Resources for families who have a member with Down syndrome

**NATIONAL Support**

**Sibling Support**
Washington State Fathers Network  
www.fathersnetwork.org  
louis.mendoza@kindering.org  
425-362-6421

National Down Syndrome Congress  
www.ndsccenter.org  
info@ndsccenter.org  
800-232-6372

National Down Syndrome Society  
www.ndss.org  
info@ndss.org  
800-221-4602

**Parent and Family Support**
DadsMove  
http://dadsmove.org  
swilliams@dadsmove.org  
253-394-4796

Exceptional Families Network  
www.exceptionalfamilies.org  
info@exceptionalfamilies.org  
253-584-4336

Families Together  
www.familiesTogether.org  
annika@familiesTogether.org  
208-874-7891

Family Voices of Washington  
www.familyvoicesofwashington.com  
pave@wapave.org  
800-572-7368

Informing Families  
www.informingfamilies.org  
grier@ddc.wa.gov  
800-634-4473

**DOH 344-066 March 2019**
For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).
To request a translated version, or for more information, contact: genetics@doh.wa.gov.

**STATEWIDE Support**

**Father’s Support**
Washington State Fathers Network  
www.fathersnetwork.org  
louis.mendoza@kindering.org  
425-362-6421

**REGIONAL Support**

**Central Washington**
Down Syndrome Association of the Mid-Columbia  
www.dsamc.org  
contact@dsamc.org  
509-440-1889

Down Syndrome Society of Grant County  
www.dssgc.org  
cbbuddywalk@gmail.com  
509-855-2152

**Eastern Washington and Idaho**
Down Syndrome Connections NW  
www.downsyndromecnw.org  
info@dsconnectionsnw.org  
877-733-3955

**Olympic Peninsula**
Clallam Mosaic  
www.clallammosaic.org  
info@clallammosaic.org  
360-681-8642

Clallam Parent to Parent  
www.clallammosaic.org/p2p/  
shawnda.mosaic@gmail.com  
360-406-1215

**Puget Sound and Northwestern Region**
Down Syndrome Association of Snohomish County  
www.dsasc.org  
info@dsasc.org  
425-610-8226

Down Syndrome Community of Puget Sound  
www.downsyndromecommunity.org  
contact@downsyndromecommunity.org  
206-257-7191

**Down Syndrome Outreach of Whatcom County**  
www.arccw.org/wp/programs/down-syndrome-outreach/  
dso@arccw.org  
360-715-0170 ext.304

**Project Little Dude**  
www.projectlittledude.com  
krissey@projectlittledude.com  
360-483-6954

**South Puget Sound Up with Down Syndrome**  
www.southsoundupwithdowns.com  
beccabrandt@msn.com  
360-915-6276

**UPSIDE (Down Syndrome Support Group of Kitsap County)**  
upsidednw@gmail.com  
360-434-8729

**Whatcom Taking Action – Single Entry Access to Services (SEAS)**  
www.whatcomtakingaction.org  
SEAS@appco.org  
360-715-7485

Alexa, born with Down syndrome, working in the hospitality division of corporate Starbucks.