

Autism Centers

Seattle Childrens (206) 987-8080
Seattle (UW) (206) 221-6806
Tacoma (UW) (253) 692-4721
Spokane (509) 328-1582

<https://www.seattlechildrens.org/clinics/autism-center/>

Autism Outreach Project

Information & referral (888) 704-9633

<https://www.washingtonautismadvocacy.org/updates/provider-resource-directory/8293/the-autism-outreach-project/>

Autism Society of Washington

Information, referral & support (888) 279-4968

<https://autismsocietyofwa.org>

Bates Para-educator Training Program

Information & registration (253) 680-7161

<https://www.sbctc.edu/our-colleges/search-college-programs/bates.aspx>

Brain Injury Association of Washington

Information & referral (877) 824-1766

<https://www.biawa.org/>

CHADD Northwest Chapter

Information & referral (800) 233-4050

<https://chadd.org/>

Center for Change in Transition Services

(206) 296-6494

<https://www.seattleu.edu/ccts/>

Community Services Office (CSO)

(877) 501-2233

<https://www.dshs.wa.gov/esa/community-services-offices/community-services-office>

Dental Education/Care of Persons with Disabilities

(DECOD) Program of (UW) School of Dentistry that treats persons with severe disabilities

Contact (206) 543-4619

<https://dental.washington.edu/decod/>

Department for Services for the Blind

Toll-free (800) 552-7103

<https://dsb.wa.gov/>

Department of Early Learning

Toll-free (866) 482-4325

<https://www.dcyf.wa.gov/services/early-learning-providers>

Developmental Disabilities Admin

<https://www.dshs.wa.gov/dda>

Developmental Disabilities Council (DDC)

Information & referral (800) 634-4473

<https://ddc.wa.gov/>

Disabilities Rights Washington

Legal advocacy & Info (800) 562-2702

<https://www.disabilityrightswa.org/>

Division of Behavioral Health & Recovery (MH)

Jeannette Barnes-Parent Advocate (360) 725-1313

<https://www.dshs.wa.gov/bha>

Division of Vocational Rehabilitation (DVR)

Toll-free (800) 637-5627

<https://www.dshs.wa.gov/dvr>

Down Syndrome Community of Puget Sound

Information & referral (206) 527-7191

<https://downsyndromecommunity.org/>

Early Support for Infants & Toddlers

Information & referral (360) 725-3500

<https://www.dcyf.wa.gov/services/child-development-supports/esit>

Easter Seals Society of Washington

Training, information & direct service. (206) 281-5700

<https://www.easterseals.com/washington/>

Education Ombudsman

Help with education issues statewide-Trainings available (866) 297-2597

<https://www.oeo.wa.gov/en>

END HARM (866) 363-4276

<https://www.dshs.wa.gov/report-abuse-and-neglect>

Epilepsy Foundation Northwest

Programs & services (800) 752-3509

<https://www.epilepsy.com/washington>

Evergreen Spina Bifida Association

Information & referral (888) 289-3700

<https://www.spinabifidaassociation.org/>

Family Health Hotline

Toll-free (800) 322-2588

<https://www.parenthelp123.org/family-health-hotline>

Family to Family Health Information Center

Information & referral about special health care needs

& insurance (800) 572-7368

<https://familyvoices.org/lfp/f2fs/>

FEAT of Washington (Families for Effective Treatment of Autism)

Information & referral (425) 223-5126

<https://www.feata.org/>

Learning Disabilities Association—St Office

Information & referral (425) 882-0820

<https://ldaamerica.org/>

NOFAS Washington

Information, referral & support regarding Fetal Alcohol

Syndrome Toll-free (206) 940-5126

<https://www.nofaswa.org/>

Office of Education Ombudsman (OEO)

Toll-free (866) 297-2597

<https://www.oeo.wa.gov/en>

Office of Deaf & Hard of Hearing (ODHH)

Toll-free (800) 422-7930

<https://www.dshs.wa.gov/altsa/office-deaf-and-hard-hearing>

PAVE

(Partnerships for Action; Voices for Empowerment)

Workshops, resources & referral regarding Special Ed Toll-free (800) 572-7368

<https://wapave.org/>

People First (800) 758-1123

<http://www.peoplefirstofwashington.org/>

Self-Advocacy (SA) Organizations

King County (SA) (206) 632-4633

Self-Advocates in Leadership (SAIL)

<http://www.sailcoalition.org/> (888) 754-8798 x3

Self Advocates of WA (253) 571-8665

<https://www.gtcf.org/community/directory/self-advocates-of-washington/>

Sibling Support Project (206) 297-6368

<https://www.siblingsupport.org/>

Special Ed Technology (509) 963-3350

Social Security Administration (SSA/SSI)

<https://www.ssa.gov/> (800) 772-1213

Special Olympics Of WA State

Information (206) 362-4949

Tourette's Syndrome Association

Information & referral 206) 621-2108

WA Access Fund

(877) 428-5116

WA Apple Health & Apple Health for Kids

(800) 562-3022

WA Assistive Technology Act Program

(WATAP)

(800) 214-8731

WA Autism Alliance & Advocacy

Information & referral (425) 894-7231

WA NAMI (Mental Illness)

Advocacy, information and support (206) 783-4288

WA Prescription Drug Discount Card

Information (800) 913-4146

WA State Father's Network

Support and resources for Fathers (425) 653-4286

WA State Hands & Voices

Emotional support for families with children who are deaf, deaf-blind or hard of hearing.

(425) 268-7087

WA State Sensory Disability Services

Information, technical assistance and resources

PARENT-TO-PARENT SUPPORT PROGRAMS

Emotional support, information, referral and systems navigation.

Toll-free (State Office) (888) 754-8798 x2

CENTRAL REGION

Chelan/Douglas	(253) 223-1849
Español	(509) 885-5021
Grant/Adams	(509) 764-7424
Español	(509) 346-5523
Kittitas	(509) 929-7277
Yakima English & Español	(509) 574-3200

EAST REGION

Benton/Franklin	(509) 783-1131 x108
Lincoln/Whitman	(253) 335-6835
Okanogan/Ferry	(425) 232-3473
Spokane/	(509) 328-6326 x8323
Stevens/Pend Oreille	
Walla Walla/Columbia/Garfield/Asotin	(509) 540-9880
Español	(509) 301-0679

NORTHWEST REGION

Island	(360) 632-7539
San Juan	(253) 225-6105
Skagit	(360) 416-7570 x 1013
Español	(360) 416-7570 x 3999
Snohomish	(425) 258-2459
Español	(425) 258-2459 x 114
Whatcom	(360) 715-0170
Español	(360) 715-0170 x 308

PENINSULA REGION

Clallam	(360) 406-1215
Grays Harbor/Pacific	(360) 537-7000
Kitsap	(360) 516-8276
Jefferson	(360) 377-3473 x 102
Thurston/Mason/Español	(360) 352-1126 & Lang. Line

PIERCE/KING REGION

King	(206) 829-7053
Español	(206) 829-7027
Pierce English & Español	(253) 565-2266

SOUTHWEST REGION

Clark &	(360) 823-2247 x-109
Klickitat &	(360) 231-9414
Skamania	(360) 443-1235
Español	(360) 823-2247 x-103
Cowlitz/Wahkiakum	(360) 425-5494
Lewis	(360) 736-4359
Seattle CHILDREN'S	(206) 987-1119

Parent Coalitions-Legislative Advocacy

Benton/Franklin-

Sharon Adolphsen (509) 967-3974

Clark County-

Darla Helt (360) 823-2247 x 102

Grant/Adams/Lincoln

Debbie Chapman (509) 659-4173

Grays Harbor-

Charlene McCarty (360) 537-7000

King County-

Cathy Murahashi (206) 829-7039

Kitsap County-

Melissa Lund (360) 373-2502 x 100

Kittitas County-

Michelle Williams (509) 929-7277

Lewis County-

Dot Workman (360) 623-9022

Pierce County-

Beth Ann Garteiz (253) 564-0707 x 107

Skagit County

(206) 235-1236

Snohomish County-

Megan Edmonds (425) 258-2459 x 107

Spokane County-

Darci Ladwig (509) 789-8327

Whatcom County-

Monica Burke (360) 715-0170

Yakima County-

Linda Fox (509) 731-7761

The Arc of Washington State

Advocacy, information and referral, education of policy makers and the public.

State Office (360) 357-5596

Toll-free (888) 754-8798

Local Arc Chapters

Cowlitz County (360) 425-5494

Grays Harbor (360) 537-7000

King County (206) 364-6337

Peninsulas (K/J Co) (360) 377-3473

Snohomish County (425) 258-2459

Spokane County (509) 328-6326

Tri-Cities (509) 783-1131

Whatcom (360) 715-0170



Revised August 2020

Washington State Parent to Parent is thankful to the following state agencies for continued funding support: The Arc of Washington, Washington State Developmental Disabilities Administration (DDA), Washington State Department of Health (DOH), Washington State Developmental Disabilities Council (DDC).



PARENT TO PARENT (P2P) SUPPORT PROGRAMS of

Providing information, systems navigation, education and support to families who have a child with a special health care need and/or disability

Toll Free

1.888.754.8798 x 2

P2PUSA Alliance State Member