



# VIRTUAL SUPPORT & INFORMATION GROUPS



All groups are closed and private, moderated by The Arc, and created exclusively for parents and loved ones of people with developmental disabilities in King County.

## **Facebook Groups** (search FB by group name or URL, click green “join group” button to join)

- P2P: Seattle <https://www.facebook.com/groups/P2Pseattle/>
- P2P: West Seattle <https://www.facebook.com/groups/P2PWestSeattle/>
- P2P: North Seattle <https://www.facebook.com/groups/P2PNorthSeattle/>
- P2P: South King County <https://www.facebook.com/groups/P2PSouthKingCounty/>
- P2P: East King County <https://www.facebook.com/groups/P2Peastkingcounty/>
- P2P: Vashon Island <https://www.facebook.com/groups/P2PVashonIsland/>
- P2P: Single Parents <https://www.facebook.com/groups/p2psingleparents/>
- P2P: Medically Complex <https://www.facebook.com/groups/P2Pmedicallycomplex/>
- P2P: Parents of Teens/Young Adults <https://www.facebook.com/groups/P2PTeensandYoungAdults/>
- P2P: Dads of Special Kids <https://www.facebook.com/groups/735809933225647/>
- P2P: African American Families <https://www.facebook.com/groups/P2PAfricanAmericanFamilies/>
- P2P: Spanish Speaking Families <https://www.facebook.com/groups/SpanishSpeakingFamilies/>

## **Yahoo Groups**

**Autism King** – A group of over 1100 parents in King County who are raising children on the autism spectrum. This group includes parents of children with PDD-NOS, Asperger’s syndrome, and more classic Autism. A great place to connect with other parents for support, understanding, information and resources.

To subscribe, send an email to [autismking-subscribe@yahoogroups.com](mailto:autismking-subscribe@yahoogroups.com).

**Down Syndrome King** – A group of more than 200 families in King County who are raising children of all ages with Down syndrome and want to connect with other families.

To subscribe, send an email to [dsking-subscribe@yahoogroups.com](mailto:dsking-subscribe@yahoogroups.com)

**Into Adulthood** – This group is for parents or family members of young adults with special needs in the greater King County area. The purpose of this group is for mutual support and exchange of information and resources. Let’s encourage each other as we support our children in navigating the road to adulthood.

To subscribe, send an email to [intoadulthood-subscribe@yahoogroups.com](mailto:intoadulthood-subscribe@yahoogroups.com).

**Parents Place** – This group is for all parents in King County who are raising children with special needs. A wonderfully supportive family of over 200 parents, some of whom are raising children with ADD, autism, Down syndrome, CP and many who are undiagnosed. We even talk about our kids without “labels”!

To subscribe, send an email to [parentsplace-subscribe@yahoogroups.com](mailto:parentsplace-subscribe@yahoogroups.com).

For questions or concerns, contact Rachel Nemhauser, Parent to Parent Program Coordinator at The Arc of King County: 206-829-7046, [RNemhauser@arcofkingcounty.org](mailto:RNemhauser@arcofkingcounty.org)