



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 special 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 this shared experience. Parents often feel 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 26 Local County Programs that provide outreach and support to all counties in the state. There is also a parent support program at Seattle Children's Hospital.

Activities include:

- Free, confidential services
- Matching parents in one-to-one relationships with skilled, experienced parents called Helping Parents. Matches are based on diagnoses and family issues.
- Follow-up by local County Coordinators on each P2P referral who also help with systems navigation and resource identification
- 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)
- 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: 1.888.754.8798 option 2 * Website: www.arcwa.org

MULTICULTURAL OUTREACH COORDINATORS

¿Hablas Español? Para más información y hacer referidos, llama a su condado abajo:

- **A tu condado abajo:**

P2P EASTERN WASHINGTON –

<u>County (CONTADO)</u>	<u>Name (NOMBRE)</u>	<u>Number (NUMERO)</u>
Benton/Franklin	Maria Villarreal mariar@arcoftricity.com	(509) 783-1131 ext. 108
Chelan/Douglas	Amelia Hernandez amelia@thebravewarriorproject.com	(509) 885-5021
Grant/Adams	Anna Alvarez, Adams Co. Anamar1554@yahoo.com	(509) 346-5523
Walla Walla/Columbia/ Garfield/Asotin	Ysabel Fuentes p2pespanol@wwvdn.org	(509) 525-9435
Yakima	Maria Pulido mariapulido@yvmh.org	(509) 574-3200

P2P WESTERN WASHINGTON –

Clark/Klickitat/Skamania	Tanya English Apoyo para Padres Ayudante (& Helping Parent Support) culturaloutreach2@peacenw.org	(360) 823-2247 ext. 103
King	Patricia Gonzalez pgonzalez@arcofkingcounty.org	(206) 829-7027
Seattle's Children	Maria Cervantes <i>Especialista de Apoyo Familiar / Servicios de Apoyo Familiar</i> maria.cervantes@seattlechildrens.org	(206) 987-1119
Skagit	Fabiola Solis multiculturalp2p@sparckids.org	(360) 416-7570 ext. 3999
Pierce	Liz Sarmiento P2P@wapave.org	(253) 370-0124
Snohomish	Luz Cobian Luz@arcsno.org ;	(425) 258-2459 ext. 114
Thurston	Spanish Language Line (Línea en Español)	(360) 352-1126
Whatcom	Marta Mejia familia@p2pwhatcom.org	(360) 715-0170 ext. 308