

PHIP Parents Helping Parents



We Are Here for You

Dear Families:

What a beautiful weekend we had here in the Bay Area! It was so nice to be outside in the warm sun! I hope you and your family are enjoying the outdoors and safely practicing social distancing.

As the weather continues to warm and we approach summer, **please let us know** if you have any favorite family activities! We'd love to share them with all of our families.

We hope you continue to find this weekly email useful and informative. As always, please never hesitate to reach out for support and information. We are here for you!

Wishing you and your family health and wellness,

Maria Daane, Executive Director

PHP Events of the Week

April 27 - May 1



NEW! Play-Based Programs for Sensory Processing

**Thursday, April 30,
10am - 12pm**

Join us to learn about play-based programs for sensory processing. Play for ages 0-5 has been downgraded to “nice to do” status, however, it’s an integral part of human development. Join us in this webinar that explains the special benefit of play for children with special needs.

NEW! Executive Functioning - What’s Important to Know?

**Thursday, April 30,
12:00pm**

Have you heard the term Executive Functioning and wonder what it is? Wonder what can be done if you or your child has EF deficits?

Join us and Morrissey Compton Educational Center, for this discussion on Executive Functioning (EF) for students with



ADHD and other learning
differences.



**NEW! Youth Voices
Matter:**

COVID-19 Challenges

**Thursday, April 30,
6:30pm**

This webinar is for youth who are facing challenges during COVID-19 school closures. Participants will learn about concerns faced by their peers related to school closures, cyberbullying and mental health, as well as strategies and resources for coping. Parents, please join us on the webinar! We will also be providing strategies to help you help your teens.



NEW! Weekly AT Showcase

Thursday, April 30, 1:00pm

Join us each Thursday from 1:00-1:30 pm for PHP's Assistive Technology Showcase! Each week we will focus our demonstrations and tech tips in a particular area of interest. **Up this week: Websites and Tips to Create Your Own Visual Schedule.** Great for any age!

NEW! Question of the Day!

Pregunta del Dia!

Join us each week on Facebook Live for an informative video on an important topic! Follow us on Facebook in **English** and/or **Spanish**. Our most recent video is **What is a Virtual IEP Meeting?**



We're Hiring!

Advocacy/Civic Participation Manager

Are you passionate that all individuals with special needs deserve access to programs that will enable them to have bright futures? Are you seeking a job opportunity that will bring about meaningful change for families? Do you have a history of fighting for social change, including those who experience the most disparity? **[Learn more here!](#)**



ENGLISH SUPPORT GROUPS

Saving Our Sanity (SOS) - Online Parent Support
in the Pandemic

Monday, April 27, 7:30pm

Wednesday, April 29, 1:30pm

**The Early Years: Special Needs Parent
Support Group via Zoom**

Monday, April 27, 8:00pm



The BFF Project

Tuesday, April 28, 2:00pm

Paths for Positive Adulting

Tuesday, April 28, 7:30pm

SPANISH SUPPORT GROUPS

Spanish - Learning Disabilities and ADHD

Monday, April 27, 6:00pm

Spanish - Down Syndrome Support Group

Tuesday, April 28, 2:00pm

NEW! Spanish - How to Survive the Quarantine? Let's Take Care of Our Emotional Health

Wednesday, April 29, 7:00pm

Spanish - Support Group for Parents of Medically Fragile Individuals in COVID-19 Times

Thursday, April 30, 6:00pm

Spanish - Gilroy Support Group for Families

Friday, May 1, 6:00pm

PHP Resource Directory

Do you have a child who is looking ahead toward college? The PHP Resource Directory has a lot of **helpful information and resources for your college-bound student**, including special resources for students with learning disabilities like ADHD, dyslexia, and more.

Download our NEW **Program Guide PDF** for information on PHP programs.

Join our **iTECH Facebook page** for the latest information on assistive technology.

Community Events

Many community agencies and professionals have **upcoming webinars listed on our website**. Topics include autism, preschools, IEPs, and support groups. We are confident you will find useful information and training!

Visit our Calendar of Events for the most up-to-date list of the groups meeting this week.

VIETNAMESE SUPPORT GROUPS

Vietnamese - Online Support During the Pandemic

Wednesday, April 29, 7:00pm

Please note: ALL times listed are Pacific Standard Time



Recent Videos & Webinars



NEW! Transition at Age 3 for Children with Special Needs - What You Need to Know

Learn about the process of “transition” from IFSP to IPP, and from IFSP to IEP. Find out what you can expect as you plan for services. Find out what qualifies your child for services, and about what services the Educational system, the Regional Center, and other community services may be able to provide for you and your family.



NEW! My Child Doesn't Learn Well in Front of a Computer: What Can I Do?

This webinar focuses on tools and strategies families can use to incorporate learning during these times when programs are closed. Targeted to families with individuals with severe autism and developmental disabilities. Presented in partnership with Achieve Kids.



Family Planning for College Transition for Students with Learning Differences

This presentation includes an overview of the application process, self advocacy and college readiness, differences between high school and college, college disability student services offices and what they can provide, choosing the right school, and assistive technology.

Helping Your Youth/Teen with Anxiety in Unpredictable Times

This discussion focuses on evidence-based strategies to help adolescents manage stress and anxiety. Learn tools and exercises to share with teens to help them cope with uncertainty and cultivate calm during difficult times. This is a short presentation followed by Q&A.



Helpful iPad Settings

This short video shows some very helpful built-in iPad settings and features in iOS 13 that parents of all young children should be aware of. Contact us for more information on using assistive technology with your child.

Parenting in the Pandemic

During this PHP webinar, Dr. Damon Korb from the [Center for Developing Minds](#) will provide tips on how to keep business as usual at home during the uncertain times caused by COVID-19. The goal is not just to SURVIVE this break, but for your family to THRIVE.

Optimize Your Home Environment for Online Learning

Join [Morrissey Compton Educational Center](#) on how to best support online learning in the home environment for students with ADHD and Executive Functioning difficulties. The discussion includes how to set up expectations, workstations, and routines.

More Helpful Links

NEW! Achieve Kids created this excellent resource called ["I Wonder If My Child Can..."](#). In it are links to activities and how-to instructions for individuals with developmental disabilities about skills for meal times, chores, hygiene, community skills, and leisure activities.

Raising Awareness of Invisible Disabilities

This video, created by a Bay Area high school student, raises awareness for students who may hide their challenges from their peers, making it harder for others to understand their challenges and/or to help them out. In light of COVID-19, the issue becomes even more relevant as students are further isolated and having to adapt to new forms of learning and managing mental health. [#InvisiblePowers](#)

We're participating in the Target Circle program! Vote for us and help direct Target's giving to benefit our nonprofit. For full program details and restrictions visit [Target Circle](#).

Special Notice: Your participation in the US Census is very important for the future of funding in your community for education, transportation, health care, and other essential services. [Learn more here.](#)

PHP E-Learning Library

Providing critical information for families... anytime, anywhere.

This Week's E-Learning Spotlight: Coping and Support for Families

At PHP, we are dedicated to providing you support and resources for your entire self. This includes self care, mindfulness, and emotional/mental health support. We have curated a collection of videos that may be helpful for you in this time of uncertainty. If you have a favorite video you'd like us to include in our library, please **email us!**





The PHP E-Learning Library includes videos, podcasts, and e-packets on a variety of topics to help families caring for a loved one with special needs. We assembled them in one place to make it easier for you to find what you need, now. With the Parents Helping Parents E-Learning Library, you can gain knowledge of the complex educational, legal, social service, and medical systems of care for your loved one of any age, any ability.

[Click here for the PHP E-Learning Library](#)

Additional Resources & Information

[Visit our complete list of Additional COVID-19 Resources & Information](#)

Education, Public Health & Policy

Announcements from Santa Clara County, Centers for Disease Control, California Department of Education, ways to advocate, medical alerts, public health, etc.

- [World Health Organization: Coronavirus Overview](#)
- [City of San Jose Measures to Support Renters Affected by COVID-19: FAQ](#)
- [CA Employment Development Department: Information You Need to File an Unemployment Insurance Claim](#)
- [CA Department of Public Health: Immigrant Communities Guidance](#)
- [SPAN Parent Advocacy Network: COVID-19 Resources for Families](#)