

## PARENT-TO-PARENT SUPPORT PROGRAMS

Emotional support, information, referral and systems navigation.

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

### CENTRAL REGION

Chelan/Douglas (509) 888-0902  
Español (509) 415-9896  
Grant/Adams (509) 764-7424  
Español (509) 764-7424  
Kittitas (509) 929-7277  
Yakima English & Español (509) 574-3200

### EAST REGION

Benton/Franklin (509) 783-1131 x108  
Lincoln/Whitman (509) 432-4930  
Okanogan (509) 826-8403  
Spokane/ (509) 789-8797  
Stevens/Pend Oreille/Ferry (509) 789-8782  
Walla Walla/Columbia/Garfield/Asotin (509) 540-9880  
Español (509) 301-0679

### NORTHWEST REGION

Island (360) 632-7539  
San Juan (360) 622-0326  
Skagit (360) 416-7570 x2999  
Español (360) 416-7570 x3999  
Snohomish (425) 258-2459  
Español (425) 258-2459 x114  
Whatcom (360) 715-0170  
Español (360) 715-0170 x308

### PENINSULA REGION

Clallam (360) 406-1215  
Grays Harbor/Pacific (360) 537-7000  
Kitsap (360) 516-8276  
Jefferson (360) 377-3473  
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 x115

### SOUTHWEST REGION

Clark English & Español (360) 823-2247 x109  
Cowlitz/Wahkiakum (360) 425-5494  
Klickitat (360) 513-6682  
Español (360) 823-2247 x103  
Lewis (360) 736-4359  
Skamania (360) 513-6682  
Español (360) 823-2247 x103

Seattle CHILDREN'S (206) 987-1119

## Parent Coalitions-Legislative Advocacy

### Benton/Franklin-

Sharon Adolphsen (509) 967-3974

### Clark County-

Darla Helt (360) 823-2247

### Grant/Adams/Lincoln

Debbie Chapman (509) 659-4173

### Grays Harbor-

Christie Chiles (360) 537-7000

### King County-

Ramona Hattendorf (206) 829-7048

### Kittitas County-

Michelle Williams (509) 929-7277

### Pacific County -

Amber Cook (360) 537-7000

### Pierce County-

Beth Ann Garteiz (253) 564-0707 x 107

### Snohomish County-

Jake Murry (425) 258-2459 x 105

### Spokane County-

Jennifer Ranney (509) 789-8327

### Thurston County-

Michelle O'Dell (206) 914-7066

### Whatcom County-

Beverly Porter (360) 715-0170

## 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

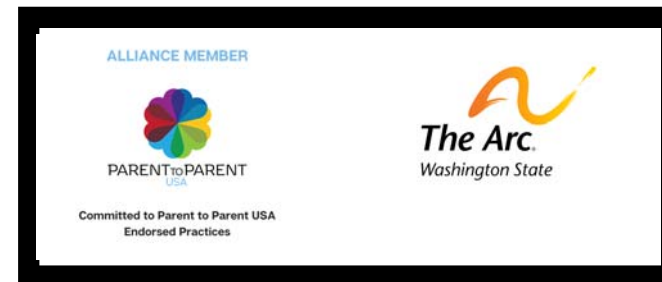
Snohomish County (425) 258-2459

Southwest (360) 254-1562

Spokane County (509) 328-6326

Tri-Cities (509) 783-1131

Whatcom (360) 715-0170



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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 WASHINGTON STATE

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

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

P2PUSA Alliance State Member

### **Autism Centers**

<https://medicalhome.org/>

### **Autism Outreach Project**

<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) 866-200-8098  
<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 Children, Youth & Families**

Toll-free (866) 482-4325  
<https://www.dcyf.wa.gov/services/early-learning-providers>

### **Developmental Disabilities Administration**

<https://www.dshs.wa.gov/dda> (877) 501-2233

### **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 Administration**

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) 257-7191  
<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/>

### **END HARM**

(866) 363-4276  
<https://www.dshs.wa.gov/report-abuse-and-neglect>

### **Epilepsy Foundation Northwest**

Programs & services (503) 205-1404  
<https://www.epilepsy.com/washington>

### **Family Health Hotline (Help Me Grow)**

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/lfpp/f2fs/>

### **Learning Disabilities Association**

Information & referral (425) 882-0820

<https://ldaamerica.org/>

### **NOFAS Washington**

Information, referral & support regarding Fetal Alcohol Syndrome  
Toll-free (800) 270-4849  
<https://www.nofaswa.org/>

### **Office of Education Ombuds (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** (Krista)

(253) 999-7222  
<http://www.peoplefirstofwashington.org/>

### **Safe in Home**

Eastern WA-Erin Holthaus (509) 828-3810  
Western WA-Peggy DiSalle (425) 922-9292  
<https://www.safeinhome.com/>

### **Self-Advocates in Leadership (SAIL)**

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

### **Self Advocates of Washington**

<https://www.facebook.com/WeAreSAW/>

### **Sibling Support Project**

(206) 297-6368

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

### **Special Ed Technology**

(509) 963-3350  
<https://sites.google.com/view/specialedtechcenter/home>

### **Social Security Administration (SSA/SSI)**

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

### **Special Olympics Of WA State**

Information (206) 362-4949  
<https://specialolympicswashington.org/>

### **Tourette's Syndrome Association**

Information & referral (888) 4-TOURET  
<https://tourette.org/>

### **WA Access Fund**

(877) 428-5116  
<https://www.nwaccessfund.org/>

### **WA Apple Health & Apple Health for Kids**

(800) 562-3022

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>

### **WA Assistive Technology Act Program**

(WATAP) (800) 214-8731  
<https://watap.org/>

### **WA Autism Alliance & Advocacy**

Information & referral (425) 894-7231  
<https://washingtonautismalliance.org/>

### **WA NAMI (Mental Health)**

Advocacy, information and support (206) 783-4288  
<https://namiswwa.org/>

### **WA Prescription Drug Discount Card**

<https://www.wellrx.com/> (800) 913-4146

### **WA State Father's Network**

Support and resources for Fathers (425) 653-4286  
<https://fathersnetwork.org/>

### **WA State Hands & Voices**

Emotional support for families with children who are deaf, deaf-blind or hard of hearing. (425) 268-7087  
<https://wahandsandvoices.org/>

### **WA State Sensory Disability Services**

Information, technical assistance and resources  
<https://www.wsdsonline.org/> (800) 572-7000

### **WISE—WA Employment Opportunities**

<https://www.gowise.org/> (206) 343-0881

### **WithinReach**

Information and referral (206) 284-2465  
<https://withinreachwa.org/>