

ISSUE: FEBRUARY 2026





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Send This To A Friend!

Please take our Survey!



Upcoming Events!

SENSORY Storytime

A storytime for children ages three to seven paired with sensory needs. It will be a storytime that is especially inclusive to neurodivergent children and their families. Join us for stories, songs, and play!

2ND & 4TH FRIDAYS 10:30AM
Moses Lake Public Library

QUESTIONS: www.moseslakelibrary.org | 509.765.4343

Facebook | Instagram



ADULTS with Special Needs Storytime

This small group of adults with special needs meets for a weekly experience with songs and coffee! If you are interested in more information, please contact us at 509.765.4343!

THURSDAYS 10:30-11:30 AM
Moses Lake Public Library

QUESTIONS: www.moseslakelibrary.org | 509.765.4343

Facebook | Instagram



Grant and Adams County
PARENT TO PARENT

TRANSITION & RESOURCE FAIR

Join us for a free event created to support families of individuals with special needs at every stage of life from early childhood through adulthood. Discover helpful services, connect directly with local providers, and get your questions answered. Families are welcome to enjoy refreshments while learning about resources from organizations like PAVE, Special Olympics, Parent Coalition, and many others.

Please RSVP to p2p@mlchc.org by Thursday, March 12

Date: Friday, March 20
Time: 9:00 am to 3:00 pm
Location: Chavurat Teleiotes
940 E Nelson Rd, Moses Lake, WA 98837

2026
FEBRUARY
Parent Connections

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 	3 Brewing Connections Othello	4	5	6	7
8	9 Lunch & Learn	10 Brewing Connections Mattawa	11	12	13	14 Valentine's Day
15	16 Brewing Connections Quincy	17	18	19 Brewing Connections Bixaville	20	21
22	23	24	25	26 Brewing Connections Moses Lake	27	28

LOCATIONS & TIMES

Brewing Connections Othello
101 E. 1st St. Othello, WA 99151
10:00am - 11:00am

Brewing Connections Mattawa
101 E. 1st St. Mattawa, WA 99126
10:00am - 11:00am

Brewing Connections Quincy
101 E. 1st St. Quincy, WA 99150
10:00am - 11:00am

Brewing Connections Bixaville
101 E. 1st St. Bixaville, WA 99122
10:00am - 11:00am

Brewing Connections Moses Lake
101 E. 1st St. Moses Lake, WA 99020
10:00am - 11:00am

If you have any questions please email us at p2p@mlc.org



THE SENSORY SPECTRUM
Your Online Sensory Community



“Many sensory kids cannot sit still. So how are they supposed to succeed in the classroom if they can’t sit long enough to concentrate?
“The challenge for parents (and teachers) is to become a detective and understand what works to help your child be focused and attentive in school.”

“It sounds surprising, but you can improve emotional regulation in your child in as little as 7 minutes per day. I’ll explain how.
Our lives are so busy it makes it hard to make time for new, time-consuming activities.
But 7 minutes is such a short period of time and can have a huge impact on your child’s emotional regulation skills.”

“I searched high and low for something like this, and it didn’t exist. I struggled to find the best way to organize IEP paperwork, and I think I may have found it. IEP organization does not have to be challenging. You can organize your IEP paperwork (and reduce stress!) with a little guidance and direction.”

To read more, please click the article below:

Sensory Solutions in the Classroom for the Kid Who Cannot Sit Still - The Sensory Spectrum

To read more please click the link below:

Improve Emotional Regulation In Just 7 Minutes Per Day

To read more please click the link below:

How To Effectively Organize Your Child's IEP Paperwork For Advocacy Success

Calendar

Don't miss a meeting! Print our calendar and stay on top of all the dates.

Please click the link [here](#).



MEET OUR Team!



RUTH LUNDERVILLE
Program Coordinator

My name is Ruth Lunderville, the new Program Coordinator for Parent to Parent. I grew up in Quincy, Washington. I love reading books and spending time with my family. I am a parent of two kids, which have helped me shape my passion for helping families in our communities. I enjoy learning and developing new skills. I am looking forward to being a part of Parent to Parent and providing support to other families through meaningful work!



ELIZABETH ARGUETA
Multicultural Outreach Coordinator

My name is Elizabeth Argueta. I grew up in Quincy, Washington. I love reading books and spending time with my family. I am a parent of two kids, which have helped me shape my passion for helping families in our communities. I enjoy learning and developing new skills. I am looking forward to being a part of Parent to Parent and providing support to other families through meaningful work!



MARIA JIMENEZ
Media Outreach Coordinator

My name is Maria Jimenez. I grew up in Quincy, Washington. I love reading books and spending time with my family. I am a parent of two kids, which have helped me shape my passion for helping families in our communities. I enjoy learning and developing new skills. I am looking forward to being a part of Parent to Parent and providing support to other families through meaningful work!

Grant and Adams County
Parent to Parent

SHARE YOUR STORY! INSPIRE OTHER PARENTS!

Your journey could give hope to another parent just starting theirs!



Have you benefited from the Parent to Parent program?
Has a Helping Parent made a difference in your life?

Your experience could encourage, uplift, and guide another parent who is looking for support.

Write your story! Share how Parent to Parent helped you.

No need to be a writer—just be yourself!

Where to submit:

Email: p2p@mlchc.org

Facebook: send us a direct message



PEOPLE FOR PEOPLE

Ericka Warren is a Travel Trainer at People for People. You might be wondering what a Travel Trainer does. The Travel Trainer helps the elderly or disabled people learn how to use public transportation. This gives them more independence.

The Travel Trainer can help you with these things:

- Planning trips and teaching you how to use bus services
- Rider etiquette and personal safety
- Scheduling and transferring buses

She would be happy to meet with you and help you become comfortable using public transit services. This service is free for anyone who would like to use it, and you can choose to participate in the training program.

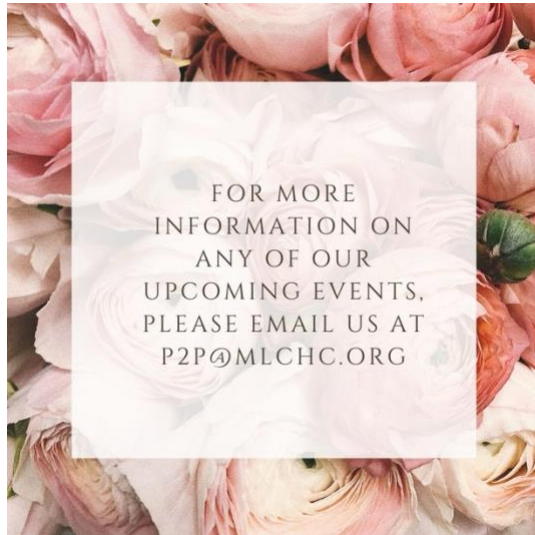
For more information or to enroll please contact,
Ericka Warren
Mobility Coordinator / Travel Trainer
509-793-1906 Extension 495
People for People
843 Kittleson Rd. Moses Lake, WA98837
(509) 765-9249

Project Guardian



What is Project Guardian?

Project Guardian is a free, voluntary, confidential program that bridges the gap between local public safety officials and people with autism, intellectual and developmental disabilities, and dementia, ensuring safety, compassion, and connection.



FOR MORE
INFORMATION ON
ANY OF OUR
UPCOMING EVENTS,
PLEASE EMAIL US AT
P2P@MLCHC.ORG



SPECIAL NEEDS
CREATIVE
DANCE
CLASS

Every Tuesday 4:00 - 5:00 pm

Taught by Kerry Aronson

Kerry has a B.A. in Dance, 30 yrs of
teaching experience,
coaches special olympics, 10+yrs of
serving the disability community

Questions: Call or Text Kerry 509-855-2152

REGISTER @ balletacademymt.com

230 W 3rd Ave, Moses Lake

LOCAL SUPPORT GROUPS

Autism Support Group of Grant County

For more information check out:
Facebook at <https://www.facebook.com/ASGofGC>
Email at
grantcountyautism@gmail.com
Website with live chat option at
www.grantcountyautism.org

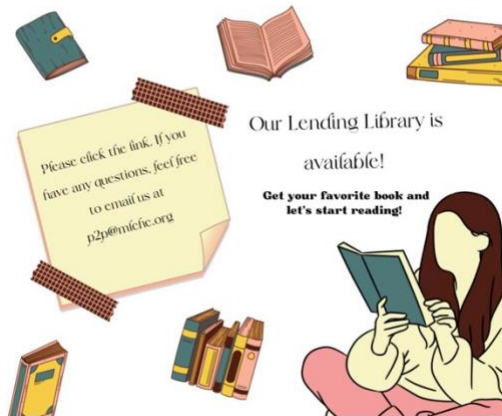
Down Syndrome Society of Grant County

For more information check out their
website at: www.DSSGC.org
Email: cbuddywalk@gmail.com
Or call: Denise Ketola at 360-903-3201

Inter-agency Coordinating Councils

Grant County:
Meets monthly via Zoom
For more information please contact:
509-664-3781

Adams County:
Meets bi-annually, for more information please
contact:
Columbia Basin Health
Association at:
509-488-5256



Please click the link *here*



2026 Discover Pass free days announced!

The Washington State Discover Pass Program has designated the Discover Pass free days for 2026. On these days, visitors will not need a **Discover Pass** to park at **Washington State Parks** and on recreation lands managed by **Washington Department of Natural Resources (DNR)** and **Washington Department of Fish and Wildlife (WDFW)**.

The 2026 Discover Pass free days are:

Jan. 1 — First Day Hikes; New Year's Day

Jan. 19 — Martin Luther King, Jr. Day

March 9 -- Billy Frank Junior's Birthday

March 19 — State Parks' Birthday

April 22 — Earth Day

June 6 — Free Fishing Weekend

June 7 — Free Fishing Weekend

June 19 — Juneteenth

Aug. 9 — Smokey Bear's Birthday

Sept. 26 — National Public Lands Day

Oct. 10 -- World Mental Health Day

Nov. 11 — Veterans Day



Washington State Governors Office of the Education Ombudsman

Office of Superintendent of Public Instruction

The Individuals With Disabilities Act (IDEA)

Developmental Disabilities Community Services (DDCS)

Department of Early Learning (ESIT)

Washington State Parent to Parent

Washington State Fathers Network

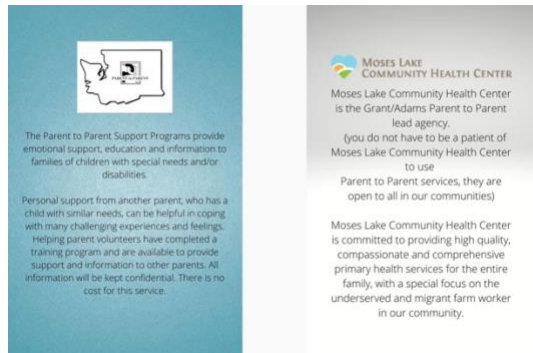
Social Security Administration (SSI)

DDA Ombuds Washington State

Special Olympics Washington

Informing Families

Wishing Star



The Parent to Parent Support Programs provide emotional support, education and information to families of children with special needs and/or disabilities.

Personal support from another parent, who has a child with similar needs, can be helpful in coping with many challenging experiences and feelings. Helping parent volunteers have completed a training program and are available to provide support and information to other parents. All information will be kept confidential. There is no cost for this service.

MOSES LAKE COMMUNITY HEALTH CENTER
Moses Lake Community Health Center is the Grant/Adams Parent to Parent lead agency.
(you do not have to be a patient of Moses Lake Community Health Center to use Parent to Parent services, they are open to all in our communities)

Moses Lake Community Health Center is committed to providing high quality, compassionate and comprehensive primary health services for the entire family, with a special focus on the underserved and migrant farm worker in our community.

Parent to Parent | [605 S Coolidge St | Moses lake, WA 98837 US](#)

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