Resources for families who have a member with Down syndrome

STATEWIDE Support Programs

**Parent and Family Support**
Contact your local chapter of:

- **The Arc of Washington State**
  www.arcwa.org

- **WA State Parent to Parent Programs (P2P)**
  arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs
  1-800-821-5927

- **Family Voices of Washington**
  www.familyvoicesofwashington.com
  1-800-572-7368

- **WithinReach**
  parenthelp123.org
  Parent help hotline: 1-800-322-2588

- **Exceptional Families Network**
  www.exceptional-families.org/
  253-830-4368

- **Families Together**
  www.familiestogether.org
  866-326-4864

**Father’s Support**

- **Washington State Father’s Network**
  fathersnetwork.org/
  425-653-4286

- **Washington Dads**
  www.washingtondads.com

**Sibling Support**

- **Sibling Support Project**
  www.siblingsupport.org/
  206-297-6368

REGIONAL Support Networks

**Puget Sound and Northwestern Region**

- **Down syndrome Community**
  www.downsyndromecommunity.org
  206-257-7191

- **Down syndrome Association of Snohomish County**
  www.DSASC.org
  425-610-8226

- **South Puget Sound Up with Down syndrome**
  www.southsoundupwithdowns.com
  360-915-6276

- **Down syndrome Outreach of Whatcom County**
  arcwhatcom.org/wp/programs/down-syndrome-outreach/
  360-715-0170 ext 304

- **Whatcom Taking Action**
  www.whatcomtakingaction.org

- **Project Little Dude**
  www.projectlittledude.com

- **Central Washington**
  Down syndrome Society of Grant County
  www.dssgc.org/
  509-855-2152

- **Down syndrome Association of the Mid-Columbia**
  www.dsamc.org
  DSAMC@outlook.com
  509-440-1889

- **Olympic Peninsula**
  Upside!
  www.telebyte.com/upside/upside.html

- **Southwestern Region and Portland, OR**
  Northwest Down syndrome Association — Southwest WA, Portland OR
  www.nwdsa.org
  503-238-0522

- **Eastern Washington and Idaho:**
  Down syndrome Connections Northwest
  www.dsconnectionsnw.org
  877-733-3955

Alexa Atkins, working at Starbucks