

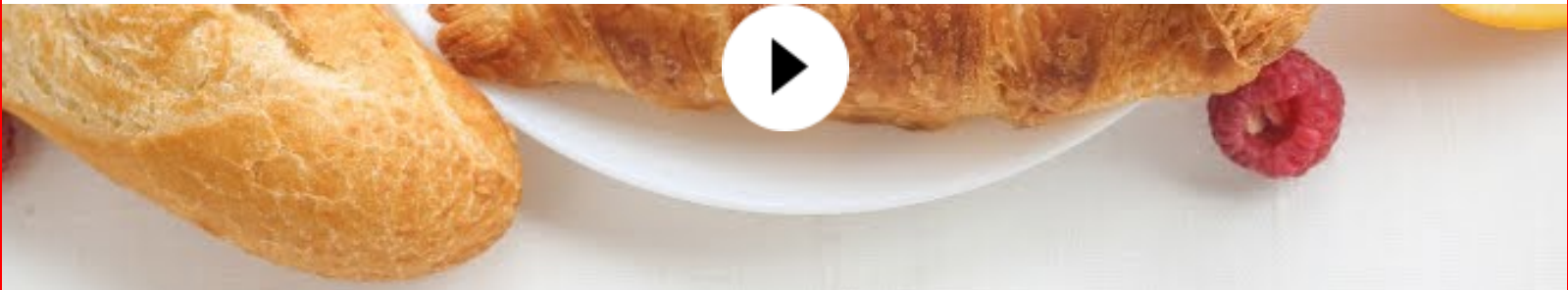


January 2026 Newsletter

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





Breakfast With Santa



"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 www.vdn.org Events Calendar.



[More Info Here](#)

P2P Columbia County Potluck

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

Columbia County

Potluck



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 www.vdn.org

[More Info Here](#)

P2P Helping Parent Training

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



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



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](#)

For children, teens, and adults with disabilities:



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](#)



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](#)



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



VOLUNTEERS NEEDED



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@wvvdn.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



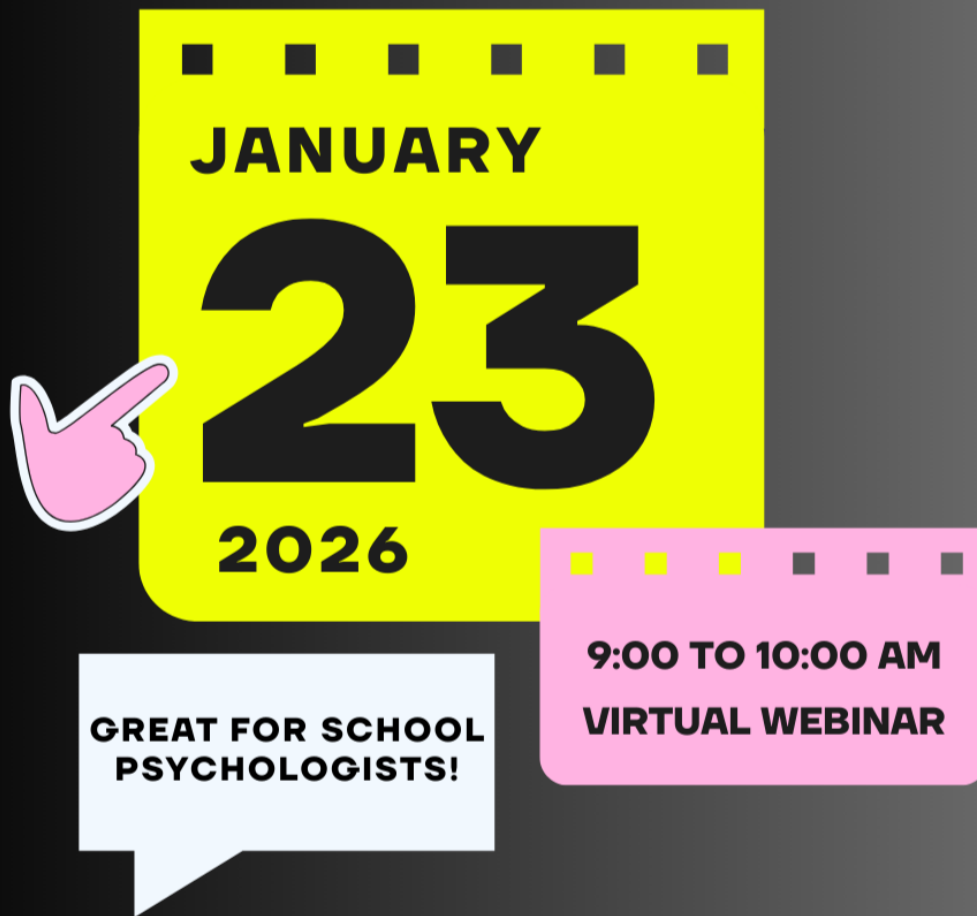
**Survey will be open until
January 23rd, 2026**



Walla Walla County
Department of
Community Health

Take the Survey

THE INTERAGENCY TRANSITION NETWORK PRESENTS
**AN OVERVIEW OF DEVELOPMENTAL DISABILITIES
COMMUNITY SERVICES (FORMERLY DDA)
INTAKE AND ELIGIBILITY**



SAVE THE DATE!

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](#)

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.

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 • 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: 	 NEW BEGINNINGS CHAPEL 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

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: 	 NEW BEGINNINGS CHAPEL 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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tipos de comida:

Comidas para llevar
 Comida sentada
 Dispensa 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. Revisado el 30 de octubre, 2025.



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