



Mission

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the *next step*.

Vision

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.

'My daughter was diagnosed with Autism when she was in the second grade. She is now in the ninth grade, and I am certain there is no way I could have made it through these past seven years (with my sanity intact) had it not been for the Parent to Parent support group. I look forward to my monthly meetings where I can get together with other parents of children with special needs. Collectively, these parents are a wealth of knowledge when it comes to resources and advice for special needs parenting.

But more importantly, they offer an abundance of empathy-which is truly therapeutic to any parent who is struggling. Chances are, someone at the table has gone through my current challenge – and even if they haven't - they can identify with my pain or frustration in a way that parents of typical children cannot. We share the tough times and the happy milestones. We laugh together and commiserate together. The friends I have made at the Parent to Parent support groups are some of my favorite people. They don't judge. They offer support and understanding. To me, that's invaluable. I come away from every meeting feeling refreshed and empowered.'



Learning that your child has special health or developmental needs can be an emotional experience. Parents and caregivers often have questions and concerns as they learn to adjust.

Personal support from another parent, who has a child with similar needs, can help!

Parent to Parent support programs are available in every county in Washington State, providing peer support for parents, sibling support, sharing groups, family events and more.

Multicultural support services are also available.

Visit the Parent to Parent map to find a program near you:

<https://arcwa.org/parent-to-parent/map/>



Washington State Parent to Parent Programs

<https://arcwa.org/parent-to-parent>

(888) 754-8798 ext. 2

info@arcwa.org