT and RISE were created because SOAR works – and now younger participants can begin their journey earlier and grow with us over time.

SOAR is where all those early skills come together, empowering teens and adults to spread their wings and thrive in the community.

Community Bulletin

Where to go when you need care

Providence provides the right care at the right time and right place

Express Care

Virtual Visit (\$)

Get treatment for common issues by a Providence provider by using secure audio and video on your computer or mobile device

- No appointment needed
- Available 8 am to midnight, 7 days a week

virtual.providence.org

Express Care Clinic (\$\$)

Schedule same-day visits from providers you trust at convenient neighborhood locations.

- Schedule same-day appointments online
- Open 7 a.m. to 7 p.m., 7 days a week

Providence Express Care
1705 SE Meadowbrook Blvd., #2
College Place, WA

Call 888-227-3312
ProvidenceExpressCare.org

Primary Care Clinic (\$\$\$\$)

See your primary for preventive care, general care and coordination of services when you need a specialist.

- Call for appointment
- Hours vary by location
- Need a provider?

Call 509-897-3700
Providence.org

Urgent Care Clinic (\$\$\$\$\$)

Get immediate care for injuries or illnesses that do not require hospitalization but need prompt attention.

- No appointment needed
- Available 7 days a week

Providence Urgent Care
380 Chase Ave.
Walla Walla
509-897-3000
Providence.org

Emergency Room (\$\$\$\$\$\$)

Call 911 or go to the nearest facility for life-threatening emergencies

- No appointment needed
- Open 24 hours a day, 365 days a year.

Providence St. Mary Medical Center
401 W. Poplar St.
Walla Walla
509-897-3320
Providence.org/stmary



The Walla Walla School District does not sponsor or endorse this event/information and the district assumes no responsibility for it.

The Arc: Advocacy Days

Starting Wednesday, Dec 10

Advocacy Days, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process.

Our goal is to give everyone opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them.

This year, we're kicking things off early with a warm-up event in December with information for new and returning advocates alike and how you can prepare for this legislative session.

December 10th, 2025 7:00pm	Get ready to Advocate! (Virtual) How can you be involved and make a difference for people with I/DD?
January 7th, 2026 7:00pm	What to Expect this Session (Virtual) What are the current issues facing people with I/DD?
January 14th, 2026 10:00am	Protect our Services and our Rights (Virtual) How do we ensure we have the services we need and that our rights to live in the community are protected?
January 21st, 2026 10:00am	Protect Our Right to Community Living (CRSA/SAIL Rally - In Person) How do we ensure we have the services & supports needed to live successfully in the community?
January 28th, 2026 10:00am	Protect Our Right to Employment (CEA Rally - In Person) How do we ensure that individuals have the adequate supports and individualized services needed to work and build relationships in the community?
February 3rd, 2026 7:00pm	Session Update (Virtual) What is happening, and what can you do?
February 4th, 2026 10:00am	Protect Services that Support Families (Virtual) How can we ensure families have the support they need to thrive?
February 11th, 2026 10:00am	Protect Our Access to Housing (Virtual) How can we ensure that people with I/DD have Safe, Affordable, and inclusive places to live?
February 18th, 2026 10:00am	Protect Our Students' Rights to Education (Virtual) How do we ensure that Every Student Has the right to an Inclusive Education?
February 25th, 2026 10:00am	Protect Our Workforce (Virtual) How do we ensure there is a quality workforce available to provide care?
March 4th, 2026 10:00am	What Can You Do Now? (Virtual) How do we ensure that people with I/DD are protected from budget cuts?
March 18th, 2026 7:00pm	Session Wrap-up (Virtual) What happened? What is next?

[Register Here](#)

NOVEMBER 2025						
Su	M	T	W	Th	F	Sa
					1	
2	3	4 Prescott	5	6	7	8
9	10 Valle Lindo		12	13	14	15
16	17	18 Prescott	19 Burbank Touchet	20 CSFP	21	22
23	24	25	26			29
30						

DECEMBER 2025						
Su	M	T	W	Th	F	Sa
1	2 Prescott	3	4	5	6	
7	8 Valle Lindo	9	10	11	12	13
14	15	16 Prescott	17 Burbank Touchet	18 CSFP	19	20
21	22	23				
28						

QUESTIONS ABOUT BMAC FOOD BANK'S SERVICES? Call 509-529-3561, swing by 921 W. Cherry Street in Walla Walla, or visit bmacww.org for more information.

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.

The BMAC Food Bank collects, stores, sorts, and distributes over 4,000 meals each day to food pantries and mobile distributions across five counties including Walla Walla, Franklin, Columbia, Garfield, and Asotin.

To access a drive-thru mobile food distribution, first-time clients will need to fill out the TEFAP Registration form (available at bmacww.org/programs/food-distribution). No documentation is needed. After the initial form is received by BMAC Food Bank employees, a Walla Walla Food Access Card will be issued to that client to use when they visit one of the drive-thru mobile food distributions listed below.

WALLA WALLA COUNTY MOBILE FOOD DISTRIBUTIONS

valle lindo

- 133 Farmland Road, Walla Walla; **2nd Monday**, 4:30-5:30PM;
- 106 E 2nd Street; **1st & 3rd Tuesdays**, 10-11AM

burbank & touchet

- 3rd Wednesday**
- Burbank:** 44 N 4th Street; 4:11AM

csfp senior distribution*

- * 921 W Cherry Street; **3rd Thursday**, 1-3PM

*for program registered 509-529-3561 to learn more.



NEVER MISS A BMAC FOOD BANK UPDATE—SIGN UP FOR TEXT REMINDERS!

Get food distribution reminders and updates for your area directly sent to you! Text your area's code to (833) 753-0944 to sign up for the latest news on BMAC food distributions.

- Text **BMACMOBILE** for Burbank/Touchet/Prescott Distribution Updates.
- Text **BMACVL** for Valle Lindo Distribution Updates.
- Text **SENIORFOOD** for CSFP Distribution Updates.
- Text **VOLUNTEER** for volunteer gleaning opportunities.



NEED MONEY FOR GROCERIES? Basic Food (also known as SNAP) can help!

Call 1-800-322-2588 or visit washingtonconnection.org to apply. Food Bank staff can also help begin your application. Just give us a call.

BMAC: CALENDARIO DE DISTRIBUCIÓN ALIMENTARIA MÓVIL DE FOOD BANK CONDADO DE WALLA WALLA

NOVIEMBRE 2025						
D	L	Ma	Mi	J	V	S
					1	
2	3	4 Prescott	5	6	7	8
9	10 Valle Lindo		12	13	14	15
16	17	18 Prescott	19 Burbank Touchet	20 CSFP	21	22
23	24	25	26			29
30						

DICIEMBRE 2025						
D	L	Ma	Mi	J	V	S
1	2 Prescott	3	4	5	6	
7	8 Valle Lindo	9	10	11	12	13
14	15	16 Prescott	17 Burbank Touchet	18 CSFP	19	20
21	22	23				
28						

¿PREGUNTAS SOBRE EL BANCO DE ALIMENTOS BMAC? Llame al 509-529-3561, visite 921 W. Cherry Street en Walla Walla o visite bmacww.org para más información.

Ningún cliente será discriminado por motivos de raza, religión, color, género, embarazo, edad (incluidos los mayores de 40), origen nacional (incluida la ascendencia), etnia, discapacidad (según define en la Ley Federal de Estados Unidos con Discapacidades), estado civil, condición veterano, orientación sexual o cualquier otra característica protegida por la ley federal o estatal aplicable).

El Banco de Alimentos de BMAC recolecta, almacena, clasifica y distribuye más de 4,000 comidas diarias a despensas de alimentos y distribuciones móviles en cinco condados, incluyendo Walla Walla, Franklin, Columbia, Garfield y Asotin.

Para acceder a una distribución móvil de alimentos, los primeros deberán completar el formulario de registro TEFAP (disponible en bmacww.org/programs/food-distribution). No se requiere documentación. Al recibir el formulario, los empleados del Banco de Alimentos BMAC le asignarán una Tarjeta de Acceso Alimentario de Walla Walla para utilizar en cada visita a las distribuciones móviles de alimentos que se listan a continuación.

DISTRIBUCIONES MÓVILES DE ALIMENTOS DEL CONDADO DE WALLA WALLA

valle lindo

- 133 Farmland Road, Walla Walla; **El 3er miércoles**
- Burbank:** 44 N 4th Street; 4:11AM
- El 3er jueves,** 1-3PM

distribución de csfp*

- * 921 W Cherry Street; **El 3er jueves,** 1-3PM

*para personas mayores, discapacitados, sin hogar, etc. 5501 para obtener más información.

- Touchet:** 795 McKay Road; 1-2PM



RECIBA ACTUALIZACIONES ALIMENTARIAS DE BMAC POR TEXTO!

No se pierda noticias sobre distribuciones alimentarias en su área. Envíe el código de su área al (833) 753-0944 para suscribirse para noticias sobre las distribuciones de alimentos de BMAC.

• Envíe **BMACMOBILE** para noticias sobre distribuciones de Burbank/Touchet/Prescott.

• Envíe **BMACVL** para noticias sobre distribuciones de Valle Lindo.

• Envíe **SENIORFOOD** para noticias sobre distribuciones de CSFP.

• Envíe **VOLUNTEER** para oportunidades de ser voluntario en cosechas.



¿NECESITA DINERO PARA COMPRAS? (Basic Food (también llamado SNAP) puede ayudarle! Llame al 1-800-322-2588 o visite washingtonconnection.org para aplicar. BMAC también puede ayudarle a completar su solicitud. Simplemente llámenos.

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 casa. 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

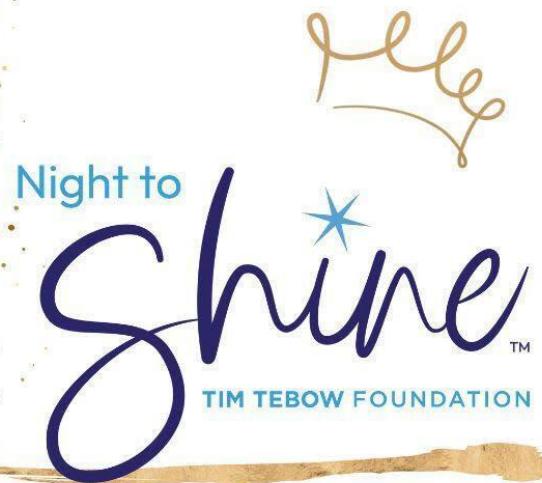
declaración de no discriminación: Ningún cliente será discriminado por motivos de raza, religión, color, género, embarazo, edad (incluidos los mayores de 40 años), origen nacional (incluida la ascendencia), etnia, discapacidad (según se define en la Ley Federal de Estados Unidos con Discapacidades), 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.

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](#)



Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

P.O. Box 1918 | Walla Walla, WA 99362 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.