



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.

August 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*



As this new contract year begins, we want to say **THANK YOU** to our partners who make Parent to

Parent support possible in local communities! This includes our sponsoring agencies (listed below), as well as many county Developmental Disabilities programs. **THANK YOU!**

- Asotin County Health District- Asotin County
- Boost Collaborative- Whitman County
- Boots and Brushes- Lincoln County
- Clallam Mosaic- Clallam and Jefferson Counties
- Island County Human Services- Island County
- Joyce L. Sobel Family Resource Center- San Juan County
- Kittitas Valley Opportunities- Kittitas County
- Moses Lake Community Health- Grant and Adams Counties
- Multicare Yakima Memorial- Yakima County
- Okanogan Behavioral Health- Okanogan County
- PAVE- Pierce County
- PEACE- Clark, Klickitat and Skamania Counties
- Reliable Enterprises- Lewis County
- South Sound Parent to Parent- Thurston, Mason and Kitsap Counties
- SPARC- Skagit County
- The Arc of Cowlitz County- Cowlitz and Wahkiakum Counties
- The Arc of Grays Harbor- Grays Harbor and Pacific Counties
- The Arc of King County- King County
- The Arc of Snohomish County- Snohomish County
- The Arc of Spokane County- Spokane, Ferry, Stevens and Pend Oreille Counties
- The Arc of Tri-Cities- Benton and Franklin Counties
- The Arc of Whatcom County- Whatcom County
- The Brave Warrior Project- Chelan and Douglas Counties
- Walla Walla Valley Disability Network- Walla Walla, Columbia and Garfield Counties

The impact we make, together, is highlighted below:

From a parent...

This program has been extremely valuable to us. Being able to talk to and learn from the experiences of other families who have been down this path before has really helped us understand what we can expect from the various services available and what can do now to help set our daughter up to live as fulfilling a life as possible given her disability.

From a professional...

I am a Child Health and Education Tracking Specialist for DCYF and appreciate all the information I get from them about services available to families we see and serve. Keep up the good work. I send this to all of our staff in the western end of Region 2.

Welcome to Geneva Arevalo, Coordinator (Walla Walla, Columbia and Garfield Counties P2P); Amy Blodgett, Assistant Coordinator (Skagit P2P); and Ruth Lunderville, Coordinator (Grant/Adams Counties P2P).

~~~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.) Digital Safety Tips for Youth and Young Adults with Disabilities

Social media has both benefits and disadvantages. To use social media safely and effectively, it's important to practice digital safety and self-awareness. This guide teaches tips and tools to help you make smart choices and stay in control online. Click below for more information.

***Level Up Your Social Media Game: Digital Safety Tips for Youth and Young Adults with Disabilities - PAVE***

## 2.) We Thrive Together Virtual Clubs

Awesome VIRTUAL PROGRAMMING

- 100+ events per month
- Including games, classes, virtual trips, advocacy training, educational presentations, arts & crafts, discussion groups, parties, and so much more
- Accessible to individuals and groups at home, day centers, schools, and residential facilities
- *Event calendar*

DAILY CHECK-IN PROGRAM

- Give individuals the opportunity to simply select a "Smiley Face" to tell us how they are feeling and encourage participants to complete a Daily Happiness Challenge
- Submissions can be reviewed in real time so support can be offered when necessary
- Funded by Ohio DD Council
- *Click here to register*

Friendly Caller PROGRAM

- Volunteers call once a week for a friendly, informal chat to ensure interested adults have a listening ear and friend to talk to
- *Click here to participate or volunteer*

Click below for more information.

***We Thrive Together – Start With Hello!***

## 3.) WA Continues to Offer Free to Low-Cost Early Care and Education to Families in Need

Dear Families, Caregivers, and Child Care and Early Providers,

As you may be aware, the federal government has announced a policy change related to several federal funding streams, including Head Start, that could impact the ability for undocumented families to access educational programs for young children.

We are still assessing the impact of this federal policy shift. However, **families — regardless of their immigration status--continue to have access to the following free to low-cost childcare and early learning programs** offered by the Washington State Department of Children, Youth, and Families (DCYF)

- **Working Connections Child Care (WCCC)** helps eligible families pay for childcare from birth up to the age of 12. When a family qualifies for childcare subsidy benefits and chooses an eligible provider, the state pays a portion of the cost of childcare.
- If you have questions or need help applying? Support is available by phone in multiple languages. Call 844-626-8687 or visit the Child Care Subsidy webpage.  
<https://dcyf.wa.gov/childcare>
- Additional resources can be found in the Child Care Subsidy Toolkit.  
<https://dcyf.wa.gov/childcare/toolkit>
- **Early Childhood Education and Assistance Program (ECEAP)** offers free high-quality preschool to support child development and learning is offered to children ages 3 and 4. ECEAP offers preschool services, nutritious meals and snacks, health and dental screenings, and family support.
- To enroll a child, contact an ECEAP provider near you: ECEAP Site Location  
<https://dcyf.wa.gov/practice/oiaa/reports/early-learning-dashboards/eceap-early-eceap-wa-communities>
- Learn more about ECEAP: Early Childhood Education and Assistance Program  
<https://www.dcyf.wa.gov/services/early-learning-providers/eceap>

Our Washington state values have not changed; DCYF will continue to support the growth of healthy, resilient children in Washington state, **regardless of immigration status**. I encourage you to access these programs or share them with families in need. We look forward to seeing you.

Tana Senn  
Secretary

#### 4.) Back-to-School Reminder: Keep WA Kids Healthy with Required Immunizations

**OLYMPIA** - As families across the state prepare for back to school, the Washington State Department of Health (DOH) <https://doh.wa.gov/> is reminding parents and caretakers to make sure their children are up to date on all required immunizations before classes resume. Children entering school ( <https://doh.wa.gov/sites/default/files/2024-12/348295-ParentSchoolChart-2025-2026.pdf> ), child care ( <https://doh.wa.gov/sites/default/files/2023-01/348-425-ChildcareImmReqforParents2023-2024.pdf> ), or other early learning programs must receive certain vaccinations before they can start. These immunization requirements apply to all enrolled children, including those learning remotely.

“Keeping children up to date on required immunizations is one of the most important ways we can protect their health and keep them learning,” said Jamilia Sherls, Director of the Office of Immunization, DOH. “These vaccines help prevent illness, reduce missed school days, and protect classmates, teachers and family members—keeping our communities safer.”

According to state data ( <https://doh.wa.gov/data-and-statistical-reports/washington-tracking-network-wtn/school-immunization/dashboard> ), immunization rates for the 2024-25 school year were similar to those from the prior year. However, overall childhood immunization rates in Washington have struggled since the COVID-19 pandemic. In 2024, Washington saw a 25-fold increase in whooping cough (pertussis) cases [ <https://doh.wa.gov/newsroom/washington-sees-25-fold-increase-whooping-cough-cases-2024-compared-previous-year> ] compared to the previous year, following a steady decline in DTaP vaccination rates since 2019.

Washington offers several resources to help families stay current on immunizations:

- The Childhood Vaccine Program [ <https://doh.wa.gov/public-health-provider-resources/public-health-system-resources-and-services/immunization/childhood-vaccine-program> ] provides free or low-cost vaccines for all children in Washington state under 19 years old. A map of participating providers can be found here [ <https://wadoh.maps.arcgis.com/apps/webappviewer/index.html?id=d35642cbbd32419787341d2e27d9a75f> ]. Families are encouraged to contact providers in advance for vaccine availability.
- MyIR Mobile partners with DOH, and lets you review your immunization history, get reminders for future immunizations, and print your records. To sign up for MyIR Mobile, visit [myirmobile.com](https://myirmobile.com/) [ <https://myirmobile.com/> ] and follow the registration instructions. Your registration information will be used to match your records with the state immunization registry.
- More information about vaccine schedules, school immunization laws, and other resources can be found on the DOH's School and Child Care Immunizations Information for Families webpage [ <https://doh.wa.gov/community-and-environment/schools/immunization/families> ].

Our website [ <https://doh.wa.gov/> ] is your source for a healthy dose of information. Get updates by following us on social media [ <https://doh.wa.gov/about-us/contact-us/social-media> ].

Visit the DOH Newsroom [ <https://doh.wa.gov/newsroom> ] for all news releases.

Subscribe to get news releases in Spanish [

[https://public.govdelivery.com/accounts/WADOH/subscriber/new?topic\\_id=WADOH\\_16](https://public.govdelivery.com/accounts/WADOH/subscriber/new?topic_id=WADOH_16) ]. You will continue to receive the English version.

Washington State Department of Health is your source for a healthy dose of information [ <https://doh.wa.gov/> ].

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### 5.) Impacts of Federal Budget on Apple Health (Medicaid) in Washington State

Click below for the pdf and more information.

[Medicaid in Washington State](#)

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### 6.) DCYF Complex Needs Free Training Series - Back to School Series

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 preparing providers for the upcoming school year.

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

**Topics:** Designing Classroom Routines, Transitions, and Schedules; Creating Supportive Learning Environments; Classroom Management; Teaming & Collaboration; Inclusive Large Groups; Supporting Multilingual Learners

**Target Audience:** Early Childhood Providers (Ages Birth-5 years)

**Training Dates:** Refer to the [flyer](#) for details on topics, dates, and times. *Please note that all times listed are in Pacific Time (PT).*

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

**You can register for trainings in ENGLISH and/or SPANISH here:**

<https://forms.gle/atmkC7uYaRmBLxUD9> ([FLYER HERE](#))

**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!



Click here for more [Info & Resources - Washington State \(arcwa.org\)](#)



## CONFERENCES / SEMINARS & SPECIAL EVENTS

### Youth Empowerment Summit

Join the Governor's Committee on Disability Issues and Employment for a virtual Youth Empowerment Summit from **1 - 4 p.m. on Friday, Aug. 1, 2025.**

Connect with peers, celebrate disability pride, and learn how to advocate and get involved.

Learn more and [register by July 18, 2025](#), for the [Youth Empowerment Summit](#).



Washington State Department of  
**CHILDREN, YOUTH & FAMILIES**

# 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)

**W** HARING CENTER  
FOR INCLUSIVE EDUCATION





**MARINERS EPILEPSY  
AWARENESS GAME**

Come out to T-Mobile Park for Epilepsy Awareness  
Game on Saturday, August 2

With this special offer, you can help raise awareness for  
those battling Epilepsy and enjoy tickets for as little as  
\$10. Don't forget to wear purple!



VS



August 2, 2025



1:10 pm



T-Mobile Park

**BUY TICKETS HERE**

## Going to bat against Epilepsy.

Join us on **August 2** for Epilepsy Foundation Day at T-Mobile Park! We're partnering with the organization to support its mission in addressing the challenging health problems associated with seizures and promoting systemic change that will lead to sustainable improvement for all people living with epilepsy.

Please be aware that as part of our game presentation, there may be flashing lights and loud noises. These elements may occur during pre-game, in-game, and/or during post-game programming.

More information and purchase tickets here. [Epilepsy Foundation Day | Seattle Mariners](#)





## Washington State resource for homeless youth & young adults

### Housing resources

#### OHY providers

**OHY resources for youth and young adults** (Washington Department of Commerce)

A guide to help you understand the programs funded by the Office of Homeless Youth (OHY) and where they are located across Washington.

#### Coordinated entry sites

CE aims to guide households experiencing a housing crisis through the crisis response system by providing access to the most appropriate housing through a standardized assessment, prioritization, and referral process.

#### LifePoint Excelsior Wellness (Spokane, WA)

Helps young people 17-21 leaving homelessness, foster care, or psychiatric care get back on track. The program offers support in many areas in the community. It also provides housing.

#### Beth's place (Longview, WA)

Provides a safe place and support for youth ages 13-17 who are experiencing homelessness. Fill out the [form](#) and email [Beth's Place](#) to learn more.

#### Washington Youth Academy (Kitsap, WA)

An educational setting which includes a 22-week intensive residential phase and a two-year post-residential phase where the youth receive intense mentoring and follow-up.

#### Level Up Seattle (Seattle, WA)

Young adults ages 18-24 who are leaving foster care or are housing insecure. They offer safe, sober housing, life skills classes, and mentoring.

#### Ritz Family Ranch (Yacolt, WA)

A home for young men ages 18-24 from all different backgrounds and life experiences. Residents can build life skills, work on school or job goals, and live in a supportive, respectful environment.

#### Housing opportunities in SW Washington

#### AmeriCorps State and National

Eligible to 17 years or older US citizens.

#### Washington Homeless Shelter Directory

### Education resources

#### Homeless Education Liaisons

### Behavioral Health Resources

#### Kids Mental Health Washington

**Youthnet** (Housing support services, independent living programming, Lifeset case management)

#### Home page - Discharge Planner's Toolkit

This tool assists with identifying other housing programs, some of which have behavioral health supportive service components.

#### Mobile Crisis Response Phone Numbers

#### Mobile Response & Stabilization Services for Youth

For youth diagnosed with developmental or intellectual disabilities before the age of 18, there may be housing options available through the [Washington Developmental Disabilities Administration](#).

#### Medicaid (Managed Care Organizations MCOs)

Washington State (Apple Health) Medicaid Managed Care Organizations (MCOs) requires the MCOs to provide and coordinate physical and behavioral health care for their enrollees.

#### Apple Health Managed Care

#### Homeless youth and young adult Medicaid application process

Individuals enrolled in an MCO and needs assistance coordinating their health care services and accessing medically necessary treatment, the individual can request Care Coordination from their MCO. The following can be used to request Care Coordination:

- Molina Healthcare of Washington, Inc (MHW)
- Community Health Plan of Washington (CHPW)
- Coordinated Care of Washington (CCW)
- UnitedHealthcare Community Plan (UHC)
- Wellpoint

MCO Care Coordinators can also assist with referral to Foundational Community Supports (FCS) which provides supportive housing and employment services.

### Other Washington State programs & services

#### Family Reconciliation Services

**Youth and Young Adult Housing Response Team**  
(Office hours Wednesdays 1 to 2 p.m.)

- YYAART office hours flyer

**SNAP benefits**, Youth and young adults considered homeless are eligible. Apply for SNAP and other public benefits at [Washington Connection](#).

#### Washington 211 Resource directory

**Youth Ride Free** (myORCA), Transit is free for riders 18 and younger with Move Ahead Washington

June 2025



## 2025 EDUCATION FORUM

FREE online trainings are offered by the Harborview Abuse & Trauma Center.

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



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

**UW Medicine**  
HARBORVIEW  
MEDICAL 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/>



**Celebrate Dads on the Continuing Journey**

**Creating Our Path Forward**

**Register Now for the Seventh Annual Fatherhood Summit  
and Second Annual Dad Allies Awards**

**Sept. 18, 2025**

**Bethaday Community Center**

**605 SW 108<sup>th</sup> Street, Seattle, WA 98146**

Join us in person for the 2025 Fatherhood Summit. This year's theme celebrates fathers and invites us

to create our path forward for the Washington Fatherhood Council. The afternoon promises to be full of powerful insights and thoughtful discussion.

We value the voices of fathers! Some support for travel costs is available for dads to attend the event, including mileage, child care expenses and compensation for lived experience for a limited number of fathers. **Contact us** for questions.

## **Registration is limited to 120 attendees so register ASAP**

**Click Here to Register: [2025 Fatherhood Summit - Celebrate Dads the Continuing Journey Tickets, Fri, Sep 19, 2025 at 12:00 PM | Eventbrite](#)**

### Overview:

- This event is free.
- Doors open at noon with a light lunch and refreshments.
- The event begins at 1 p.m.
- Closing remarks begin at 4 p.m.

### Highlights:

- Keynote Presentation: The Unspoken Truth of Fatherhood - Needed but Not Nurtured
- 2025 Dad Allies Awards - See below for details
- Award Winner Dads Panel discussing their experiences with our keynote speaker.
- Group discussions to develop the next steps for the Washington Fatherhood Council

***Let's Keep Momentum Going for Fathers in Washington!***

In these times of state and federal budget cuts and program changes, it is more important than ever for us to make sure fathers' voices are at the table. The Washington Fatherhood Council will present our 2nd annual Dad and Dad Allies Awards at our Seventh Annual Fatherhood Summit on Sept. 19, 2025. The awards will be given to recognize fathers and allies who promote the positive impact fathers have on their children, family and communities.



## **Exploring the Intersectionality of Substance Use Disorders, Mental Health, and Social Justice**

We are excited to announce that registration is now open for the **6th Annual Re-Imagining Behavioral Health: Race, Equity & Social Justice Conference!**

The two half-day virtual conference is designed to empower individuals and teams who want to advance health equity and support diversity and inclusion in behavioral health.

The conference is an opportunity to connect with others and join in a meaningful conversation about healing racial trauma, dismantling racism, combating systemic racism and social injustices through the lens of mental health and substance use issues.

### **Dates & Times\***

**Thursday, September 25, 10:00 AM - 3:00 PM (PT)**

**Friday, September 26, 8:00 AM - 1:00 PM (PT)**

\*The virtual conference platform will be accessible 30 minutes before and after each day's program. This time will provide an opportunity for attendees to connect and network with each other.

### **Place**

Virtual (Registration link below)

### **Cost**

The conference is free to attend.

\*CEUs will be available for behavioral health care professionals.

**Don't miss this opportunity to connect with colleagues, share best practices, and learn how to create a more just and equitable behavioral health system.**

We look forward to seeing you there! Registration Link below.

**<https://www.airmeet.com/e/b9936370-3af8-11f0-8f66-e1442694d80c>**

# SURVEYS

## Exploring Distressing Behavior Among Autistic Adults and its Impact on Siblings and Other Family Members

### What is the purpose?

The purpose of this study is to explore the impact of distressing behavior on families of autistic adults.



### Who can participate?

For this study, we hope to capture a range of experiences within a family unit. We are interviewing: **autistic adults** (aged 18 and older) with distressing behaviors, their **siblings**, and/or their **parents**. We hope to interview at least two family members within a family.

### What will you do?

- \* Complete a screening and, if eligible, a 10-15 minute survey.
- \* Our team will schedule a 1-hour Zoom or phone interview—individually with each family member.
- \* Review a brief summary of your interview (about 10 minutes).



### How can you enroll?

If interested in enrolling, please fill out the following survey:  
<https://redcap.link/siblings>

**Institutional Review Board**

Date of IRB Approval: 06/10/2025



Please contact Meghan Burke with any questions at 615-343-1014 or [meghan.burke@vanderbilt.edu](mailto:meghan.burke@vanderbilt.edu).

*Supporting siblings of people with disabilities and their families since 1990.*

**New Study Invites Families to Share Perspectives on Autism and**

## Distressing Behaviors

Over the past few years, in our online sibling groups, we noticed an increase in stories and posts by siblings about long-term personal challenges caused by the distressing behaviors of their autistic brothers and sisters.

So in 2023, we reached out to our sibling communities to learn more, and the responses we received were powerful.

Encouraged by what we heard, we connected with leading researchers and other likeminded organizations who care deeply about people with autism and their families to look further into this important and often overlooked topic.

We are grateful to announce a groundbreaking study led by Dr. Meghan Burke at Vanderbilt University, one of the nation's top disability researchers.

Dr. Burke and her team are hoping to interview at least two family members from each family (and ideally the entire family) to participate, including:

- The person diagnosed with autism
- Parents/caregivers
- Siblings

Participation starts with a screening and short survey, followed by a 1-hour Zoom or phone interview. Participants will be able to review a summary of their interview before completing the process.

If this study seems like a fit for you and your family, or a family you know, please consider participating or sharing this information.

We thank everyone involved with this study, which we believe will help the world better understand the impact of distressing behaviors and find ways to support healing, resilience, and connection.

**For questions about the study, please reach out to Dr. Burke directly at [meghan.burke@vanderbilt.edu](mailto:meghan.burke@vanderbilt.edu) or 615-343-1014.**

**Click below for the survey:**

**<https://redcap.vumc.org/surveys/?s=D49E97LFA7E43CDL>**



**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 ESPANOL



## 911 Y PRIMEROS INTERVENIDORES

¿Quieres adquirir Smart911 para tu comunidad? Solicita un presupuesto gratuito hoy mismo.

<https://www.smart911.com/>



**Financiación de subvenciones para familias criando a niños con discapacidades del desarrollo/o necesidades especiales de salud** (Haga clic en el enlace de arriba para ver el documento)



**WAISN RESOURCE FINDER**

The WAISN Resource Finder is a database of resources vetted for accessibility to immigrant community members in Washington State.

The Resource Finder is also intended to be used by community organizations in Washington State that assist our immigrant and refugee siblings across the state in gaining access to necessary resources.

[resources.waisn.org](https://resources.waisn.org)

SOLIDARITY NETWORK

<https://resources.waisn.org/>

**Plan de Seguridad para Inmigrantes**

<https://lcycwa.org/isp-spanish>

**WashingtonLawHelp.org**  
Mantenimiento realizado por Northwest Justice Project

Porque conocer la ley es poder Washington Law Help es su biblioteca pública de información legal en el estado de Washington. Nuestras herramientas e información le ayudarán a comprender y hacer frente a sus problemas legales.

<https://www.washingtonlawhelp.org/es>



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

El Hospital Seattle Children's tiene Videos en Español sobre el Autismo:  
Autismo 101: ¿Qué es Autismo?

<https://www.seattlechildrens.org/health-safety/classes-events/autism-101/>



**Informing Families**  
Today and Tomorrow

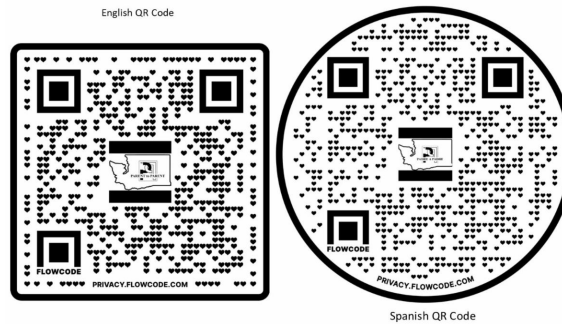
Informar a las Familias es un recurso proporcionado por el Consejo de Discapacidades de Desarrollo del Estado de Washington, en asociación con la Administración de Discapacidades del Desarrollo. Ofrecemos noticias e información confiables a personas y familias que les permiten ser participantes activos en la planificación

*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> (Spanish)



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.**

start by doing what's  
NECESSARY; THEN DO WHAT'S  
possible; and suddenly you  
ARE DOING THE IMPOSSIBLE.

~st. francis of assisi



***Celebrate Friendship Day & Enjoy Kid's Friendship  
Recipe ...click here!***

ALLIANCE MEMBER



PARENT<sup>TO</sup>PARENT  
USA

Committed to Parent to Parent USA  
Endorsed Practices

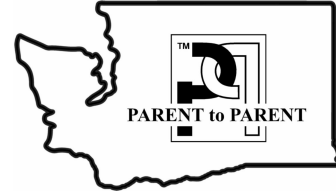
**Mission of Parent to Parent (P2P)**

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*.

### 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*.



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

Join our P2P  
Facebook  
Group

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

The Arc of WA/Parent to Parent | 2638 State Avenue NE | Olympia, WA 98506 US

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