

# NEWSLETTER

April 2026



*South Sound*

PARENT to PARENT



South Sound Parent to Parent supports families through peer mentorship, early support (birth–3), resources, and education, serving Thurston, Mason, and Grays Harbor counties.

Please watch this short 60 second video to learn more about what we do!

In this issue:

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- Neuro-Bits & Autism Tips
- April celebrates awareness
- Welcome to Holland
- Helping Parent Program
- Early Support Matters
- Upcoming events
- Staff participation and pics
- SSP2P Support Groups
- Community resources and events

# Thank you

## A Heartfelt Thank You to Our Board President

A heartfelt thank you to our Board President, E. Renae' Antalan, for sponsoring a full Mom to Mom session during our Season of Support campaign. Her generosity will cover the cost of specialized materials and a catered dinner, creating a welcoming and supportive space for the moms we serve.



## Forza Coffee is Brewing Kindness, one cup & one connection at a time.



Huge thank you to Ryan and the amazing team at **Forza Coffee Company** for hosting a donation box for our Mom to Mom Seasonal Supply Drive, and we were able to pick everything up yesterday!

We're so grateful to everyone in the community who donated, these items will go directly to caregivers in our Mom to Mom group who are raising children with developmental delays or disabilities. Your generosity truly makes a difference.

We appreciate Forza's partnership and continued support of local families.

## Generosity That Makes a Difference

We are so thankful for the generosity of **Robert and Nita Snell**, whose donation helps strengthen the support we provide to families. We also want to recognize our anonymous sponsors for their thoughtful in-kind contributions. Together, your kindness creates lasting impact in our community.

# GET AWAY. GIVE BACK.

South Sound Parent to Parent Spring Auction

**SUPPORT 16 LOCAL FAMILIES**



Wine Tours



Coast Getaways



Arcade Nights



Whale Watching



Seattle Stays



Distillery Tours

**Providing Lifelines, Mentors & Community**

For families raising children with a disability or developmental delay



**APRIL 6-19, 2026**

**SCAN TO BID**

or click [HERE](#)



# NEURO-BITS & AUTISM TIPS

by Trish Byrne

SSP2P Autism Support Program Director

• Certified Autism Specialist • Special Education Teacher



## April is Autism Acceptance Month

April is autism acceptance month. Here are some autism acceptance month ideas and activities that you and your family can do to participate.

<https://www.andnextcomesl.com/2019/04/autism-acceptance-month-ideas.html>

## ‘Blue envelopes’ seek to reduce WA traffic stop risks for neurodivergent drivers

BY: JAKE GOLDSTEIN-STREET - MARCH 23, 2026 4:00 AM

**Blue Envelope**

**Contents:**

- Copy of Driver's License
- Vehicle Registration
- Insurance

**Instructions to First Responder:**  
(Officer, Firefighter, EMT)

- Speak calmly and relaxed
- Speak in lower volume
- Avoid shouting/loud noises
- Approach slowly
- Do not touch
- Turn off bright lights

**Tips for Interacting with Police:**

**Do:**

- Hand the officer your blue envelope
- Take a deep breath and listen to questions
- Keep your hands visible to the officer

**Don't:**

- Reach for things without permission
- Leave without permission

**How to Contact the Police:**

**Non-Emergency**  
City of Boulder 303 441 3333  
Boulder County 303 441 4444

**Emergency Calls**  
911

Traffic stops can be anxiety-inducing encounters, especially for people with autism. To address this, Washington is establishing a program to improve communication between neurodivergent people and police during stops.

Under a new law Gov. Bob Ferguson signed last week, the state Department of Licensing needs to establish the “Blue Envelope” program.

On the envelope must be printed tips for both the officer and the driver for such interactions. [More...](#)

# April is a month of awareness and belonging, here are just a few we're sharing

April is Autism Acceptance Month, but it also shines a light on many other unique abilities and diagnoses.

**One of those is Congenital Diaphragmatic Hernia (CDH).**



While CDH is rare, the strength of the children and families who face it is anything but. CDH affects how a baby's lungs develop before birth and can lead to a long and complex medical journey.

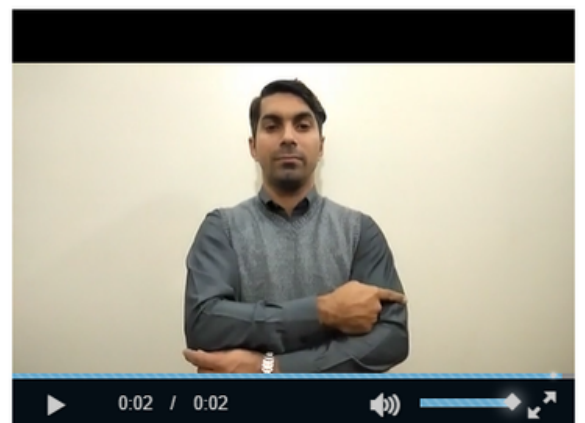
Behind every diagnosis is a story of courage, resilience, and hope. To learn more, please visit: [CDH Awareness](#)

**April is also Deaf History Month**, a time to celebrate the stories, culture, and strength of the Deaf and hard of hearing community.

For many families, this journey includes learning new ways to communicate, connect, and grow together.

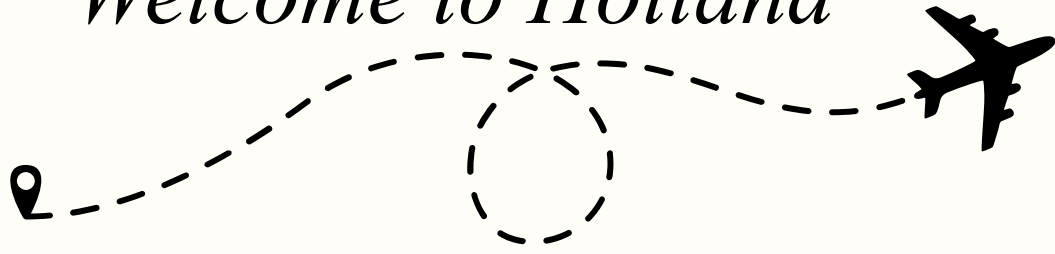
Through language, community, and support, Deaf children and adults continue to show us the many ways people experience and engage with the world.

Click on the image to learn how to sing April Fools.



# Navigating the Unexpected Journey

## *Welcome to Holland*



Ever make plans to go one place... and end up somewhere completely different?

That's often how raising a child with a developmental delay or disability can feel. Our Holland Training is designed to support families on that unexpected journey.

This series offers a welcoming space to learn, connect, and gain practical tools to help you navigate challenges and celebrate your child's growth along the way.



Click [HERE](#) to register for Grays Harbor County

Fridays 6:00 pm - 8:00 pm

Feb. 6, 13, 20, 27 & March 13, 20, 27, & April 3.

SSP2P Office at 611 North F. St. Aberdeen

Click [HERE](#) to register for Mason County

Thursdays 5:00 pm - 7:00 pm

April 9, 16, 23, 30 & May 7, 14, 28

SSP2P Office: 2502 Olympic Hwy N. #140  
Shelton





# Helping Parent Program

The Helping Parent Program is here to walk alongside families raising a child with a developmental delay or disability, because no one should have to figure it all out on their own.

Through peer mentorship, families are connected with trained Helping Parents who have lived experience and truly understand the journey. These one-on-one connections offer a safe space to share, ask questions, and receive support from someone who “gets it.”

The Helping Parent Program also brings families together through support groups and inclusive family fun events. Whether it’s connecting with other parents who understand, or enjoying activities in a welcoming, supportive environment, these opportunities help build community and reduce isolation.



This program is important because it reminds families that support doesn’t only come from professionals, it also comes from others who have walked a similar path. Through connection, shared experiences, and community, families gain confidence and feel supported as they navigate their journey.



**Want to discover all the ways our Helping Parent Program can support your family? We’d love to connect with you, visit us at:**

[www.ssp2p.org/helping-parent-1](http://www.ssp2p.org/helping-parent-1)



# Early Support Matters



**Dawn Harrison (She/Her)**  
Early Support Intake  
Coordinator  
(360) 489-6374  
[dharrison@ssp2p.org](mailto:dharrison@ssp2p.org)

If you think your child should be crawling, talking or walking and isn't, please call Dawn or go to: [www.ssp2p.org](http://www.ssp2p.org)  
To fill out a self referral

The first three years of a child's life are full of growth, learning, and important milestones. Early Support services (Birth to Three) help children with developmental delays or disabilities build skills during this critical time.

These services are designed around your child and your family. Support can include things like speech, movement, and learning through everyday activities at home or in childcare. Families work alongside caring professionals who help turn daily routines—like playtime or mealtime—into opportunities for learning and growth.

Best of all, you're not alone. Early Support connects families to resources, guidance, and a team that is there to support you every step of the way.

[Click here to self refer](#)

# Autism Training Series



Saturdays at 10:00 AM / April 25, May 30, & June 13, 2026  
SSP2P Office: 2505 Olympic Hwy N. #140 Shelton, WA

In this 3-part, in-person autism training, Jim Smith will share information and supports for parents and caregivers of children with a new or existing diagnosis. Families will learn what to expect, explore available services, and connect with local resources. Spanish-speaking families are warmly welcome, and support will be available to help everyone feel comfortable participating.

**1st Session: What is Autism?**

- A safe space to ask questions, share concerns, and learn more about autism.

**2nd Session: Continuing the conversation**

- A deeper conversation, building on the questions and topics brought up during Session 1.

**3rd Session: Where to go from here**

- Learn where to go for services, how to access local resources, and what steps to take next for your child and family.

FREE to register by contacting Angie, visiting [www.ssp2p.org](http://www.ssp2p.org) or clicking on the QR code.



**Angie Godinez**  
Bilingual-Spanish  
Helping Parent Coordinator  
(360) 462-0362 [agodinez@ssp2p.org](mailto:agodinez@ssp2p.org)



**Jim Smith (He/Him)** MA SPED, MA  
Transition Coordinator  
Developmental Specialist



## Autism Training

Join South Sound Parent to Parent for a 3-part Autism Training Series designed to support families and caregivers of children with autism or developmental differences.

Whether you are new to the journey or looking to deepen your understanding, this training offers a welcoming space to learn, ask questions, and connect with others, because every family deserves support and a place where they belong. Click [HERE](#) for more info.

## Internet Safety for Children with Disabilities or a Developmental Delay

South Sound Parent to Parent in collaboration with Olympia Police Department invites you to learn about how to keep our children safe online.

**Topics include:**

- Cyberbullying
- Common challenges
- Oversharing personal information
- Red flags to watch for
- Password management and much more!



Available in Spanish: date to be announced



**Where:** Virtually on Microsoft Teams  
**When:** May 13, 2026 @ 5:30-7:00PM  
**Registration:** is Required and is open April 1 -May 12 at Noon. Please use the QR code or visit our website at [www.ssp2p.org](http://www.ssp2p.org)



**Sylvia Davenport**  
Helping Parent/ Transition Program Director  
(360)352-1126  
[sdavenport@ssp2p.org](mailto:sdavenport@ssp2p.org)



**Presenter Rebekah Ziesmer**  
Community Programs Officer

Sound Parent to Parent is a safe and welcoming space for all families. We do not share personal information with U.S. Immigration and Customs Enforcement (ICE), and immigration enforcement is not part of our events. South Sound Parent to Parent is un espacio seguro y acogedor para todas las familias. No compartimos información personal con el Servicio de Inmigración y Control de Aduanas de EE. UU. (ICE), y la aplicación de la ley migratoria no forma parte de nuestros eventos.



## Internet Safety Training

We're excited to partner with the Olympia Police Department to bring important information to families about internet safety for children with developmental delays or disabilities.

As more of our kids connect online, for learning, communication, and fun, it's important to make sure they are safe and supported.

Together, we're working to create safer online spaces for all children. For more information or to register, please click [HERE](#)

# Sensory Egg Hunts

Creating Joyful, Inclusive experiences for Every Child



At South Sound Parent to Parent, we believe every child deserves the chance to experience the joy, excitement, and magic of childhood traditions, in a way that feels safe, comfortable, and fun for them. That's why our Sensory Egg Hunts are designed with intention, care, and inclusion at the heart of every detail.

For many families, events like these aren't just fun, they're meaningful. They offer a chance for children to explore, engage, and celebrate in ways that honor their unique needs and strengths.

We've seen children light up as they discover eggs, take their time exploring, and enjoy the moment in their own way. We've seen families relax, connect, and feel a true sense of belonging.

Because at SSP2P, it's about creating inclusive experiences where every child is celebrated.

**Click on flyers for more information**

MASON COUNTY  
South Sound Parent to Parent

## SENSORY EGG HUNT!

Hop on over for a fun-filled Egg Hunt!  
Kids will search for eggs, enjoy tasty snacks, and have a chance to win prizes.  
Bring the whole family for a day of smiles and springtime fun!

**Saturday  
April 4th, 2025**

**11 AM SHARP!  
SKYLINE DRIVE-IN  
182 SE Brewer Rd Shelton**

\*This event is exclusively for families receiving services with SSP2P.

SSP2P is a safe, welcoming space for all families. We do not share personal information with U.S. Immigration and Customs Enforcement (ICE). Immigration enforcement is not part of this event.

## SENSORY - FRIENDLY EASTER EGG HUNT & PICNIC

**SATURDAY APRIL 4TH  
1 - 3 PM**

**SAM BENN PARK  
ABERDEEN, WA**

Bring your own basket: Egg Hunt  
Golden Egg Prizes  
Family Picnic/Potluck

**ALL AGES WITH DISABILITIES**

\*This event is exclusively for families receiving services through the Grays Harbor Bilingual Community Information & Education Program.

To register, please contact:  
**Sol Gonzalez**  
Bilingual CIE Coordinator  
(360) 419-1274

South Sound PARENT TO PARENT

GRAY HARBOR COUNTY Public Health

## EASTER EGG HUNT PASCUA BÚSQUEDA DE HUEVOS

**• APRIL 5 / 12 PM SHARP**

**• EL 5 DE ABRIL / 12 PM EN PUNTO**

**• LBA Park / 3333 Morsemerryman Rd SE Olympia**

Please join the Olympia Fraternal Order of Eagles and South Sound Parent to Parent for an Easter Extravaganza!  
The disabilities / developmental delays hunt will start at 12:00 SHARP.

Únase a la Orden Fraternal de las Águilas de Olympia y South Sound de padre a padre para un espectáculo día de Pascua! La búsqueda de huevos para las familias del programa empezara a las 12:00 EN PUNTO, para el resto de la población general comienza a las 2:00 EN PUNTO.

Handicap parking is available in both the lower lot and main parking lot. You may also park in the school parking lot across the street from the park. No registration required just show up!

El estacionamiento para discapacitados está disponible en ambos lados inferiores y en el estacionamiento principal. También puede estacionarse en el estacionamiento de la escuela al otro lado de la calle.  
No es necesario registrarse, solo presentarse!

For more information click on QR code or check out our website at [ssp2p.org](http://ssp2p.org)



## Showing up safe for every family!

At South Sound Parent to Parent, caring for our community means being prepared. Our staff across all offices recently completed CPR training so we can better protect and support the families we serve. It's just one more way we show up for our community, ready, informed, and committed.

## Bringing Resources, Support, and Belonging to Our Community

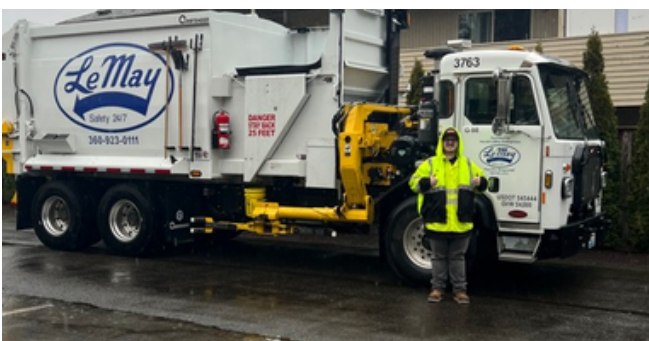
We had a great time at the monthly Hope Plaza/ Plaza Esperanza resource fair. We met families, learned about local organizations, and shared a meal together.



## Big Wins Come in Big Trucks!

One of our Early Support families shared a moment that meant the world to them. Their little guy, almost 3, had been scared of the loud “ruckus” from the weekly trash truck.

With support from our staff, the family used photos of “Mr. Matt and his big trash truck” to help him prepare. Talking about it each day helped build his confidence. Thanks to that preparation, this brave kiddo was able to face his fears and meet Mr. Matt and the truck in person!



# SUPPORT GROUPS- Click on flyers for more info

## MOM TO MOM

Welcome to South Sound Parent to Parent Mom to Mom Support Group!

Mom to Mom is a relaxed, private space for moms raising kids with disabilities, developmental delays, or chronic illnesses. It's a place to connect, share resources, swap stories, and support one another—no pressure, no judgment.

Be yourself, say as much or as little as you want, and know you're not alone. This is community, support, and understanding. We're in this together!

To join, please visit [ssp2p.org](http://ssp2p.org) or contact Sylvia



### Meeting Options (Olympia office)

Virtual (TEAMS) Meet-Up  
1st, 3rd, & 4th Tuesday of each month  
5:30–7:00 PM

In-Person Meet-Up (potluck)  
2nd Tuesday of each month  
6:00–8:00 PM  
SSP2P Office 2108 Caton Way SW Olympia

Sylvia Davenport  
Helping Parent/Transition Program Director  
(360) 352-1126  
[sdavenport@ssp2p.org](mailto:sdavenport@ssp2p.org)



## Mamá con Mamá

Mamá con Mamá es un grupo de apoyo donde puedes conocer a otras mamás con hijos como los tuyos que tienen una discapacidad o necesidades especiales. Como madre, sé que estamos ocupadas con la rutina diaria, así que aquí puedes encontrar apoyo emocional, recursos o simplemente alguien con quien hablar desde la comodidad de tu hogar.

Por favor, únete yendo a [ssp2p.org](http://ssp2p.org) o llamando a Angie

Nos reunimos por Zoom el primer sábado de cada mes a las 11:00 a. m., o en persona el tercer viernes de cada mes a las 6:00 p. m. en las oficinas de Mason.

Así que no dudes en inscribirte llamando o enviando un correo electrónico a mí!  
**Espero verlas!**

## Mom to Mom

South Sound Parent to Parent's Mom to Mom support group is a space where moms raising children with disabilities can connect, share, and have fun together. As a mom, I know life gets busy, so this is a time to slow down, build friendships, enjoy activities, and talk with moms who get it. One time registration required, please call or email Angie.

We meet every second Friday of the month at 5:00 PM at the Mason office. Come as you are — you're welcome here.

**Hope to see you there!**



Angie Godinez  
(360) 462-0362  
[agodinez@SSP2P.org](mailto:agodinez@SSP2P.org)



English



Español



## MOM to MOM

Grays Harbor Bilingual  
Community Information & Education Program



A safe and confidential space for moms raising children with developmental delays or disabilities. Share stories, celebrate wins and encourage each other through the challenges.

### Where & When?

This bilingual support group will meet in person at SSP2P office located at 611 North F St. Aberdeen, WA. 98520 from 6:00 - 7:30PM on the following Wednesday's:

**January 21, February 11, March 11, April 8, May 13 & June 10, 2026.**

### To Register, please call or email:

**Sol Gonzalez**  
Bilingual Community Information &  
Education Coordinator  
(360) 612-1324 / [sgonzalez@ssp2p.org](mailto:sgonzalez@ssp2p.org)



*Here, you can be your authentic self, no judgment, just understanding.*



## Strong Hearts

Grandparents Support Group



A welcoming space where any grandparent who provides care, support, or guidance, whether they are supporting their own adult child who is raising a child with a disability, or they are directly raising or supporting their grandchild.

Grandparents are the heart of so many families. Strong Hearts is a place to find support, connection, and community with others who understand the unique joys and challenges of your role.

### What You Can Expect

- Warm, judgment-free conversations
- Connection with other grandparents
- Tips for navigating services and supports
- A chance to share your story and learn from others
- A space to feel seen, valued, and supported



### Group Details

**When:** First Tuesday of every month at 5:30PM  
**Where:** Virtual  
**Cost:** Free for all families  
**Registration:** Click on QR code or visit [www.ssp2p.org](http://www.ssp2p.org)  
**Hosted by:** South Sound Parent to Parent (SSP2P)  
**For questions:** Contact Sylvia Davenport 360.352.1126



This group will be facilitated by Kay Richardson and available in Thurston, Mason & Grays Harbor Counties.



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# SUPPORT GROUPS- Click on flyers for more info

**Dad to Dad – Tell Your Story Night!**


**Wednesday, April 22, 2026**  
**6:00 – 7:30 PM**  
**Dinner Provided!**

**A PERFECT NIGHT to join us for the first time!  
 Hope to see you there!**

We will have **Jeremy from the**  
 WASHINGTON STATE **FATHERS NETWORK**  
 for a “listening session.”



**Join us for a night of food, stories and connection!**

**Whether you’ve been coming for years or have never attended before, your voice matters here.**



To register, please contact Jordan, click on QR code or visit:  
[www.ssp2p.org/dad-to-dad-support](http://www.ssp2p.org/dad-to-dad-support)

Jordan Kennedy  
 (360) 352-1126 / [jkennedy@ssp2p.org](mailto:jkennedy@ssp2p.org)

**Dad TO Dad**


**Grays Harbor Bilingual  
 Community Information & Education Program**

Are you looking for a laid-back space to connect with other dads who get it?  
 Join South Sound Parent to Parent's Dad to Dad support group, a casual meet-up for fathers raising children with developmental delays or disabilities.





- Share your story
- Build connections
- Swap ideas and resources
- Support each other through the ups and downs

**Where & When?**  
 This bilingual support group will meet in person at SSP2P office located at 611 North F St. Aberdeen, WA from 6:00 -7:30PM on the following Wednesday's:  
**January 28, February 25, March 25, April 22, May 27 & June 24, 2026.**

You don't have to go through this journey alone, come hang out with other dads who understand!



To Register, please call or email:  
**Sol Gonzalez**  
 Bilingual Community Information & Education Coordinator  
 (360) 612-1324  
[sgonzalez@ssp2p.org](mailto:sgonzalez@ssp2p.org)

**SSP2P SIBSHOPS**  
*A fun space just for siblings*





**What Are Sibshops?**  
 South Sound Parent to Parent Sibshops is a FREE program offering supportive, activity-based workshops created especially for siblings ages 7-18 who have a brother or sister with a disability, developmental delay, or special health care needs.

This is a place where siblings can:

- Have fun and be themselves
- Meet other kids who “get it”
- Share feelings in a safe, supportive space
- Play games, crafts, activities and make new friends



Please join by visiting [ssp2p.org](http://ssp2p.org) or contacting Sylvia.  
**Hope to see you!**

**Meets on the 4th Thursday of each month 5:30 - 7:00pm**  
 SSP2P Office, 2108 Caton Way SW, Olympia.

**DINNER INCLUDED!**



Sylvia Davenport  
 Helping Parent/  
 Transition Program Director  
 (360) 352-1126  
[sdavenport@ssp2p.org](mailto:sdavenport@ssp2p.org)



**TALLER DE NIÑOS**

**Porque los hermanos también necesitan apoyo**

Un Taller divertido y de Apoyo para los hermanos y hermanas South Sound Parent to Parent ofrece un taller para niños, un grupo de apoyo GRATUITO y divertido para niños y jóvenes de 6 a 18 años que tienen un hermano o hermana con un retraso en el desarrollo o una discapacidad.  
**Por favor, únete yendo a [ssp2p.org](http://ssp2p.org) o llamando a Angie**

**El Taller de niños es un espacio donde los niños pueden:**

- Conectarse con otros niños que los entienden
- Compartir experiencias en un ambiente seguro y de apoyo
- Divertirse con juegos y actividades
- Sentirse escuchados, valorados y apoyados
- ¡CENA INCLUIDA!**

3er Sabado de cada mes 4pm-5:30pm  
 SSP2P Office Olympic HWY #140 Shelton Wa



**SIBSHOPS**  
**Because siblings need support too**

South Sound Parent to Parent Sibshops, is a FREE and fun support group for children ages 6–18 who have a sibling with a developmental delay or disability. **Please join by going to [ssp2p.org](http://ssp2p.org) or calling Angie**

**Sibshops is a place where kids can:**

- Connect with other kids who get it
- Share experiences in a safe, supportive space
- Have fun through games, activities, and conversation
- Feel seen, heard, and supported
- DINNER INCLUDED!**

3rd Saturday of each month 4pm-5:30pm  
 SSP2P Office Olympic HWY #140 Shelton Wa




Angie Godinez  
 (360) 462-0362  
[agodinez@ssp2p.org](mailto:agodinez@ssp2p.org)





Are you looking for community resources & family friendly events in Thurston, Mason or Grays Harbor Counties?

**CLICK HERE**



South Sound Parent to Parent connects families to local community resources and events across Thurston, Mason, and Grays Harbor counties. From support groups and family activities to essential services and educational opportunities, we're here to help you find what you need, right where you live.