January 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

Spotlight: P2P Breakfast With Santa 2025



"On Saturday, December 20, 2025 Parent to Parent hosted our second annual 'Breakfast With Santa' at Blue Mountain Community Church. After early morning pancake preparations were complete, the event began at 9:00am with Christmas music playing, families mingling, and a hearty menu of pancakes, scrambled eggs, sausage, fruit, and orange juice." **Read More**

P2P Family Story: Fabian's Story



"I am Fabian’s mother. Fabian, my son, is 31 years old now. He was born with infinite innocence, and according to his doctor he acts like a 10-year-old boy. At the beginning it was hard for us to admit that he was going to stay in the house forever since he can’t work or be independent. He is a very sweet boy and helps me with household chores. When he stopped going to school, he showed depression, and anxiety." **Read More**

Note From Parent to Parent

As we settle into Winter and welcome a brand-new year, we are still smiling about all the fun we had at The Parade of Lights and Breakfast with Santa. Seeing families come together to celebrate the season, share laughs, and make memories was the perfect way to close out the year.

January is a time for fresh starts, and at Parent to Parent we're looking forward to another year of connection and support. Parent to Parent connects families of children with developmental disabilities and special health care needs with other parents who understand their journey. Offering encouragement, shared experiences, and helpful resources along the way.

As we look ahead, we're excited for upcoming events and opportunities to gather and grow together. Our yearly Helping Parent Training is coming January 24th. This training is a wonderful way to learn, build confidence, and strengthen the support we offer one another as a community.

We're grateful for each of you and look forward to walking alongside our families throughout the year ahead. One season and one connection at a time.

For Parents and Caregivers:

Papas y Mamas Especiales

Monday, Jan 5 from 5:00 pm to 7:00 pm



Dear
Three Wise Men

Special Dads and Moms

P2P Support Group in Spanish

We will have the traditional Rosca de Reyes to share.
We will discuss Healthy Relationships and other training opportunities for you, as well as relevant community updates.
Monday, January 5, 2026
5-7 PM at the CCF
Please confirm your attendance with Ysabel at (509) 301-0679 by January 3rd



Thank you for fulfilling my requests.

Ysabel

More Info Here

Connect & Play: Visual Supports

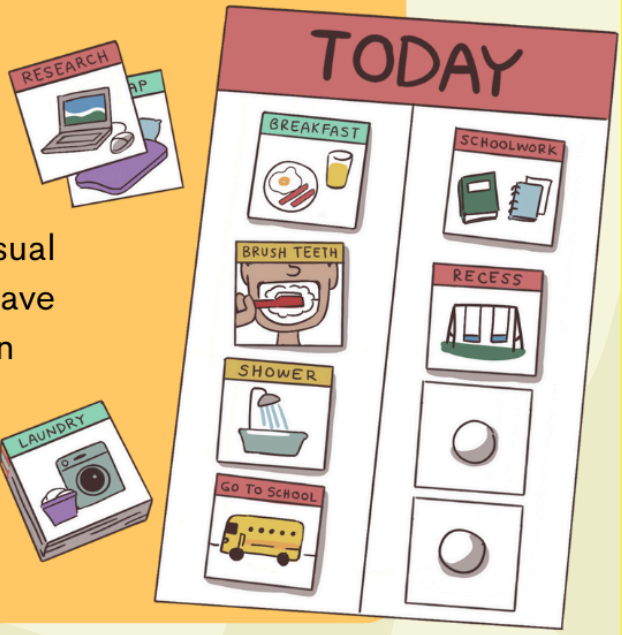
Tuesday, Jan 13 from 4:00 pm to 5:30 pm

Connect and Play

Connect with other parents while your child plays

Date: January 13, 2026
Time: 4:00 to 5:30 pm
Location: Center for Children & Families in the library

This month's topic is the use of visual aids and visual schedules. We'll have the necessary materials so you can make your own.





RSVP at wwvdn.org Events Calendar.

WALLA WALLA VALLEY DISABILITY NETWORK

Connect&Play

Parent to Parent
Inform | Support | Connect

More Info Here

P2P Columbia County Potluck

Friday, Jan 16 from 6:00 pm to 8:00 pm

Columbia County Potluck

Parent to Parent
Inform | Support | Connect

PARENT to PARENT

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



January 16th
6:00 pm

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

RSVP through the Calendar of Events at wwvdn.org

More Info Here

P2P Helping Parent Training

Saturday, Jan 24 from 10:00 am to 2:00 pm

Parent to Parent
Inform | Support | Connect

WALLA WALLA VALLEY DISABILITY NETWORK

PARENT TO PARENT HELPING PARENT TRAINING



This training prepares parents with lived experience raising a child with special needs to support and guide new parents on their journey. Builds confidence, connection, and meaningful peer support.

RSVP through the Calendar of Events at wwvdn.org



Date
January 24, 2026

Time
10am-2pm (lunch provided)

Location
Center for Children and Families

More Info Here

P2P Internet Safety Workshop

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



More Info Here

For children, teens, and adults with disabilities:

SOAR
Social Opportunities And Recreation
Ages 13 and up

SOAR Events - For age 13 and over

Open for registration:

Monday, Jan 5 - Bingo Night (Lucky Numbers & Laughs)

Wednesday, Jan 14 - Tacos & Togetherness (Dinner at El Sombrero)

Saturday, Jan 24 - Reaching Heights at the Whitman Climbing Center

Thursday, Jan 29 - Mic Drop Moments at Karaoke Night

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

Visit the SOAR Events Page

Become a SOAR Investor

RISE
Reach Inspire
Socialize Explore
Ages 8 - 12

Getting to Know You

Monday, Jan 5 from 3:30 pm to 5:00 pm

More Info Here

RISE Community Climb

Saturday, Jan 24 from 12:30 pm to 1:30 pm

More Info Here

LIFT
Learn Imagine Friendships Thrive
Ages 5 - 8

Welcome to Learn Imagine Friendships Thrive
Friday, Jan 2 from 3:30 pm to 5:00 pm

More Info Here

All About Me
Monday, Jan 12 from 3:30 pm to 5:00 pm

More Info Here

Volunteers Make A Huge Difference:

Volunteer Opportunities



Opportunities Available:

Friday, Jan 2 - LIFT Welcome to Learn Imagine Friendships Thrive

Monday, Jan 5 - RISE Getting to Know You

Monday, Jan 5 - SOAR Bingo Night (Lucky Numbers & Laughs)

Monday, Jan 12 - LIFT All About Me

Tuesday, Jan 13 - Connect & Play Visual Supports

Wednesday, Jan 14 - Community Dining

Saturday, Jan 24 - RISE Community Climb Adventure

Thursday, Jan 29 - SOAR Karaoke Chaperone

More Info Here

Clothing Donation



We currently have available a size M Santa hoodie, a size PP Christmas palm tree shirt, a size XL green holiday shirt, a size XS black snowflake shirt, and a size XS grey snowflake shirt for anyone who needs them. If interested please contact admin@wwvdn.org or call (509) 255-3779.

Community Bulletin



Today, we're excited to launch three new OAR-funded resources focused on improving the health and wellness of autistic individuals. All of them are free and available online for autistic people, families, educators, and healthcare providers:

- **Pathways to Wellness** is a user-friendly e-book designed to support autistic individuals, their families, and professionals in promoting healthier lifestyles. Created by Eden II Programs, this resource offers simple, realistic strategies to improve nutrition and increase physical activity—two areas that are often challenging yet critical for long-term health and quality of life.

- **Brain Club® Digital Resource Library for Healthcare** helps people understand autistic health through the stories, experiences, and expertise of autistic people. This free online collection of webinars was developed by All Brains Belong VT to support both healthcare professionals and autistic people in improving health outcomes through neuroinclusive care.

- **Appointment Mentor VR** is an immersive, interactive virtual reality experience designed to help individuals on the autism spectrum build confidence and skills for navigating medical appointments. Created with autistic adults at nonPareil Institute, this game simulates a doctor's visit experience in a calm, repeatable environment.

More Info Here

AUTISM NEEDS ASSESSMENT SURVEY

We want to hear from parents, guardians, and caregivers of people diagnosed with autism - or those believed to be on the spectrum without formal diagnosis - to learn about service experiences, gaps, and unmet needs.

Please scan the QR code or follow the link to complete the survey:
TINYURL.COM/ANAS26

Survey will be open until January 23rd, 2026

Walla Walla County Department of Community Health

Take the Survey



Night to Shine

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







Night to Shine™

TIM TEBOW FOUNDATION

February 13

2026

5:00-8:00 pm

Trinity

595 Abbott Rd, WW

More Info Here

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



PROVIDENCE Health & Services

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

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	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center Walla Walla Senior Center The Salvation Army First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army The Pantry @ St. Frances Cabrini First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center The Pantry @ St. Frances Cabrini New Beginnings Chapel	Christian Aid Center The Pantry @ St. Frances Cabrini

Organization Information

Christian Aid Center
Walla Walla Rescue Mission

Address: 202 W. Birch Street
Phone: 509-525-7153
Distributes: Mon-Sun
Times:
- **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.

Walla Walla Senior Center

Address: 720 Sprague Avenue
Phone: 509-527-3775
Distributes: Mon-Thu
Times:
- **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.

The Salvation Army

Address: 825 W. Alder Street
Phone: 509-529-9470
Distributes: Mon-Thu
Times:
- **Mon-Thu:** 9AM–12PM & 1PM–3PM

Meal Type:

The Pantry @ St. Frances Cabrini

Address: 302 W. Main Street
Phone: 509-525-3903
Distributes: Wed & Fri
Times:
- **Wed/Fri:** 9:30AM–11:45AM
- ***1stSaturday**

Drive-thru: 9:30AM–11:30AM
Meal Type:

New Beginnings Chapel

Address: 822 W. Main Street
Phone: 509-527-3385
Distributes: Friday
Times:
- **Sit-DownMeal:** 11AM–12PM
- **FoodGiveaway:** 12:30PM–1:30PM

Meal Type:

akin

Address: 1612 Penny Lane
Phone: 509-529-2130
Distributes: Friday
Times:
- **By appointment only**

Meal Type:

First Congregational Church

Address: 73 S Palouse Street
Phone: 509-525-8753
Distributes: Tuesdays and Wednesday
Times:
- **Lunch:** 11:30AM-1PM

Meal Type:

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 dia

Domingo	Lunes	Martes	Miercoles	Jueves	Viernes	Sabado
Christian Aid Center	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center Walla Walla Senior Center The Salvation Army First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army The Pantry @ St. Frances Cabrini First Congregational Church	Christian Aid Center Walla Walla Senior Center The Salvation Army	Christian Aid Center The Pantry @ St. Frances Cabrini New Beginnings Chapel	Christian Aid Center The Pantry @ St. Frances Cabrini

Información de organizaciónes

Christian Aid Center
Walla Walla Rescue Mission

Dirección: 202 W Birch Street
Número: 509-525-7153
Distribuye: Lunes a domingo
Horas:
- **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.

Walla Walla Senior Center

Dirección: 720 Sprague Avenue
Número: 509-527-3775
Distribuye: Lunes a jueves
Horas:
- **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.

The Salvation Army

Dirección: 825 W Alder Street
Número: 509-529-9470
Distribuye: Lunes a jueves
Horas:
- **Lunes-Jueves:** 9AM a 12PM & 1PM a 3PM

Tipo de comida:

The Pantry @ St. Frances Cabrini

Dirección: 302W MainStreet
Número: 509-525-3903
Distribuye: Miercoles y viernes
Horas:
- **Miercoles/Viernes:** 9:30AM a 11:45AM
- ***Drive-thru del primer sabado:** 9:30AM a 11:30AM

Tipo de comida:

New Beginnings Chapel

Dirección: 822W MainStreet
Número: 509-527-3385
Distribuye: Viernes
Horas:
- **Comida sentada:** 11AM a 12PM
- **Sorteo de comida:** 12:30PM a1:30PM

Tipo de comida:

akin

Dirección: 1612 Pen-nyLane
Número: 509-529-2130
Distribuye: Viernes
Horas:
- **Solo por cita**

Tipo de comida:

First Congregational Church

Dirección: 73 S Palouse Street
Número: 509-525-8753
Distribuye: Martes y miercoles
Horas:
- **Almuerzo:** 11:30AM-1PM

Tipo de comida:

tipos de comida:
Comidas para llevar · Comida sentada · Despensa estilo supermercado · Caja de comida preparada

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 Estadounidenses 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.

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