



# January 2023 Calendar of Events

All events held online using Zoom unless noted otherwise  
Check The Arc website calendar for meeting link or contact the coordinator listed [www.arcsno.org](http://www.arcsno.org)

## Advocate

### **Club Independence**

Wednesday, January 4 | 6:30pm-7:30pm | [Brandi@arcsno.org](mailto:Brandi@arcsno.org) 425.258.2459 x113

A monthly virtual meet-up for self-advocates (ages 18 & over) to discuss topics related to living independently.

### **REGISTRATION REQUIRED**

### **Self-Advocates in Leadership (SAIL)**

Tuesday, January 10 | 1pm-4pm | [Jennifer@arcsno.org](mailto:Jennifer@arcsno.org) 425.258.2459

Adults with disabilities focused on legislative change. Join us for legislative updates and more. **OPEN TO ALL**

### **ICAN Women's Self-Advocacy Support Network**

Thursday, January 12 | 11am-12:30pm | [Kylie@arcsno.org](mailto:Kylie@arcsno.org) 425.258.2459 x121

"Make Your Own Vision Board" Join us for a discussion and activity. IN-PERSON meeting held at the Evergreen Branch Library, Meeting Room A (9512 Evergreen Way, Everett, WA 98204). New members welcome (ages 18+).

### **Leadership and Advocacy Workshop**

Saturday, January 21 | 10am-2pm | [Rachel@arcsno.org](mailto:Rachel@arcsno.org) 425.258.2459 x107

Build leadership skills, identify disability advocacy goals, connect with fellow leaders, and become an Arc Trained Leader at the biannual Leadership and Advocacy Workshop. All are welcome. **REGISTRATION REQUIRED**

### **People First of Snohomish County**

Thursday, January 26 | [Kylie@arcsno.org](mailto:Kylie@arcsno.org) 425.258.2459 x121

A self-advocacy group by and for adults with intellectual and developmental disabilities.

"What Is Your Story?" Sharing personal stories for advocacy Part II. IN-PERSON meeting held at the Evergreen Branch Library, Meeting Room A (9512 Evergreen Way, Everett, WA 98204). New members welcome (ages 18+).

## Support

### **Mothers Network**

Saturday, January 7 | 10am-12pm | [Jenna@arcsno.org](mailto:Jenna@arcsno.org) 425.258.2459 x115

Support group for mothers raising children with developmental disabilities. VIRTUAL meeting only. No registration required. **JOIN HERE**

### **Fathers Network**

Thursday, January 26 | 7pm-9pm | [Jake@arcsno.org](mailto:Jake@arcsno.org) 425.258.2459 x105

Support group for fathers raising children with developmental disabilities. Held at The Arc office (127 E. Intercity Ave, Suite C, Everett, WA 98208). RSVP appreciated.

### **Caregiver Connection**

Tuesday, January 17 | 7pm-8pm | [Jenny@arcsno.org](mailto:Jenny@arcsno.org) 425.258.2459 x106

A self-care centered support group for parents and family caregivers of children with developmental disabilities. Topic: Dealing with conflicting emotions. No registration required. **JOIN HERE**

## Connect

### **Zoom at Noon**

Thursday, January 5 & 19 | 12pm-1pm | Leigh@arcsno.org 425.258.2459 x103

Self-Advocates Connect Virtual Social Meeting. Different themes and topics every week. **LINK TO JOIN**

### **LEGO® & Art Zoom Club**

Sunday, January 8 | 1pm-2 pm | Lynnea@arcsno.org 425.258.2459 x122

Grab your art supplies or LEGO® blocks and join the fun! All ages and abilities are welcome. No registration required. **JOIN HERE**

### **Sibshop for Ages 8-12: Virtual Winter Crafts!**

Thursday, January 19 | 5pm-6pm | Jenny@arcsno.org 425.258.2459 x106

Connect with other sibs who have a brother or sister with disabilities for Sibshop activities and discussion. Limited spots. **REGISTER BY JANUARY 11** to have craft supplies mailed to your home.

## Learn

### **Special Needs Trusts**

Monday, January 9 | 7pm-8:30pm | Jenna@arcsno.org 425.258.2459 x115

Connecting Families speaker night presented by attorney Angela Macey-Cushman from STIB LAW.

**REGISTRATION REQUIRED**

### **DD Endowment Trust Fund & WA State ABLE Savings Plan**

Wednesday, January 18 | 11am-12:30pm | Teri@arcsno.org 425.258.2459x108

Adult Caregiver Support presented by Melissa Foster from The Arc of Washington State.

**REGISTRATION REQUIRED**

### **Emotional Co-Regulation: Sensory and Behavioral Support Strategies**

Monday, January 23 | 7pm-8:30pm | Jenna@arcsno.org 425.258.2459 x115

Snohomish Autism Spectrum Support, Information and Education (SASSIE) speaker night presented by occupational therapist Rayme Rogge.

**REGISTRATION REQUIRED**

### **Padres Unidos: Presentación de Tutela Legal**

Viernes 13 de Enero | 10am-11am | Luz@arcsno.org 425.258.2459 x114

Tienes un hijo (a) que esta por cumplir la mayoría de edad y te gustaría aprender acerca de como aplicar por la Tutela Legal. Acompáñanos a una sesión informativa con la Abogada Denise Redinger acerca de éste tramite legal. **Pulsa el enlace para unirte**

### **Padres Unidos: Conversación con Ombuds do Educación**

Viernes 20 de Enero | 10am-11am | Luz@arcsno.org 425.258.2459 x114

Acompañanos a conversar con Karin Mendez, Associate education Ombuds de la Oficina de Educación y Resolution de Quejas de la Oficina del Gobernador del Estado de Washington (OEO por sus siglas en ingles).

**Pulsa el enlace para unirte**

**View January Fliers**

**For additional information**

