



## The Parent Network March 2018

**Mission:** Idaho Parents Unlimited supports, empowers, educates and advocates to enhance the quality of life for Idahoans with disabilities and their families.



**Registration and location information for all events can be found on our website:**

<http://www.ipulidaho.org/> [Click here for a downloadable PDF of this newsletter!](#)

### :Upcoming Events

**\*Includes non-IPUL community events**

### Idaho Parents Unlimited Free Monthly Statewide Workshop/Webinar Series:

**In-Person:** Second Wednesday of each month

*Please note: March's in-person workshop will be cancelled due to*

*travel.*

**Webinars:** Last Tuesday of each month

**Getting and Keeping the First Job - Webinar:**

**Date:** March 27, 2018

**Time:** 11:00 am. and 9:00 p.m. MST

**Locations:** Webinar

Visit Idaho Parents Unlimited events calendar for location details and registration at:

<http://ipulidaho.org/events-calendar>

**\*The Green Apple Project Autism Support Group:**

**Date:** Second Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** 1630 23rd Ave, Suite 501, Lewiston, ID 83501

(Free childcare available)

**\*Safe Infant Sleep Class - Statewide Monthly Classes:**

**\*Boise**

**Date:** Second Thursday of each month

**Time:** 5:30 - 6:15 p.m.

**Location:** Ada County Paramedics - 370 N. Benjamin Lane Boise, ID 83704

**\*Caldwell**

**Date:** Second Thursday of each month

**Time:** 5:15 - 6:15 p.m.

**Location:** West Valley Medical Center Indian Creek Room - 1717 Arlington Ave, Caldwell, ID 83605

**\*Coeur d'Alene**

**Date:** Third Thursday of each month

**Time:** 5:30 - 6:30 p.m.

**Location:** Heritage Health - 1090 West Place Coeur d'Alene, ID 83814  
Register at [www.inwsids.org](http://www.inwsids.org) - Attendees will receive a Halo Sleep Sack at no charge

**\*Idaho Falls Parent Support Group:**

**Date:** Third Thursday of each month

**Time:** 9:30 - 11:30 a.m.

**Location:** Rehabilitative Health Services - 1675 Curlew Dr, Ammon, ID 83406

**\*Madison Cares Autism Parenting Support Group:**

**Date:** Third Thursday of each month

**Time:** Noon - 1:00 p.m.

**Location:** Madison Education Center - 60 W Main, Rexburg, ID 83440  
Contact Deb Allen 208-359-3300 Ext. 3426

**\*Pocatello Parent Support Group:**

**Date:** Second Wednesday of each month

**Time:** 10:00 - 11:30 a.m.

**Location:** Amazing Glaze Doughnuts - 215 East Cedar Street, Pocatello, ID 83201

Join the Pocatello Support Group on Facebook for more details:

<https://www.facebook.com/groups/796698450427294/>

**\*Mom's Like Us Parent Support Group:**

**Date:** 1st and 3rd Tuesday of each month

**Time:** 6:30 - 7:30 p.m.

**Location:** Kootenai Medical Center MRI Conference Room - 2003 Kootenai Health Way, Coeur d'Alene, ID 83814  
Contact Janell Woods at 208-818-3192 for details

**\*Epilepsy Support Group for Adults and Caregivers:**

April 5, 2018 6:00 p.m. (location TBD)

June 7, 2018 6:00 p.m. (location TBD)

**\*Epilepsy Support Group for Children:**

May 3, 2018 6:00 p.m (location TBD)

July 5, 2018 6:00 p.m. (location TBD)

**\*Band Together Parent Support Group:**

**Meeting information can be found monthly**

**at:** <https://www.facebook.com/events/166216207453627/>

**Location:** 1420 South Blaine St., Moscow, ID 83843

**\*Courageous Kids Climbing:**

Contact Jeff at: [JeffRiechmann@cs.com](mailto:JeffRiechmann@cs.com) for locations and details

**\*Coeur d'Alene "Movin' On" Transition Fair:**

**Date:** March 15, 2018

**Time:** 4:30 - 6:30 p.m.

**Location:** Venture High School Commons, 1619 N 9th St, Coeur d'Alene, ID 83814

**\*Kellogg Transition Field Day:**

**Date:** March 14, 2018

**Time:** 12:00 - 3:00 p.m.

**Location:** Kellogg School District Community Bldg., 800 Bunker Ave, Kellogg, ID 83837

**\*Idaho Special Olympics:**

For details, contact: 1-800-915-6510 or visit: [www.idso.org](http://www.idso.org)

**\*CDA KROC Center Activities in North Idaho:**

Program scholarships are available.

<https://issuu.com/kroccda/docs/kroc-program-guide-winter2018?e=3057940/56428188>

**\*Visit your local library for upcoming events in your area:**

**North Idaho:**

[Coeur d' Alene Public Library](#)

[Bonners Ferry Public Library](#)

[Post Falls Public Library](#)

[Moscow Public Library](#)

[Lewiston Public Library](#)

[Orofino Public Library](#)

**Southwest Idaho:**

[Caldwell Public Library](#)

[Emmett City Library](#)

[Nampa Public Library](#)

[Ontario Community Library](#)

[Payette Public Library](#)

[Weiser Public Library](#)

[Boise Public Library](#)

[Meridian Library District](#)

[Mountain Home Public Library](#)

[Twin Falls](#)

[Kimberly Public Library](#)

[Burley Public Library](#)

### **East Idaho:**

[Portneuf District Library](#)

[Marshall Public Library](#)

[Larsen-Sant Library](#)

[Bear Lake County Library](#)

[Idaho Falls Public Library](#)

[Madison Library District](#)

[Fremont District Library](#)

[The Community Library-Ketchum](#)

## **Parent Training and Information Center - IDEA Part D**

### **Trending Issue: Schools Taking Away Recess for Children**

Idaho Parents Unlimited has received multiple parent calls regarding steps parents and schools can take to work together to prevent a child from missing their recess time. This article will discuss the benefits to all children being able to participate in recess.

According to The American Academy of Pediatrics, "Recess represents an essential, planned respite from rigorous cognitive tasks. It affords a time to rest, play, imagine, think, move, and socialize. After recess, for children or after a corresponding break time for adolescents, students are more attentive and better able to perform cognitively. In addition, recess helps young children to develop social skills that are otherwise not acquired in the more structured classroom environment." (<http://pediatrics.aappublications.org/content/131/1/183>)

"11 Benefits of Recess in Elementary Schools

(<http://info.mayrecreation.com/blog/11benefits-of-increasing-recess-at-elementary-schools>):

1). Increased Focus - Teachers at schools where recess was mandated report a significant increase in their students' ability to focus.

- 2). Fewer Disciplinary Problems - They also report fewer disciplinary problems after kids are able to get out and play!
- 3). Increased Engagement - Kids are more engaged in the learning process after physical activity.
- 4). Positive Attitude Toward School - Not only do kids begin to look forward to school more often, but as their academic and classroom performances increase their attitude improves as well.
- 5). Improved Social Skills - Additional recess provides more opportunity to build those all-important social skills that students will use for a lifetime.
- 6). Physical Exercise - There's no question about the physical benefits of regular exercise, especially in today's increasingly tech-focused world.
- 7). Independent Learning- Teachers also report that students are more likely to attempt to learn and problem solve independently.
- 8). Increased Confidence - Improved academic and social skills, as well as less "getting in trouble," can drastically increase a child's confidence. This is especially important for at-risk kids.
- 9). Noticeable Shift in Following Directions - Attention and following direction can be a challenge for some elementary students, but teachers report a noticeable difference when children are given ample recess.
- 10). Natural Sunlight - Obviously kids shouldn't be exposed to direct sunlight without sunscreen or protection for long, but some Vitamin D is necessary for good health. Recess provides exposure to natural sunlight that can increase mood and overall health.
- 11). Improved Academics - Across the board, increasing the amount of recess at elementary schools results in greater academic performance, including those all important test scores. Physical activity optimizes brain performance by expediting delivery of oxygen to the brain."

One thing that should be addressed is the use of Positive Behavior Interventions and Supports (PBIS). PBIS is a school-wide approach that parents and districts should use for all students. Looking for ways to reward the student for positive behaviors instead of using an approach that is based on reacting to negative behaviors. If the child has a disability and is on an IEP or 504 plan the team may choose to meet to implement a Behavior Intervention Plan (BIP). A BIP is a plan that's designed to teach and reward positive behaviors. This can help prevent or stop problem behaviors in school. Each individual case is to be handled differently because each student and situation is unique. IPUL's Parent Education Coordinators work with families to brainstorm ideas and even help families understand processes and procedures.

## Family to Family Health Information Center - Idaho Family Voices

### Mental Health Awareness

Mental Health Awareness is continuing to gain momentum across the US. Idaho has made great strides to offer mental and behavioral awareness and services across the state. May is Mental Health Awareness Month and Idaho is gearing up to provide Idahoans with information and activities. Mark your calendars for a celebration at the Idaho State Capital on May 4th (flyer below) and check with your regional Department of Health and Welfare to stay connected to local events in your area. IPUL will be updating social media sites with as much information as possible as it becomes made available.

The Idaho Department of Health and Welfare has published the following risk factors and protective factors associated with mental and behavioral health leading to suicidal thoughts and actions among individuals. This list is not endorsed by and State agency, it is strictly informational.

#### **RISK FACTORS**

- o Mental health disorders
- o Previous suicide attempt(s)
- o Substance use disorders

- o Insomnia
- o Traumatic brain injury
- o Hopelessness
- o History of trauma or abuse
- o Family history of suicide
- o Lack of social support
- o Stigma associated with help seeking
- o Exposure to other suicide deaths
- o Easy access to lethal means
- o Significant losses, e.g. relationship, job, etc.
- o Barriers to accessing treatment for mental health or substance use disorder

### **PROTECTIVE FACTORS**

- o Strong connections to family and friends
- o Strong connections to community support
- o No access to highly lethal means
- o Problem-solving and conflict-resolution skills
- o Effective professional care for mental health and substance use disorders
- o Easy access to different types of professional health
- o Mental and medical health care relationship that are ongoing
- o Being supported to seek help
- o Cultural or religious beliefs that discourage suicide and support self-preservation

In addition, the department, in an effort to educate Idahoans, compares and contrasts common beliefs about suicide. Below are just a few of the statements that link mental health to suicide. For more facts, figures and resources visit the department's web page or the Idaho Council on Suicide Prevention.

**Common Belief:** Suicide is not preventable.

**Fact:** Research tells us that at least 90% of those who die by suicide had a mental health and/or substance use disorder.

These conditions are treatable. Additionally, most suicide experts maintain that warning signs for suicide are present close to 100% of the time.

**Common Belief:** Those with serious suicide ideation are committed to



dying.

**Fact:** Most suicidal individual are highly ambivalent right up until the last moments.

**Common Belief:** Suicide is an impulsive act.

**Fact:** Though impulsivity can play a role in some suicidal behavior among teens, suicide is not an impulsive act. Those who die by suicide have a plan to do so.

**Common Belief:** Suicides can have a single cause.

**Fact:** Suicide is complex and occurs when diverse risk factors lead to a combination of interpersonal elements resulting in the desire and capability for suicide.

**Common Belief:** Those who threaten suicide are just seeking attention.

**Fact:** All threats of suicide must be taken seriously. Approximately 70% of those who die by suicide make direct or indirect statements related to their suicidality. Additionally, those who go so far as to threaten suicide do require attention.

<https://goo.gl/v3Utnh>

<http://healthandwelfare.idaho.gov>

#StigmaFreeIdaho #WordsMatter

**Save the Date**

**Make plans now to attend the**

**2nd Annual**

**Idaho Mental Health**

**Awareness Event!**

**Activities include: proclamation,  
Voice of Idaho Award presentation,  
speakers, and art display**

**May 4, 2018 at the Idaho State Capitol**

**Presentation: 11:30 to 1 | Art Display: 9 to 4**

**For more information contact [BHEvents@dhw.idaho.gov](mailto:BHEvents@dhw.idaho.gov)**

**[www.BehavioralHealthEvents.dhw.idaho.gov](http://www.BehavioralHealthEvents.dhw.idaho.gov)**

**stigmafree**  
**Idaho**  
**#IdahoIsRecovery**



**Mental Health  
Awareness  
Month  
May 2018**

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**Opportunity for Parents of Children with Disabilities in Idaho to**

## Advocate at the Federal Level

There are many changes occurring at the federal level right now that may have an impact on children with disabilities and special health care needs. If these issues concern you and you would be interested in providing feedback to our congressional leaders in Washington, please note their contact information below:

### Washington DC contact information:

**Senator Mike Crapo-**

239 Dirksen Senate Office Building  
Washington, DC 20510  
Phone: (202) 224-6142  
Fax: (202) 228-1375  
Website: <https://www.crapo.senate.gov/>

**Senator James Risch-**

483 Russell Senate Office Building  
Washington, DC 20510  
Phone: 202-224-2752  
Fax: 202-224-2573  
Website: <http://www.risch.senate.gov/public/>

**Representative Raúl Labrador-**

1523 Longworth HOB  
Washington, DC 20515  
Phone: (202) 225-6611  
Fax: (202) 225-3029  
Website: <https://labrador.house.gov/>

**Representative Mike Simpson-**

2084 Rayburn House Office Building  
Washington, D.C. 20515  
Phone: 202-225-5531  
Fax: 202-225-8216  
Website: <http://simpson.house.gov/>

Please note that each of our US congressman also have offices located throughout Idaho.

### Idaho contact information:

**Senator  
Mike Crapo-**

**Boise:**  
251 E. Front St., Suite  
205  
Boise, ID 8372  
Phone:(208)334-1776  
Fax:(208)334-9044

**Coeur d'Alene:**  
610 Hubbard, Suite 209  
Coeur d'Alene, ID 83814  
Phone:(208)664-5490  
Fax:(208)664-0889

**Idaho Falls:**  
410 Memorial Dr., Suite  
204  
Idaho Falls, ID 83402  
Phone:(208)522-9779  
Fax:(208)529-8367

**Lewiston:**  
313 'D' St., Suite 105  
Lewiston, ID 83501  
Phone:(208)743-1492  
Fax:(208)743-6484

**Senator  
James Risch-**

**Boise:**  
350 N. 9th St., Suite 302  
Boise, ID 83702  
Phone:(208)342-7985  
Fax:(208)343-2458

**Coeur d'Alene:**  
Harbor Plaza  
610 Hubbard, Suite 213  
Coeur d'Alene, ID 83814  
Phone:(208)667-6130  
Fax:(208)765-1743

**Idaho Falls:**  
901 Pier View Drive, Suite  
202A  
Idaho Falls, ID 8402  
Phone:(208)523-5541  
Fax:(208)523-9373

**Lewiston:**  
313 D. Street, Suite 106  
Lewiston, ID 83501  
Phone:(208)7430792  
Fax:(208)746-7275

**Representative  
Raúl Labrador-**

**Coeur d'Alene:**  
1250 Ironwood Drive,  
#241  
Coeur d'Alene, ID 83814  
Phone:(208) 667-0127  
Fax:(208) 667-0310

**Lewiston:**  
313 D Street, Suite 107  
Lewiston, ID 83501  
Phone:(208) 743-1388  
Fax:(208) 888-0894

**Meridian:**  
33 E. Broadway Avenue,  
Suite 251  
Meridian, ID 83642  
Phone:(208) 888-3188  
Fax:(208) 888-0894

**Representative  
Mike Simpson-**

**Boise:**  
802 West Bannock, Suite  
600,  
Boise, ID 83702  
Phone:(208)-334-1953  
Fax:(208)-334-9533

**Idaho Falls:**  
410 Memorial Drive, Suite  
203  
Idaho Falls, ID 83402  
Phone:(208)-523-6701  
Fax:(208)-523-2384

**Twin Falls:**  
1341 Fillmore St. Ste.  
#202  
Twin Falls, ID 83301  
Phone:(208)734-7219  
Fax:(208)734-7244

**Pocatello:**  
275 S. 5th Ave. #275  
Pocatello, ID 83201  
Phone:(208)-233-2222  
Fax:(208)-233-2095

**Pocatello:**

275 S. 5th Ave., Suite  
225  
Pocatello, ID 83201  
Phone:(208)236-6775  
Fax:(208)236-6935

**Twin Falls:**

202 Falls Ave., Suite 2  
Twin Falls, ID 83301  
Phone:(208)734-2515  
Fax:(208)733-0414

**Pocatello:**

275 South 5th Avenue,  
Suite 290  
Pocatello, ID 83201  
Phone:(208)236-6817  
Fax:(208)236-6820

**Twin Falls:**

1411 Falls Avenue East,  
Suite 201  
Twin Falls, ID 83301  
Phone:(208)734-6780  
Fax:(208)734-3905

## Youth Corner

### **ABLE Act**

Idaho Parents Unlimited has shared about the ABLE Act in the past in an effort to keep youth and families informed of their options. Right now, there are trainings scheduled across North Idaho that will help you understand the ABLE Act and how to get it going. Below, you will see an excellent description of what the ABLE Act is and a breakdown of the North Idaho training schedule. Keep an eye out for more workshops being offered statewide!

From the State Independent Living Council:

ABLE Accounts are savings/investment accounts for people with disabilities and their families. Accounts provide the opportunity to save money and keep needed benefits. If you or your child have a significant disability AND a documented disability onset before age 26, you may be qualified to open an ABLE account.

The ABLE workshop is geared toward adults with disabilities and parents/guardians of children with disabilities. We will discuss the who, where, what, why and how of opening and using an ABLE account.

You can open an ABLE account if:

You or your child have a disability with functional limitations, documented by a physician with letter of certification.

You or your child receives Supplemental Security Income (SSI) or

Social Security Disability Insurance (SSDI).

OR:

You or your child is eligible for SSI or SSDI benefits, i.e.: certain disabled children or working adults with disabilities who receive Medicaid benefits.

With an ABLE account, you can save for qualified disability expenses related to living life with a disability and other expenses which help improve health, independence and quality of life.

Qualified Disability Expenses include, but are not limited to the following:

- \* Education
- \* Housing
- \* Transportation
- \* Employment training and support
- \* Assistive Technology (ramps, computer software, eye glasses and more)
- \* Personal Assistant Services
- \* Health care expenses (not covered by insurance)
- \* Financial management and administrative services

You cannot go down to any bank and open an ABLE account. Accounts must be opened in an approved state ABLE program.

If you have specific questions that you want to ask our ABLE technical assistance and information project coordinator, come during our one-on-one hours at each location.

North Idaho ABLE account meetings and workshops:

**\*\*March 7th, Wednesday - Moscow**

ABLE one-on-one 3:00 - 6:00 p.m.

ABLE workshop 6:30 - 8:00 p.m.

Disability Action Center

505 N. Main St.

Moscow ID, 83843

**\*\*March 8th, Thursday - Wallace and Kellogg**

ABLE workshop 10:00 - 11:30 a.m.

ABLE one-on-one 11:30 a.m. - 1:30 p.m.  
Wallace Historic Visitor Center  
10 River Street  
Wallace, Idaho 83873

ABLE one-on-one 4:00 - 5:30 p.m.  
ABLE workshop 5:30 - 7:00 p.m.  
Senior Center  
211 Mc Kinley Ave W,  
Kellogg, ID 83837

**\*\*March 9th, Friday - Post Falls**

ABLE workshop 11:00 a.m. - 1:00 p.m.  
ABLE one-on-one 1:00 p.m. - 3:00 p.m.  
Disability Action Center  
3726 E Mullan Ave  
Post Falls ID, 83854

**\*\*March 10th, Saturday - Plummer and St. Maries**

ABLE workshop 10:30 a.m. - Noon  
ABLE one-on-one Noon - 1:30 p.m.  
Plummer Public Library  
800 Dogwood St,  
Plummer, ID 83851

ABLE workshop 2:00 - 4:00 p.m.  
ABLE One-on-one 4:00 - 6:00 p.m.  
Benewah Community Hospital  
229 South 7th Street  
St. Maries, Idaho 83861

**\*\*March 12th, Monday - Kamiah**

ABLE one-on-one 3:30 - 5:30 p.m.  
ABLE workshop 6:00 - 7:30 p.m.  
Kamiah Middle School  
Room 302 906 12th St,  
Kamiah, ID 83536

**\*\*March 13th, Tuesday - Orofino**

ABLE one-on-one 3:30 - 5:30 p.m.

ABLE workshop 6:00 - 7:30 p.m.  
Best Western Lodge  
Gold Dust Room  
615 Main St,  
Orofino, ID 83544

**\*\*March 14th, Wednesday - Grangeville**

ABLE one-on-one 3:30 - 6:00 p.m.  
ABLE workshop 6:30 - 8:00 p.m.  
Community Room  
400 South Idaho Avenue,  
Grangeville, ID 83530

**\*\*March 15th, Thursday - Lewiston**

ABLE one-on-one 3:00 - 6:00 p.m.  
ABLE workshop 6:30 - 8:00 p.m.  
Community Action Partnership  
124 New 6th St,  
Lewiston, ID 83501

Training provided by the Idaho State Independent Living Council  
Jerry Riener, SILC - ABLÉ technical assistance and information project  
coordinator

If you need accommodations, including an alternate format, please  
contact Jerry 72 hours in advance at 208-334-3800 Toll-  
free:1-800-487-4866, or email [jerry.riener@silc.idaho.gov](mailto:jerry.riener@silc.idaho.gov)

Feel free to contact Idaho Parents Unlimited with any questions.

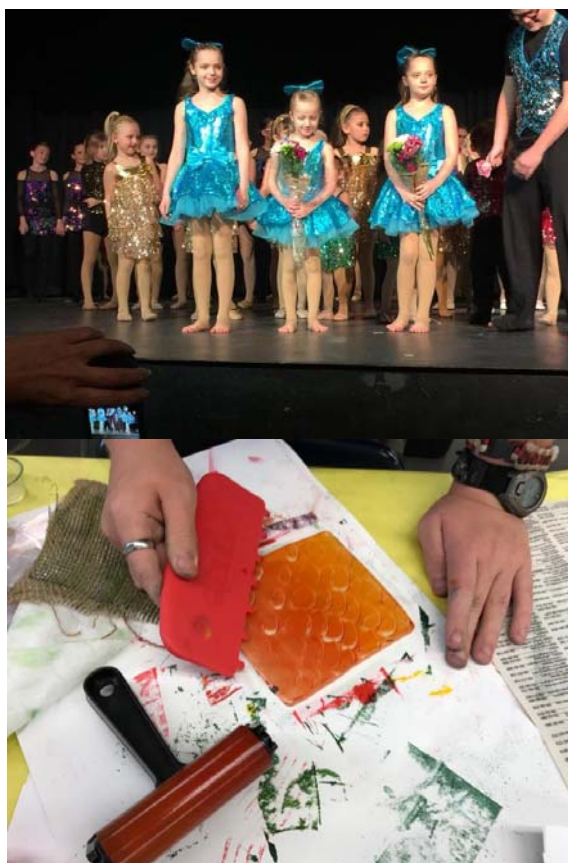
**VSA Idaho - The State Organization on Art and Disability**

IPUL served nearly 500 kids with and without disabilities throughout  
the state last year through its Creative Access Artist in Residency  
Program.

This year seventeen residencies occurred, comprised of thirteen  
schools and four community centers. All residencies were linked to  
Idaho Core State Standards for Arts and Humanities; individual

residencies were also linked to grade requirements for physical education, graphic design, writing and drama. Residencies were specially designed to meet the needs of students with disabilities and address their IEP goals for motor skills, social skills and academic requirements. Students ranged from pre-k to extended 12th grade, with a wide variety of diagnoses and disabilities. Our program reached a diverse population of underserved children, including children receiving chemotherapy at Camp Rainbow Gold, geographically isolated students in central Idaho, high school students with developmental disabilities, and preschoolers involved in early intervention programs. Residencies took place in the following communities:

Boise, Meridian, Notus, Caldwell, Ketchum, Pocatello, Moscow, Troy, and Post Falls!



Did your child get the opportunity to participate in one of these? We'd love to hear what they thought about it!

To learn more about IPUL's arts programs please contact [Heather@ipulidaho.org](mailto:Heather@ipulidaho.org).



For more about VSA International please visit VSA, The National Organization on Arts and Disability:

<http://education.kennedy-center.org/education/vsa/>.



## Idaho Parents Unlimited Save the Date

Idaho Parents Unlimited, Inc.  
Save the Date  
Monthly Workshop and Webinar Series  
2017-2018

**Idaho Parents Unlimited, Inc**  
Assisting Families of Children with Disabilities  
and/or Special Health Care Needs  
Serving Idaho Families Since 1985

**DAY & TIME**

**In-Person Workshops -**  
2nd Wednesday/month  
6-9PM

**Webinars -**  
last Tuesday/month  
11AM & 9PM (mst)

**RSVP**

- 208-342-5884
- parents@ipulidaho.org
- www.ipulidaho.org

**BOISE** ←↔  
4619 Emerald Ste. E.

↔↔ **POCATELLO**  
A New Hope  
300 N. 7th Ave.

**COEUR D'ALENE** ←↔  
Kootenai Health Center  
2003 Kootenai Health Way  
(inside the cafeteria  
classroom 2)

**Register Early!**

**SAVE THE DATE**

**PARENT EDUCATION CALENDAR**  
Monthly Workshop & Webinar Series

August 2017	Success with the IEP
September 2017	Success with the IEP
October 2017	Bullying Prevention (parents & youth)
November 2017	Parent & Professional Collaboration
December 2017	Stop Spinning Your Wheels - Advocacy & Coordination Skills for Your Child's Special Health Care Needs
January 2018	Skills for Effective Advocacy and The Power of a Personal Story (Parents & Youth)
February 2018	Planning for a Healthy Transition (Parents & Youth)
March 2018	Getting and Keeping the First Job (Youth & Parents)
April 2018	Success with the IEP
May 2018	Positive Behavior Interventions and Supports
June 2018	Families are Important (Early Childhood focus)
July 2018	Support & Resources/ Parent Meet-Up

Plain Text:

**April 2018**

Success with the IEP

**May 2018**

Positive Behavior Interventions and Supports

**June 2018**

Families are Important (Early Childhood Focus)

**July 2018**

Support & Resources/ Parent Meet-Up

**Date:**

In Person Workshops - Second Wednesday of each month

Webinars- Last Tuesday of each month

**Time:**

In Person Workshops- 6-9 p.m. in all locations (Please note March's in-person workshop is canceled)

Webinars- 11 a.m. and 9 p.m. Mountain Standard Time

**Locations:**

**Boise:**

4619 E. Emerald Street, Suite E

Boise, Idaho 83642

**Pocatello:**

A New Hope

300 N. 7 th Avenue

Pocatello, Idaho 83201

**Coeur d'Alene:**

Kootenai Health Center

Inside the cafeteria, classroom 2

2003 Kootenai Health Way

Coeur d'Alene, Idaho 83814

**Registration:**

Call - 208-342-5884

Email - [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

Link to online registration - <http://ipulidaho.org/rsvp-for-monthly-workshops-here>

## IPUL Staff



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**Angela Lindig**, Executive Director  
**Amy Ireland**, North Parent Education Coordinator  
**Brandi Shaffer**, East Parent Education Coordinator  
**Sarah Tueller**, Southwest Parent Education Coordinator  
**Heather Kirk Skinner**, Statewide Arts Education Coordinator  
**Rosario Beagarie**, Bilingual Parent Education Coordinator  
**Candace Garman**, Bookkeeper  
**Bill Nuttycombe**, IT Specialist

### IPUL Board-

#### North:

Lisa Richards Evans  
Darci Graves

#### South Central:

Becky Novak

#### Southwest:

James Turner  
Amber Mausling  
Dallas Gudgell  
Robert Rhodes

#### East:

Jared White  
Alycia Birch

Join the IPUL Board of Directors! <http://www.ipulidaho.org>

*The contents of this electronic newsletter were developed under a Cooperative Agreement from the US Department of Education, Office of Special Education (OSEP) Grant #H328M140020 and the U.S. Department of Health and Human Services, Health Resources Services Administration (HRSA) Family to Family Health Information Center Grant # H84MC12896. However, the contents do not necessarily represent the policy of the either department, and you should not assume endorsement by the Federal Government.*

IPUL's parent education programming is always free to families. Consider making a tax-deductible contribution to assist us in assisting families who are raising exceptional children in Idaho. If making a cash contribution is out of reach right now, you can still help by making Idaho Parents Unlimited your charity of choice when shopping at Amazon.com or Fred Meyer thanks to their fantastic giving programs:

Donate Here

Shop at AmazonSmile  
and Amazon will make  
a donation to:  
Idaho Parents  
Unlimited Inc  
501(c)(3) charity  
amazon smile

Fred Meyer  
community  
rewards made  
Where shopping & giving unite



Try it FREE today.

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