



Washington State Parent to Parent (P2P) Monthly Newsletter



The Arc has been the proud host of the Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

March 2025

[Find your Local P2P Group](#)

[Join The Arc of WA State](#)

[Join our P2P Facebook Group](#)

Give Us A Call: (360) 357-5596 *option 2*



You have probably heard about the current threats to Medicaid. For those of us who utilize Medicaid for ourselves or our family members, this is a devastating possibility. For individuals with developmental disabilities, Medicaid pays for much more than healthcare; it also pays for transportation, personal care and supported living services (to name just a few). These are services that aren't just helpful, but critical to keep people safe and accessing the services they need to live, work and be part of the community.

Consider learning more and getting involved! Check out The Arc of Washington's page and be sure to scroll to the bottom to read about all the ways YOU can get involved in protecting Medicaid. Your voice matters!

<https://arcwa.org/advocacy/medicaid/>

Goodbye to April Paccereilli with Ferry, Pend Orielle and Stevens Counties Parent to Parent.

~~~Tracie, Theresa, Maria and Jackie

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Remember to check out our [Parent to Parent page](#) on The Arc of Washington's website ([P2P Map & Coordinator info](#) here). You can find up-to-date information about Coordinators and programs serving every County in Washington State!

[The Parent to Parent Family Stories page](#) on the website. *(Spanish)*



### **Mission of Parent to Parent**

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.

### **Values**

- *We believe parents and caregivers want the best for their families and have the creativity and capacity to overcome challenges and celebrate successes.*
- *We commit to creating safe spaces for reflection, vulnerability, questioning and ongoing learning for parents and caregivers.*
- *We practice inclusion and respect for all with a commitment to listen fully and learn from the diverse viewpoints of the families we serve.*
- *We honor the rewarding and challenging work of parents, caregivers and community partners.*
- *We engage community partnerships through outreach, listening and education to encourage inclusive communities where families can thrive.*
- *We promote building communities that are equitable, non-biased and socially healthy where all families and children can live inclusive, safe and fulfilling lives.*



## **INFORMATION & RESOURCES**

### **1.) Early Support for Infants and Toddlers (ESIT)**

In Washington, eligible children from birth to age 3 can receive free early intervention services through the Early Support for Infants and Toddlers (ESIT) program! These services, guided by an Individualized Family Service Plan (IFSP), help children thrive at home, in daycare, and in their communities. Learn more about your rights under IDEA.

[Click here for more information...](#)

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## 2.) Waiver Videos: Supported Employment and Community Inclusion Services

Do you want to work in your community or connect to your community? DDA Supported Employment and Community Inclusion services can help you achieve your work and community connection goals.

**Supported Employment services** will connect you with a job coach who will help you identify your career goals and the skills you need to find a job that best suits you, providing personalized support for your success.

**Community Inclusion services** will connect you with a consultant who will help identify your skills, preferences, and interests to enhance your participation in the community. The goal is to support your contributions and relationships with people.

[Click here to check out our YouTube for more videos on other DDA Home and Community Based Waiver services.](#)

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## 3.) Seattle Children's Psychiatric Urgent Care

offers in-person and video visits for children and teens ages 4 through 17 who need urgent mental health support but do not need the services of an emergency department.

We see patients in person at Seattle Children's Magnuson, located at 6901 Sand Point Way NE in Seattle, and through video visits from anywhere in Washington state. Read the information below to learn what concerns we see, how to schedule a visit, what is needed for a video visit and more.

[\(Click here for the rest of the 4 page document.\)](#)

[Click here for the link to - Psychiatric Urgent Care - Seattle Children's](#)

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## 4.) Paid Opportunity for Youth 15-22 Focus Group on Inclusion in Schools

Would you like to join a focus group on making Washington State schools more inclusive for students with disabilities?

This opportunity is available for students with disabilities who reside in Washington State and are between the ages of 15 and 22. Participants will meet online five times from late March through late May 2025.

Apply by **March 8**, or scan the QR code on the flyer.

[Application Link Flyer Link](#)

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## 5.) The Sunfish Method

Enhancing the accessibility of adaptive swimming programs to safeguard lives & promote inclusivity.

**Our Mission:** South Shore Sunfish LLC is dedicated to offering a comprehensive and inclusive adaptive swimming training curriculum that is both affordable and accessible. Our programs are designed to offer expert guidance on teaching fundamental water safety skills to children, regardless of their disabilities or differences.

**Our Vision:** We aim to be the premier destination for community-based aquatic organizations and instructors seeking adaptive swimming lesson instructor training.

[Click for Online Training Info and Sign Up](#)

# THE SUNFISH METHOD

An adaptive swimming lesson online training course



## What's it for?

Swimming instructors to build knowledge and confidence in teaching adaptive swimming lessons

## What are the benefits?

- Gain expert guidance on how to teach fundamental swimming and water safety skills to children, regardless of their differences or disabilities
- Increase instructor confidence when working with children of all abilities
- Expand the accessibility of adaptive swimming lessons in your community!

DEVELOPED BY  
OCCUPATIONAL  
THERAPIST &  
ADAPTIVE SWIM  
INSTRUCTOR  
DR. MARYKATE  
GALLUZZO!

## What can I do?

1. Share this information with your local aquatic organizations to ensure children of all abilities are able to receive a quality education in learning to swim.
2. Encourage them to train their swim instructors in **The Sunfish Method** to secure access to adaptive swimming lessons for children in your community.
3. Follow up. Enroll your child in an adaptive swimming lesson!



[www.thesunfishmethod.org](http://www.thesunfishmethod.org)



[southshoresunfish@gmail.com](mailto:southshoresunfish@gmail.com)



Click here for more *Info & Resources - Washington State (arcwa.org)*

CONFERENCES / SEMINARS



## ADVOCACY DAYS

The **2025 Legislative Session** began on **January 13th**, presenting us with challenges as the legislature anticipates a \$10-12 billion shortfall over the next four years. We need to advocate for the protection of our essential services!

### What Can You Do?

Join us for **Advocacy Days!** [Register here](#) to learn more about the issues at hand and how you can help. **Advocacy Days will take place weekly on Wednesdays from 10:00 AM to 11:30 AM.**

We will also be coordinating with several organizations who will be holding live rallies. Watch for further details.

### Rally Days

**March 5th– Self-Advocates in Leadership (SAIL) @ 1:00**

[Click here to view the Advocacy Day schedule and register to attend a session!](#)

### To view the 2025 Advocacy Days Schedule Visit and Register:

<https://arcwa.org/advocacy/advocacy-days/>

### Connect with Your Legislator:

Many new legislators may be unfamiliar with developmental disability (DD) issues, so now is the time to educate them. Your long-standing legislators also need to hear that DD services must be a priority. Share how important these services are and urge them to protect DD services.

- Find your legislator's contact information here: [Legislator Finder](#).
- For information on new legislators, visit our candidate site: [2024 Elections](#).

### DD Legislative Notebook:

For issue papers and information, check out our DD Legislative Notebook: [2025 Legislative Notebook – The Arc Washington](#).

### Sign up for our Action Network here:

- **Action Network Sign-Up.** The Arc of Washington Action Network keeps you informed about important legislative budgets and policy issues that require immediate attention, connecting you directly to your legislators.
- You can also subscribe to **"News to Know"** to receive updates on critical issues affecting individuals with I/DD and their families. Subscribe here: <https://arcwa.org/news-to-know-sign-up/>

Sign up for **The Arc of the United States** to receive information about Federal issues at <https://thearc.org/>.

Check out our new **"Tools You Can Use"** webpage. This webpage offers examples of ways to become a trusted resource for legislators and other elected officials on issues that affect your life.

Thank you for your continued support. Together, we can make a difference!  
Cathy Murahashi, Public Policy Specialist, The Arc of Washington [cathy@arcwa.org](mailto:cathy@arcwa.org)

Advocacy Days, part of The Arc's Advocacy Partnership Project, provide individuals with intellectual/ developmental disabilities (IDD), their families, and service providers the opportunity to engage in the legislative process, make their voices heard, and influence policy and budget decisions that impact the services and support they receive.



## Office of Education Ombuds Virtual Event for Medical Professionals

The Washington State Governor's Office of the Education Ombuds is excited to present our OEO Team Virtual Event for Medical Professionals to learn about:

- Student safety at school: strategies to address harassment, intimidation, bullying, mental health and physical wellbeing.
- Supports for students with disabilities.

We often get questions and concerns from medical professionals about specific topics. In the first part of the event, we will introduce OEO. In the second part, we will provide information on these topics, answer questions, and explain how to open a case with OEO when needed.

Event Details

### OEO Team Virtual Event for Medical Professionals

**March 6, 9- 10:30 a.m.**

[Click here for Zoom registration](#)

CART services will be available.

Interpretation available upon request (**please request before March 6th**).

If you have any questions, please contact Tamika Dean 564-669-0323, or by email [tamika.dean@gov.wa.gov](mailto:tamika.dean@gov.wa.gov)



## New round of grants for community-led projects to increase childcare slots across the state

The grant makes \$885K available for supporting community-led projects that involve community in determining how to best increase childcare availability.

The Washington State Department of Commerce is offering **one-year grants** to help local communities assess childcare needs and develop actionable plans to **increase childcare availability statewide**. The grant can help communities prepare to apply for future funds to address childcare and early learning construction projects.

### Grant Details:

- **Grant Period: July 1, 2025 – June 30, 2026**
- **Maximum Award: \$70,000**
- **Eligibility: Federally recognized tribe in Washington; Local government entity; Nonprofit organization; Public agency; School district; or Educational Service District (ESD)**
- **Allowable Costs: Coalition coordination, local needs assessments, strategic planning, and new provider recruitment leading to increased child care**
- **Unallowable Costs: Capital projects, construction, existing child care center or home operations, or continuing education**
- **For-profit businesses are not eligible. Child care providers and businesses are encouraged to be part of the community-led solutions but are not obligated to provide additional services if the community receives a grant.**

### Application Information

[Visit the website to fully review the Notice of Funding Opportunity \(NOFO\)](#) for more information, and to access the required documents and instructions for submission.

## Pre-proposal conference webinar

Registration and Zoom information:

[March 5 @ 11 a.m. - 12 P.M. \(Recorded\)](#)

## Pre-proposal conference webinar for federally recognized tribes and nonprofit tribal organizations in Washington

Registration and Zoom information:

[March 4 @ 3 - 4 P.M.](#)

## Q&A open office hours

Click links at these times to join us online:

- [March 6 @ 8:30-9:00 AM \(Recorded\)](#)
- [March 12 @ 3:30-4:00 PM\(Recorded\)](#)

## Questions?

Please contact [\*Kari Sample\*](#), CCPG NOFO F26-214P5 coordinator



## Project ECHO Parent Education Series on Challenging Behavior

In partnership with the Haring Center for Inclusive Education, we are offering a remote parent education series for parents and caregivers of children ages 3-12 years old. This series focuses on joining a community that is a safe space for parents and caregivers to share their experiences, offer support to one another and develop strategies together to support challenging behaviors at home.

In this series, we will take a strengths-based approach to identify behavioral skills and strategies to support challenging behavior as well as strategies to teach new skills and behaviors. The series welcomes a behavior analyst, special education teacher and mental health provider as well as a family advocate. Participants will have opportunities to discuss behaviors and problem-solve strategies and supports, and will get weekly handouts focused on behavioral skills and strategies.

This 12-week series runs **11 a.m. to noon on Fridays via Zoom**, beginning **Feb. 7** and ending **April 25**.

[\*Click here to register\*](#). This series is free and translation is provided through subtitles if needed.



# DCYF EARLY CHILDHOOD COMPLEX NEEDS TRAININGS

**FREE REMOTE PROFESSIONAL DEVELOPMENT,  
IN-SERVICE (STARS) HOURS IS OFFERED FOR ALL  
TRAININGS!**

DCYF is offering trainings to support childcare providers who support infants, toddlers, and preschoolers with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction, social-emotional learning, and understanding and supporting challenging behavior!

**Target Audience:** Infant & Toddler Providers (ages Birth-3yr), and Preschool Providers (ages 3-5 yr) - see training descriptions for the focus of each training

**Training Languages:** Trainings are offered in English, Spanish, and Somali!

**Register here:**

<https://tinyurl.com/DCYF-EngSp>



For questions or more information, contact  
Phoebe Yeung at [pcyeung@uw.edu](mailto:pcyeung@uw.edu)

 **HARING CENTER**  
FOR INCLUSIVE EDUCATION

## **DCYF Complex Needs Training Series - Spring Quarter 2025**

The Washington State Department of Children, Youth and Families (DCYF) is offering trainings to support childcare workers who care for young children with complex needs. These trainings will be facilitated by the UW Haring Center and focus on deepening the provider's knowledge in several areas related to individualizing instruction and supporting social-emotional learning.



All trainings are FREE and will be held remotely via Zoom. **In-Service (STARS) hours will be offered for ALL trainings.** *This is not eligible for clock hours.*

**Target Audience:** Early Childhood Providers: Infant and Toddler Providers (Ages Birth-3 years) and Preschool Providers (ages 3-5 years) – see attached flyer for the focus of each training.

**Training Dates** - Click for the [attached flyer for topics and dates](#) . *Please note: All times listed are in Pacific Standard Time (PST).*

**Training Languages:** Trainings are offered in English, Spanish, and Somali.

You can register for trainings in ENGLISH or SPANISH here:

<https://forms.gle/atmkC7uYaRmBLxUD9>

You can register for trainings in SOMALI here: <https://forms.gle/E5pixo21AgZ3EoQW8>

Please email Phoebe Yeung ([pcyeung@uw.edu](mailto:pcyeung@uw.edu)) if you have any questions!



# W FOREFRONT SUICIDE PREVENTION

University of Washington Forefront Suicide Prevention trainings.

The cost is \$10/person

**April 29<sup>th</sup> at 12pm**

<https://www.eventbrite.com/e/forefront-suicide-prevention-learn-training-webinar-tickets-948235486867?aff=oddtcreator>

Need help?

Call or text 988 or chat online ([988lifeline.org](https://988lifeline.org)) to be connected to trained counselors 24/7.



Harborview Abuse & Trauma Center  
**2025 EDUCATION FORUM**

**Save the Dates!**

These FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment, cultural competency and prevention. For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims training. Proof of attendance will be provided.

**DATES**

FRIDAY, JANUARY 10  
 FRIDAY, FEBRUARY 7  
 FRIDAY, MARCH 14  
 FRIDAY, MAY 9  
 FRIDAY, JUNE 13  
 FRIDAY, SEPTEMBER 12  
 FRIDAY, NOVEMBER 14  
 FRIDAY, DECEMBER 12

**TIME**

10:00 - 11:30 AM PST

**MORE INFO**

All education forums are held on Zoom Webinar. Registration info will be announced on our listserv. For more information, contact: [bharvey1@uw.edu](mailto:bharvey1@uw.edu)



[HTTPS://DEPTS.WASHINGTON.EDU/UWHATC/EDUCATION-FORUM/](https://depts.washington.edu/uwhatc/education-forum/)

**UW Medicine**  
 HARBORVIEW  
 MEDICAL CENTER

**Transition IEP and Portfolio Trainings**

February 5, 12, 19, & 26

March 5 & 12

Cost: \$35 per training



[Register Now for One or All Six!](#)

**Feb. 5 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Present Levels**  
 Discusses the foundational elements of the Transition IEP, including alignment across all sections.

**Feb. 12 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Transition Assessments and Postsecondary Goals**  
 Reviews information and examples on creating quality Transition Assessments and Postsecondary Goals in the Transition IEP, including alignment across all sections of a quality Transition Portfolio.

**Feb. 19 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Transition Services and Activities**  
 Provides information and examples on creating quality Transition Services and Activities in the Transition IEP, including alignment across all sections of a quality Transition Portfolio.

**Feb. 26 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Intersections – Annual Goal Statements**  
 Includes the development of quality Transition IEPs and strategies to improve relationships with families and students.

**Mar. 5 11:30 a.m. – 1:00 p.m.**

**Quality Transition Portfolio Format, Uses, and Examples**  
 Reviews examples and information from previous sessions that illustrate effective formats, practical uses, and benefits for students.

**Mar. 12 11:30 a.m. – 1:00 p.m.**

**Transition IEP and Transition Portfolio Work Session Breakout Rooms**  
 Participants will have time to join breakout rooms to ask questions and gather feedback on IEPs and/or Portfolios.

The Indiana Secondary Transition Resource Center at the Center on Community Living and Careers offers expert training to prepare you to meet your transition education needs. For more information on these trainings and other expert transition resources, [visit the INSTRC website.](#)

**Who should attend:** Special education educators, coordinators, and administrators; employment professionals; agencies; and individuals and their families working together to support students with quality IEPs and portfolios leading to a full life after high school.

**What to expect:** This comprehensive 6-session series, each 1.5 hours long, delves into the nuances of crafting high-quality transition IEPs and portfolios. You will learn how to use these tools as powerful gateways to competitive, integrated employment and a fulfilling life.

Each virtual session will:

- Unpack the key components of each transition IEP section.
- Explore the connections between IEP goals and portfolio objectives.
- Provide practical strategies for effective implementation.
- Facilitate interactive breakout sessions for Q&A and peer support.



INDIANA INSTITUTE ON DISABILITY AND COMMUNITY  
**CENTER ON COMMUNITY LIVING AND CAREERS**  
 Indiana Secondary Transition Resource Center

**2025 EDUCATION FORUM**

FREE online trainings are offered by the Harborview Abuse & Trauma Center. Designed for social services and mental health providers, topics are related to abuse, violence, trauma, treatment, cultural competency and prevention. For OCVA-funded programs, these trainings satisfy the requirements for sexual assault and/or crime victims.

<https://depts.washington.edu/uwhatc/education-forum/>

***Click Here to Register for any of the above classes.***



**SURVEYS**



The Washington State Developmental Disabilities Council (DDC) is gathering feedback to better understand the barriers and challenges faced by people with intellectual and developmental disabilities (IDD) and their families in Washington State. This input will directly influence our The Council's *5 Year State Plan*, which guides our work.

We need your help to ensure voices from all communities are heard, especially those in underserved or underrepresented areas. Here's how you can support this effort:

- **Take the survey** – Share your own insights and experiences by completing the survey here:

[bit.ly/WADDCSurvey](https://bit.ly/WADDCSurvey)

- **Share the survey** – Help spread the word by sharing our posts on [Facebook](#) and [LinkedIn](#) with your networks.
- **Distribute the flyer** – Share the PDF flyer in your newsletters, social media pages, or community meetings, available here: [5 Year State Plan Survey \(Flyer\)](#).
- **Direct people to our website** – More information is available at [DDC 5 Year State Plan Survey | WADDC](#).

**The survey closes on July 21, 2025, and is available in multiple languages** to ensure accessibility for diverse communities. We encourage you to share it widely, so all voices can contribute to shaping the future of IDD services and advocacy in Washington State.

Your outreach is vital in reaching individuals who may not otherwise have access to this survey. Together, we can ensure that all voices are heard and represented in our work to build a more inclusive and supportive Washington.



## National Core Indicators In-Person Survey

DSHS' Developmental Disabilities Administration is working with the University of Washington to do the National Core Indicators-Intellectual and Developmental Disabilities In-Person survey. This survey asks people about our services.

A surveyor from the University of Washington will contact some adults enrolled with DDA and their guardians. They will ask the person if they want to take part in an interview. Participation is voluntary and won't affect services in any way.

The University of Washington will keep all information confidential. No personal details will be included in any reports, and no one will know how people answered the survey questions.

Interviews will be scheduled at a time and place that works best for the person. Interviews can be in person or on Zoom. The interview will last about 60-90 minutes. The person can ask other people to join if they want.

Please see the [NCI-IDD website](#) for more information. If you have any questions, contact the University of Washington surveyors at 206-593-8277.



**TAKE OUR P2P SURVEY!** Please tell us how we're doing! Click on a link below.

<https://www.surveymonkey.com/r/2KCJHF2> (English)

<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)



***Know someone that would benefit from receiving our  
Parent to Parent newsletter and is not on our mailing list?***



**Share our new QR Code for signing up to receive our monthly  
Washington State Parent to Parent newsletter.**



#### **Misión de Padre a Padre**

Caminamos junto con los padres de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica, conectándolos con el apoyo y la información con el compañerismo para que puedan dar ***el siguiente paso.***

#### **Visión**

Todas las familias de niños con discapacidades del desarrollo y / o necesidades especiales de atención médica merecen el ánimo, la inclusión y las conexiones significativas que apoyen el bienestar familiar.

#### **Valores**

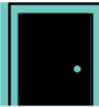
- Creemos que los padres y cuidadores quieren lo mejor para sus familias y tienen la creatividad y la capacidad para superar los desafíos y celebrar los éxitos.
- Nos comprometemos a crear espacios seguros de reflexión, vulnerabilidad, fuera de cuestionamiento y de aprendizaje continuo para padres y cuidadores.
- Practicamos la inclusión y el respeto por todos con el compromiso de escuchar atentamente y aprender de los diversos puntos de vista de las familias a las que servimos.
- Honramos el trabajo gratificante y desafiante de los padres, cuidadores y aliados comunitarios.
- Participamos en asociaciones comunitarias a través de la publicidad, escuchando para fomentar la educación con inclusión en las comunidades donde las familias pueden prosperar.
- Promovemos la construcción de comunidades que sean equitativas, sin prejuicios sociales y saludables donde todas las familias y los niños puedan vivir vidas con inclusión, seguras y satisfactorias.



## **RECURSOS EN ESPAÑOL**



## SUS DERECHOS CON LA MIGRA



### NO ABRA LA PUERTA

COMUNIQUESE POR LA VENTANA O POR LA PUERTA CERRADA. LA MIGRA SOLO PUEDE ENTRAR A SU CASA CON UNA ORDEN DE ARRESTO FIRMADA POR UN JUEZ.



### GUARDE SILENCIO Y NO FIRME NINGÚN DOCUMENTO

USTED TIENE EL DERECHO DE GUARDAR SILENCIO. DIGA EN VOZ ALTA QUE NO VA A CONTESTAR PREGUNTAS O FIRMAR NINGÚN DOCUMENTO SIN UN ABOGADO PRESENTE.



### NO DE PERMISO QUE ENTREN O REVISEN SU CASA, AUTO, O PERSONA

USTED TIENE EL DERECHO DE NO DAR PERMISO A QUE ENTREN, REVISEN SU CASA, AUTO O PERSONA AL MENOS QUE TENGAN UNA ORDEN FIRMADA POR UN JUEZ.



### TOME FOTOS, VIDEOS Y APUNTE TODOS LOS DETALLES

INFORME AL AGENTE QUE VA A USAR SU DERECHO DE GRABAR. TOME FOTOS Y GRABE EL ENCUENTRO. ANOTE TODOS LOS DETALLES.



### REPORTE LA ACTIVIDAD DE LA MIGRA A LA LÍNEA DIRECTA

TENEMOS EQUIPOS DE RESPUESTA RÁPIDA QUE IRÁN A VERIFICAR Y DOCUMENTAR LA ACTIVIDAD DE LA MIGRA Y OFRECER APOYO A PERSONAS AFECTADAS.



### ¡MANTÉNGASE CONECTADO!

REGÍSTRESE PARA RECIBIR MENSAJES DE ALERTA. MANDA LA PALABRA MIGRA AL 509-300-4959. SIGANOS EN FACEBOOK.COM/WAISNORG Y INSTAGRAM @WAISN\_ORG



**1-844-724-3737**

VERSIÓN 11/2021

WAISN.ORG

## SUS DERECHOS CON LA MIGRA



### La Oficina de Asuntos de Inmigrantes y Refugiados Tiene:

- Enlaces a información precisa sobre sus vecinos inmigrantes y refugiados.
- Enlaces a otros recursos útiles para inmigrantes y refugiados.
- Ayuda para solicitar la ciudadanía estadounidense
- Videos informativos para solicitantes de asilo
- Ayuda para aprender inglés y conseguir un mejor trabajo
- Nuevo informe que ofrece estrategias para fortalecer el desarrollo
- Información sobre el Plan Estratégico de OIRA

Por favor visite nuestra página:

<https://www.seattle.gov/iandraffairs>

## WashingtonLawHelp.org

### Planifique que otra persona cuide de su hijo si usted no puede hacerlo Por: Northwest Justice Project

Padres: Ahora puede darle a alguien un poder notarial para cuidar de sus niños o de la propiedad de ellos por hasta 2 años sin tener que acudir al juzgado. Puede necesitarlo si no va a estar disponible durante un periodo de tiempo. Por ejemplo, si usted está preocupado por la deportación, ir a la cárcel o prisión, o ser movilizado por el ejército, o estar recibiendo tratamiento médico prolongado. Otorgar un poder a alguien puede ser una alternativa económica a tener que solicitar la tutela de menores ante los tribunales. Poder Notarial (POA por sus siglas en Inglés)

Por favor visite nuestra página:

<https://www.washingtonlawhelp.org/es/issues/aging-elder-law/powers-of-attorney-health-care-directives>





5.) **Oficina de Educación y Resolución de Quejas**

Escuchamos. Informamos. Ayudamos a resolver problemas....

***Haga clic aquí para obtener más información...***

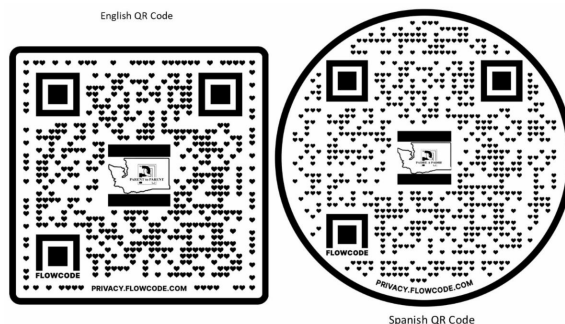
*Haga clic aquí para obtener más información...*

## Espanol Recursos



**Para compartir sus comentarios o historias participación en el programa de Padre a Padre, acceda al enlace o código QR que aquí les compartimos!**

**<https://www.surveymonkey.com/r/M5JZWW8>**



**If you or your family is experiencing distress and needs support call:**

- ***National Parent & Youth Helpline 1-855-4 A PARENT or 1-855-427-2736***
- ***Info Children /Parent Helpline 1-778-782-3548***
- ***National Suicide Prevention 9-8-8***

***9-8-8 services will be available for Native Americans, in Spanish, or interpretation services in over 250 languages.***



We are a box of crayons  
each of us unique,  
but when we get together  
the picture is complete

## **NATIONAL CRAYON DAY...**

It's a day to explore the imagination and creativity that crayons inspire.

*[click here for How to Celebrate...](#)*

or

*[click here for more activities!](#)*

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PARENTtoPARENT  
USA

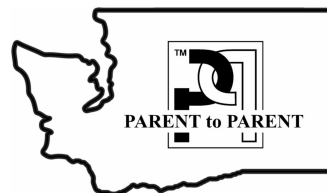
Committed to Parent to Parent USA  
Endorsed Practices

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Email  
P2P



**For people with intellectual and developmental disabilities**

The Arc of Washington State advocates for quality services and necessary funding to meet the needs of people with intellectual and developmental disabilities and their families.

The Arc has been the proud host of the Washington State Parent to Parent (P2P) Network for over 35 years, partnering with local agencies to bring community-based programming to families raising children with disabilities.

Become a Member of the Arc today for free and ensure that your voice is heard!

Find your Local  
P2P Group

Free  
Memberships  
Join The Arc of  
WA State

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Facebook  
Group

**Give Us A Call:** (360) 357-5596 *option 2*

