



## **Support for Parents of Children with Special Needs**

Most parents like to talk about their children, and who better to talk with than another parent? Parents enjoy learning through sharing their parenting stories and experiences with one another. Many times, parents of children with special needs have even greater necessity for this kind of supportive connection as they deal with unique issues not commonly shared by all parents. Their friends and family are often unable to provide first-hand guidance because they lack the personal experience and knowledge of the child's special needs. What can end up happening is a parent is left feeling isolated and alone.

**But we can help.**

### **Parent to Parent Support Programs of Washington State -**

Washington State Parent to Parent (P2P) is a network of 19 community programs and a Program at Seattle Children's. Activities include:

- Free, confidential services
- Matching parents in one-to-one relationships with skilled, experienced parents in the community based on similar diagnoses and family issues
- Follow-up by local County Coordinators on each P2P referral and help with systems navigation
- Culturally relevant services
- Support and social groups for the family
- Information/Educational Trainings
- Leadership trainings for parents who want to become peer mentors/Helping Parent volunteers
- Newsletters & Facebook



P2PUSA Alliance State Member

### **Parent to Parent (P2P) Support Programs of Washington State**

A Program of The Arc of Washington State

2638 State Ave. NE

Olympia, WA 98506

Toll Free: 1-800-821-5927

[www.arcwa.org](http://www.arcwa.org)

# **ETHNIC OUTREACH COORDINATORS**

(Revised 12/2015)

**¿Hablas Español?** Para información y recomendaciones, llama:

- A tu condado abajo:

## ***P2P EASTERN WASHINGTON -***

<u>County (CONTADO)</u>	<u>Name (NOMBRE)</u>	<u>Number (NUMERO)</u>
Benton/Franklin	Maria Ramos	(509) 783-1131, ext. 108
Grant/Adams /Okanogan	Anna Alvarez	(509) 764-7424
Walla Walla/Columbia/ Garfield/Asotin	Ysabel Fuentes	(509) 525-9435
Yakima	Maria Pulido	(509) 574-3297

## ***P2P WESTERN WASHINGTON -***

King (Arc of King)	Patricia Gonzalez (Spanish)	(206) 829-7027
Additional Communities:	Mardiya Aga (Somali)	(206) 829-7028
	Teresa Nguyen (Vietnamese)	(206) 829-7037
	Mia Franklin (African American)	(206) 829-7036

## **Spanish Language:**

Clark	Maria Rangel	(360) 823-2247, ext. 106
Pierce	Susan Jackson	(253) 565-2266, ext. 107
Skagit	Gabby Lopez	(360) 416-7570, ext. 414
Snohomish	Sugely Sanchez	(425) 258-2459, ext. 106
Thurston	Spanish Language Line	(360) 352-1126
Whatcom	Marcela Jimenez	(360) 255-2056, ext. 2