



## **Support for Parents of Children with Disabilities or Special Healthcare 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 disabilities or healthcare 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 disabilities or healthcare 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 22 community programs and a Program at Seattle Children's Hospital. Activities include:

- Free, confidential services
- Matching parents in one-to-one relationships with skilled, experienced parents in the community based on diagnoses and family issues called Helping Parents.
- 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 volunteer Helping Parent (H/P) for matching
- Newsletters, Facebook & E-groups

P2PUSA Alliance State Member



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

A Program of The Arc of Washington State

2638 State Avenue NE

Olympia, WA 98506

Toll Free: 1.800.821.5927

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

## **ETHNIC OUTREACH COORDINATORS**

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

- A tu condado abajo:

### **P2P EASTERN WASHINGTON -**

<b><u>County (CONTADO)</u></b>	<b><u>Name (NOMBRE)</u></b>	<b><u>Number (NUMERO)</u></b>
Benton/Franklin	Maria Ramos <a href="mailto:mariar@arcofricities.com">mariar@arcofricities.com</a>	(509) 783-1131 ext 108
Chelan/Douglas	Gabriela Avina <a href="mailto:espanol@chelandouglasp2p.com">espanol@chelandouglasp2p.com</a>	(509) 860-8961
Grant/Adams /Okanogan	Anna Alvarez	(509) 346-5523
Walla Walla/Columbia/ Garfield/Asotin	Ysabel Fuentes <a href="mailto:p2pespanol@wwvvn.org">p2pespanol@wwvvn.org</a>	(509) 525-9435
Yakima	Maria Pulido <a href="mailto:mariapulido@yvmh.org">mariapulido@yvmh.org</a>	(509) 574-3200

### **P2P WESTERN WASHINGTON -**

Clark	Helping Parent Support	(360) 254-1562 ext 105
King	Patricia Gonzalez <a href="mailto:pgonzalez@arcofkingcounty.org">pgonzalez@arcofkingcounty.org</a>	(206) 829-7027
Seattle's Children <i>Especialista de Apoyo Familiar /Servicios de Apoyo Familiar</i>	Maria Cervantes <a href="mailto:maria.cervantes@seattlechildrens.org">maria.cervantes@seattlechildrens.org</a>	(206) 987-1119
Skagit	TBA	(360) 416-7570
Snohomish	Mely Cervantes <a href="mailto:mely@arcsno.org">mely@arcsno.org</a>	(425) 258-2459 ext 114
Thurston	Spanish Language Line	(360) 352-1126
Whatcom	Marta Mejia <a href="mailto:familia@p2pwhatcom.org">familia@p2pwhatcom.org</a>	(360) 715-0170 ext 308