



WASHINGTON STATE PARENT TO PARENT SUPPORT PROGRAMS SITES AND COORDINATORS – January 2019

STATE PARENT TO PARENT OFFICE

SUSAN ATKINS, State Coordinator
Washington State P2P Programs
2638 State Avenue NE, Olympia, WA 98506
VOICE: (425) 641-7504, CELL: (425) 269-3267
Toll Free: (800) 821-5927
E-MAIL: parent2parentwa@gmail.com
SPONSORING AGENCY: The Arc of Washington State
Jackie Thomason, Administrative Assistant
E-MAIL: info@arcwa.org
VOICE: (360) 357-5596 option 2 Toll-Free: (888) 754-8798
Fax: (360) 357-3279 website: www.arcwa.org
Facebook: <https://www.facebook.com/parentto.parent.9>

Parent Support Program Seattle Children's

MARIA CERVANTES, Family Support Specialist | Family Support Services
Seattle Children's (Spanish also)
OFFICE: 4800 Sand Point Way NE, Seattle, WA, 98105
MAIL: M/S RB.7.420; PO Box 5371; Seattle, WA 98145-5005
VOICE: (206) 987-1119
FAX: (206) 987-2235
E-MAIL: maria.cervantes@seattlechildrens.org
Website: <http://cshcn.org/support-connections/support-and-connection-for-families/> or <http://www.seattlechildrens.org/>

CENTRAL REGION

Chelan/Douglas Counties

SHANNON COX, Coordinator
23 South Wenatchee Avenue, Suite 203
Wenatchee, WA 98801
Program Activities: Support, information, Sibshops, newsletter, social activities, and referrals provided. Helping Parent trainings once per year.
CELL (509) 423-8527
E-MAIL: p2pcoordinator@chelandouglasparent2parent.com
SPONSORING AGENCY: Chelan Douglas Developmental Disabilities
Website: www.chelandouglasparent2parent.com
Facebook: <https://www.facebook.com/chelandouglasparent2parent/>

Okanogan County (New)

SHANNON MENDOZA, Developmental Disabilities Lead
Okanogan Behavioral Healthcare
1007 Koala Drive
Omak, WA 98841
Program Activities: TBA
VOICE: (509) 826.8497
FAX: (509) 826.5094
E-MAIL: smendoza@okbhc.org; Tcardwell-burns@co.douglas.wa.us
SPONSORING AGENCY: Chelan Douglas Developmental Disabilities

Grant/Adams Counties

JENNIFER NEWHOUSE, Coordinator
CHRISTI DIERINGER, Outreach Coordinator
ANNA ALVAREZ, Hispanic Outreach Coordinator
605 Coolidge Street
Moses Lake, WA 98837
Program Activities: Family Social Events, Mom's Night Out, Café Chat, Book Club, Weekly Parent Meetings, Home Equipment Loan Program, Lending Library, Quarterly Newsletter, Disability Awareness Training, Facebook Pages & Groups
VOICE: (509) 764-7424, to reach Anna Alvarez: (509) 346-5523
FAX: (509) 765-5838
E-MAIL: jnewhouse@mlchc.org, cdieringer@mlchc.org
SPONSORING AGENCY: Moses Lake Community Health
Website: www.mlchc.org

Kittitas County

MICHELLE WILLIAMS, Coordinator
PO Box 837 / 111 East University Way
Ellensburg, WA 98926
Program Activities: Parent Support Meetings, Family Social Events, Newsletters, Workshops, Information and Referral
VOICE: (509) 929-7277
E-MAIL: kittitascountyparent2parent@gmail.com
SPONSORING AGENCY: Kittitas Valley Opportunities

Yakima County

TRACIE HOPPIS, Supervisor
AMY BERKHEIMER, Program Specialist
GLORIA URNESS, Program Specialist
MARIA PULIDO, Hispanic Outreach
3801 Kern Road
Yakima, WA 98902
Program Activities: English and Spanish Parent Group, Hispanic Outreach, Sibshops, Recreational Program, Teen Club, Disability Awareness, Neonatal Intensive Care Unit Support Project, Newsletter, Autism Support Group, Family Social Events, New Diagnosis Support Group
VOICE: (509) 574-3263
FAX: (509) 574-3210
E-MAIL: traciehoppis@yvmh.org, amyberkheimer@yvmh.org, GloriaUrness@yvmh.org, mariapulido@yvmh.org
SPONSORING AGENCY: Virginia Mason Memorial
Website: <https://www.yakimamemorial.org/>

EAST REGION

Benton/Franklin Counties

MELISSA BROOKS, RN, Coordinator
MARIA VILLARREAL, Hispanic Outreach Coordinator
1455 Fowler Street
Richland, WA 99352
Program Activities: Parent Support group with Educational classes, Activities for families, quarterly newsletter with The Arc of Tri-Cities, Senior Caregiver Project, provide education and social activities for parents and youth.
VOICE: (509) 783-1131, ext. 108
FAX: (509) 735-7706
E-MAIL: p2p@arcofricities.com, maria@arcofricities.com
SPONSORING AGENCY: The Arc of Tri-Cities
Website: arcofricities.com
Facebook: <https://www.facebook.com/p2ptricities/?fref=fb>

Ferry County (No P2P Program currently)

Pend Oreille (No P2P Program currently)

Spokane/Lincoln/Whitman Counties (New)

SHELLEY GACUSANA, Spokane Coordinator
DEBBIE CHAPMAN, Lincoln & Whitman Coordinator
320 East 2nd Avenue
Spokane, WA 99202
Program Activities: Parent Support Group & Workshops, Parents 4 Life monthly meetings, Newsletter, Lending Library, Transition Support, Guardianship & IEP referrals, Annual Holiday Party & Summer Picnic, Annual Family Support Conference in the spring
VOICE: (509) 328-6326, ext. 8323 (Shelley) (253) 335-6835 (Debbie)
FAX: (509) 328-6342
E-MAIL: SGacusana@arc-spokane.org, dchapman@arc-spokane.org (Debbie)
SPONSORING AGENCY: The Arc of Spokane
Website: www.arc-spokane.org
Facebook: <https://www.facebook.com/SpokaneP2P/>

Steven's County (No P2P Program currently)





WASHINGTON STATE PARENT TO PARENT SUPPORT PROGRAMS SITES AND COORDINATORS – January 2019

Walla Walla/Columbia/Garfield/Asotin Counties

ANGIE WITT, Coordinator
 YSABEL FUENTES, Co-Coordinator & Hispanic Parent Outreach
 PO Box 1918
 Walla Walla, WA 99362
Program Activities: Support, information, newsletter and referral provided.
 Helping Parent trainings once per year.
 VOICE: (509) 540-9880; to contact Ysabel, (509) 301-0679
 E-MAIL: p2p@wvwdn.org, p2pespanol@wvwdn.org,
 SPONSORING AGENCY: Walla Walla Valley Disability Network-Cyndy Knight
 ED admin@wvwdn.org
 Website: www.wvwdn.org
 Facebook: <https://www.facebook.com/WallaWallaParent2Parent/?fref=ts>

NORTHWEST REGION

Island County

TIFFANY WHEELER-THOMPSON, Coordinator
 PO Box 5000
 Coupeville, WA 98239
Program Activities: Support, resources, networking opportunities and referral options, monthly newsletters and events, latest research, legislative activity and support group information. Sponsors or co-sponsors several support groups including Spanish all over Whidbey Island.
 VOICE: (360) 632-7539
 FAX: (360) 679-7377
 E-MAIL: t.wheeler-thompson@co.island.wa.us
 SPONSORING AGENCY: Island County Human Services
 Website: <https://www.islandcountywa.gov/Humanservices/>
 Facebook: <https://www.facebook.com/islandcountyparent2parent/?fref=ts>

San Juan County (No P2P Program currently)

Skagit County

HEATHER MILLIREN, Coordinator ext. 1013
 AMANDA SLOAN, Assistant Coordinator ext. 1016
 FABIOLA SOLIS, Hispanic Outreach Specialist ext. 3999
 320 Pacific Place
 Mt. Vernon, WA 98273
Program Activities: Resources, lending library, support meetings, educational workshops, recreational activities, annual Helping Parent Training, annual moms' events and Spanish translation available.
 VOICE: (360) 416-7570
 FAX: (360) 416-7580
 E-MAIL: p2p@sparckids.org, Amanda@sparckids.org,
Hispanicp2p@sparckids.org
 SPONSORING AGENCY: SPARC
 Website: www.p2pskagit.org
 Facebook: <https://www.facebook.com/SkagitP2P/>

Snohomish County

JAMIE COONTS, Coordinator, ext. 104
 ALAINA KUBE, Coordinator, ext. 111
 LYNNEA RIMANDO, Coordinator, ext. 106
 MELY CERVANTES, Hispanic Outreach Coordinator, ext. 114
 NICHOLAS WRIGHT, Coordinator, ext. 122
 2500 Hewitt Avenue, Suite 300
 Everett, WA 98201
Program Activities: Helping Parent, Mothers Network, Fathers Network, Autism Support Group, English & Spanish Parent Groups, Monthly Parent Speaker Night, Lego Club, Family Activities, Sibshops, Special Education Speakers & Support, Caregiver Support Group, Weekly/Bi-weekly Arc Happenings e-mail Newsletter with events & resources, Website Calendar, Book & Video Lending Library
 VOICE: (425) 258-2459
 FAX: (425) 252-8232

E-MAIL: jamie@arcsno.org, alaina@arcsno.org, Lynnea@arcsno.org,
mely@arcsno.org, Nicholas@arcsno.org
 SPONSORING AGENCY: The Arc of Snohomish County
 Website: www.arcsno.org

Whatcom County

KARLENE UMBAUGH, Coordinator, ext. 302
 MELISSA ABRAHAM, Parent Assistant ext. 301
 MARTA MEJIA, Latino Community Coordinator, ext. 308
 2602 McLeod Road
 Bellingham, WA 98225
Program Activities: Monthly Newsletter, Monthly Support Meetings, Family Inclusive Events, Parent Workshop, Super Sitter Training, Helping Parent Training, Sibshops, Hispanic Outreach Family Events, Book & Video Lending Library, and Parent Matches.
 VOICE: (360) 715-0170
 FAX: (360) 715-8522
 E-MAIL: karlene@p2pwhatcom.org, melissa@p2pwhatcom.org,
info@p2pwhatcom.org, familia@p2pwhatcom.org,
 SPONSORING AGENCY: Arc of Whatcom County – Beverly Porter, ED
beverlyp@arcwhatcom.org
 Website: www.p2pwhatcom.org
 Facebook: <https://www.facebook.com/ParenttoParentWhatcom/>

PENINSULA REGION

Clallam County

SHAWNDA HICKS, Coordinator
 301 East Lopez Avenue # 4
 Port Angeles, WA 98362
Program Activities: Parent support, seminars, social activities and information
 VOICE: (360) 406-1215 Shawnda or (360) 797-3602 Priya
 E-MAIL: shawnda.mosaic@gmail.com, priya.mosaic@gmail.com
 SPONSORING AGENCY: Clallam Mosaic; Priya Jayadev, Executive Director
 Website: www.clallamosaic.org
 Facebook: <https://www.facebook.com/groups/750626038422099/>

Grays Harbor/Pacific Counties (New)

CHARLENE McCARTY- P2P/Parent Coordinator
 AMBER COOK, P2P Pacific Coordinator
 523 West First Street
 PO Box 1794
 Aberdeen, WA 98520
Program Activities: Parent and Family emotional support and guidance in navigating our complex system, Informational Resource & Referral via phone, e-mail, Facebook and website. Quarterly Arc Newsletter and bi-monthly email bulletin, Educational workshops and presentations on schools I.E.P. (Individual Education Plan) and 504 plans, Transition Services, Guardianship, Wills & Trusts, and other topics. Life Skills and Social events, Summer Youth Employment program, Annual Helping Parent Training
 VOICE: (360) 537-7000
 FAX: (360) 537-8816
 E-MAIL: charlenem@arcgh.org, amperc@arcgh.org
 SPONSORING AGENCY: The Arc of Grays Harbor
 Website: www.arcgh.org
 Facebook: <https://www.facebook.com/groups/515908978594356/>

Kitsap/Jefferson Counties

KIMBERLY ADAMS, Kitsap Coordinator
 DIANE PORTER, Jefferson Coordinator
 3243 North Perry Avenue
 Bremerton, WA 98310
Program Activities: newsletter, workshops, resources
 VOICE: Kitsap (360) 516-8276, Jefferson (360) 801-1623
 E-MAIL: KAdams@penarc.org; DPorter@penarc.org
 SPONSORING AGENCY: The Arc of the Peninsulas-Website: www.penarc.org/
 Facebook: <https://www.facebook.com/thearcofkitsapandjeffersoncounties/>





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Thurston/Mason Counties

SYLVIA DAVENPORT, Coordinator

South Sound Parent to Parent

2108 Caton Way SW

Olympia, WA 98502

Program Activities: Spanish Language Line, Helping Parent, P2P Support Groups, Cheers to You Support Group, Down Syndrome Support and activities, Mom to Mom, Sibshops, Family Activities, Annual Family Picnic, Buddy Walk, Infant/Toddler Early Intervention Program (ESIT), Transition/IEP Support, Toy/Equipment/Book lending program, Information and referral, website, monthly newsletter, Parent Education

VOICE: (360) 352-1126 (main line & Spanish Language Line)

Toll Free: (877) 352-1126

FAX: (360) 352-0761

E-MAIL: sdavenport@ssp2p.org

SPONSORING AGENCY: 501(C) 3 Parent to Parent of Thurston County

Website: www.ssp2p.org

Facebook: <https://www.facebook.com/SSP2P/>

PIERCE / KING REGION

King County

RACHEL NEMHAUSER, Supervisor

PATRICIA GONZALEZ, Coordinator for Latino & Spanish Speaking Families

RICHARD MULLEN, African American Coordinator

233 6th Avenue North

Seattle, WA 98109

Program Activities: Parent Support groups, Information and referral, Email support and information groups, Parent education, family events in English, Spanish and for African American families

VOICE: (206) 829-7053

SPANISH: (206) 829-7030

Contact info:

Rachel Nemhauser: (206) 829-7046 or RNemhauser@arcofkingcounty.org

Patricia Gonzalez: (206) 829-7027 or pgonzalez@arcofkingcounty.org

Richard Mullen: (206) 829-7036 or RMullen@arcofkingcounty.org

FAX: (206) 364-8140

SPONSORING AGENCY: The Arc of King County

Website: www.arcofkingcounty.org

Facebook: <https://www.facebook.com/arcofkingcounty/>

Pierce County

MICHELE LEHOSKY, Coordinator ext. 104

DOREEN VANDERVORT, Co-Coordinator ext. 107

LIZ SARMIENTO, Hispanic Outreach Coordinator

6316 South 12th Street

Tacoma, WA 98465

Program Activities: Parent Information & Education, On-line Support Group, List serve support, Down Syndrome Support group, Mom's Night Out, Person Centered Planning Workshops, Spanish Support Group, PURPAS Autism Group, Coffee or Tea with P2P, Helping Parent Training Leadership & Advocacy Program, Community Family Events

VOICE: (253) 565-2266, Mon.-Fri. 1:00 – 4:30

V/TTY: (253) 565-2266 OR 1-800-5PARENT

FAX: (253) 566-8052

E-MAIL: P2P@wapave.org

SPONSORING AGENCY: PAVE

Website: <http://wapave.org/>

Facebook: <https://www.facebook.com/washingtonpave/>

Help Request: www.wapave.org/get-help



SOUTHWEST REGION

Clark/Skamania Counties (New)

THERESA VAN PELT, Coordinator

PO Box 820681

Vancouver, WA 98682

Program Activities: Social Gatherings, Support Groups, Newsletter, Lending Library

VOICE: (360) 823-2247 ext. 109 or (Spanish 360.823.2247 ext 103)

FAX: TBA

E-MAIL: P2PCC@peacenw.org

SPONSORING AGENCY: Parents Empowered And Communities Enhanced (PEACE); Darla Helt, Executive Director darlah@peacenw.org

Facebook: <https://www.facebook.com/CCP2P/>

Cowlitz County

LACEY CAIRNS, Coordinator

906 New York Street

Longview, WA 98632

Program Activities: Monday Playgroup, Weekly Respite Program, Outreach, Information and Referral, Parent/Family Support Services, Support with DDA, SSI, Guardianship and Trusts, IEP/504 School Support and Advocacy Services, Annual Family Day Camp, Fins of Fury Swim Camp, Transition Services, Helping Parent Training, Disability Awareness, Facebook Parent Support Group-Closed Group, Holland Graduates, Holland Program, Parent Advisory Group, Parent Workgroups,

VOICE: (360) 425-5494

FAX: (360) 577-9137

E-MAIL: laceycairns@lifeworkswa.org

SPONSORING AGENCY: LifeWorks WA

Website: <http://www.lifeworkswa.org/>

Facebook: <https://www.facebook.com/groups/1807729746114125/> closed group

The Arc of Cowlitz County page: https://www.facebook.com/pg/The-Arc-of-Cowlitz-County-387884154662446/posts/?ref=page_internal

Klickitat County

GAIL LAMPERS, Coordinator

Mailing Address (PEACE):

PO Box 820681

Vancouver, WA 98682

Program Activities: Newsletter, Coffee Chat, Informational Teaching Series
VOICE: (509) 774-7472 or (Spanish 360.823.2247 ext 103)

E-MAIL: klickitatcountyp2p@gmail.com

SPONSORING AGENCY: Parents Empowered And Communities Enhanced (PEACE); Darla Helt, Executive Director darlah@peacenw.org

Facebook: <https://www.facebook.com/ParenttoParentofKlickitatCounty/>

Lewis County

TAMARA BARTEL, Coordinator

PO Box 870

203 West Reynolds Avenue

Centralia, WA 98531

Program Activities: Monthly Parent Support meetings, Newsletter, Resource & Referral Service, Video & Book Lending Library, Educational Trainings and Family Events, Transition Support, Community Education.

VOICE: (360) 520-9299

FAX: (360) 330-1663

E-MAIL: TBartel@reliableenterprises.org

SPONSORING AGENCY: Reliable Enterprises

Website: www.reliableenterprises.org

Facebook: <https://www.facebook.com/lewiscountyparent2parent/?fref=ls>

Wahkiakum County (No P2P Program currently)