



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.

November 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*



Families often talk about Parent to Parent being that 'safe place'- where they can share their challenges (without judgement) and triumphs (with celebration!) and learn about valuable resources that can help their child and family. During times of fear and uncertainty, it's especially important that families know where to go for support, connection, information and resources.

This last quarter, Parent to Parent programs across Washington state completed nearly **20,000 parent and caregiver connections**- these connections included social and emotional support, as well as training and connection to valuable resources.

Families shared these comments recently through our state-wide survey:

'The program is very welcoming and supportive for new parents. It fosters a sense of connection and community for all of us.'

'We are so grateful for the help we have gotten to navigate the DDA system. Parent to Parent is a tremendous help to families with special needs. There's no way we could have figured things out without them.'

Thank you to the Coordinators, host agencies, and local partners that support this incredible work!

Welcome to Olympic Neighbors in Jefferson County, our newest program host agency, and Laura Mikelson as the Coordinator. Also, welcome Elizabeth Argueta, Multicultural Coordinator for Grant/Adams P2P.

Goodbye Lara Radke with Clallam Mosaic/Clallam County 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*



## INFORMATION & RESOURCES



### **DSHS Partner Toolkit – Impact of Federal Government Shutdown on SNAP\* in Washington State**

*[Click here for the toolkit pdf](#)*

*[Impact of Federal Government Shutdown on SNAP in Washington State-click here for infographic](#)*

**1.) Children and Youth with Special Health Care Needs Emergency Preparedness: Social Media Toolkit --- [Click here for the document with information and links in English and Spanish](#)**



### **2.) Family Separation Rapid Response Team**

The Family Separation Rapid Response Team is working to improve policies and practices statewide to protect children whose parents or guardians are detained or deported due to immigration status. The Team was created by Executive Order 25-04 which was signed by Governor Bob Ferguson on Jan. 27, 2025. (Click below for the rest of the information.)

<https://dcyf.wa.gov/FamilySeparationRapidResponseTeam>

### **3.) Medicaid in Washington State---[Click here for the document in pdf format](#)**

### **4.) Reminder: Two-Part Choking Video Series and Choking Care Provider Bulletin**

Do you know the top causes of choking and how to respond if it happens to someone you care for? Check out our care provider bulletin and two short videos on choking prevention and first aid.

Read our [Choking Care Provider Bulletin](#) to learn more about:

- Common foods that people choke on.
- Common causes of choking.
- How to tell if someone might be choking.
- Choking first aid for adults and infants.

Watch our two-part video series to test your choking knowledge and learn how to do abdominal thrusts, featuring DDCCS staff Michael Rogers and Will Nichol. Click the links below to watch the videos.

### ***Choking Prevention Video***

### ***Abdominal Thrust How-To's Video***

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#### **5.) Washington State Crisis Call Centers by County**

<https://www.hca.wa.gov/assets/program/county-crisis-line-phone-numbers.pdf>

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#### **6.) TeenLink, Home**

***Home - Washington Teen Link***,

Phone: 1-866-833-6546

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#### **7.) Boystown Hotline**

***Crisis Services & Helpline - Boys Town Hotline | Boys Town***,

Phone: 1-800-448-3000

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#### **8.) Strong and Growing: A Health Care Transition Guide for Young People with Chronic Health Conditions**

This Guide Is About You - You are the expert on your own health. You live every day with a chronic health condition or disability. And this experience gives you unique knowledge and strength. This guide is here to help you be your healthiest self. It's also here to help you:

- Think about who you are and what matters to you
- Ask for what you want and need
- Make choices that work for you
- Do more of the things you enjoy—now and in the future

Our goal is to help you grow strong and confident.

***Click Here for Guide***

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#### **9.) The Washington State Department of Children, Youth, and Families (DCYF) is now accepting Unsung Hero Award nominations for 2026!**

Do you know a parent, caregiver, guardian, or community member you'd like to recognize? Send us your ***nomination*** to [strengtheningfamilies@dcyf.wa.gov](mailto:strengtheningfamilies@dcyf.wa.gov).

Nominations must be received by Jan. 6, 2026. ***Nomination forms*** are available in English, Spanish, and Somali.

Twenty-eight new Unsung Hero Award recipients (one for each day of the month) will be honored at an in-person "Parent Recognition Month" dinner event in February.

Since 2011, nearly 400 parents and caregivers across Washington have received the Unsung Hero award.

***Please share this message with your Washington networks.*** DCYF appreciates your ongoing support.

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#### **10.) The Washington State Developmental Disabilities Council (WADDC) is excited to announce the launch of the Bridge Forward webpage!**

This new online hub brings together recordings, reports, and resources from the 2025 Bridge Forward Conference, a statewide event dedicated to strengthening systems of support for people with intellectual and developmental disabilities (IDD) and behavioral health needs.

On the site, you'll find:

- **Session recordings** from the conference, available to watch anytime
- **The final report**, capturing key findings and recommendations
- **Speaker information** and background on the leaders who guided the discussions
- **Resource links** to keep the momentum going beyond the event

The Bridge Forward Conference was just the beginning. The new webpage ensures that ideas, strategies, and connections from the event remain accessible to everyone—self-advocates, families, service providers, policymakers, and community members alike.

**We invite you to explore the resources and share them with your networks:**

Website: <https://www.ddc.wa.gov/bridge-forward/bridge-forward-conference>

Facebook Post: ***Click HERE***

LinkedIn Post: <https://www.linkedin.com/feed/update/urn:li:activity:7379985707437785088>

**From Event to Action**

**Visit the NEW BridgeForward Webpage**

- Watch session recordings anytime
- Read the final report & key findings
- Explore resources and tools
- Learn from conference speakers
- Keep the momentum going

**SCAN ME**

**Bridge Forward**  
From Event to Action

**www.ddc.wa.gov/bridge-forward**

## 11.) DOH Launches Measles Exposure Map to Help Keep Washingtonians Safe

### Map shows live, real-time updates during active measles exposures

**OLYMPIA** – The Washington State Department of Health (DOH) has created a new online tool to help people see where measles exposures may have occurred in the state. ***The Measles Exposure Location Tracker*** shows public places where a person with contagious measles recently was. On October 13, 2025, a visitor with **confirmed measles** traveled through Seattle-Tacoma International Airport (SEA). This tool helps people determine if they may have been exposed and take appropriate **preventive measures**.

Measles is a highly contagious disease that spreads through the air when a person who is sick breathes, coughs, sneezes, or speaks. The virus can live on surfaces or in the air for up to two hours. Measles can cause serious life-threatening complications, especially in young children and people who are unvaccinated. The measles, mumps, and rubella (MMR) vaccine is the strongest protection against measles.

People who are not immune to measles and are exposed to the virus have a high risk of being infected. Getting vaccinated within 72 hours of first exposure can reduce the chance that a person will become infected or seriously ill. Washington has had 11 confirmed measles cases so far in 2025.

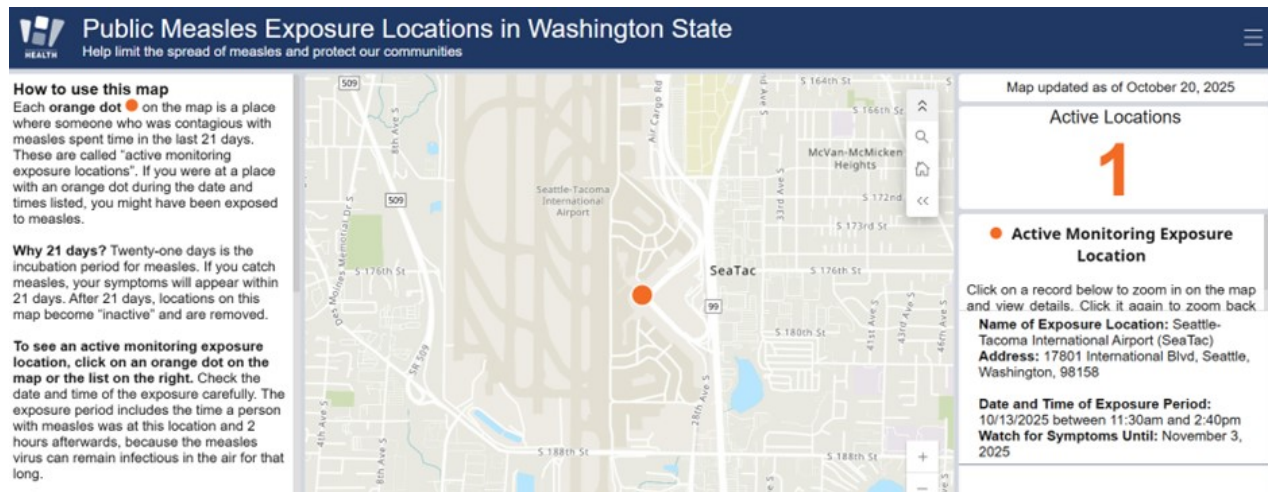
This new map brings together information from local health departments across Washington state into one convenient, easy-to-navigate platform. It is also mobile-friendly, making it easy to check potential exposure sites from any device. It's designed to:

- Share clear, up-to-date information people can trust
- Support local health departments by collecting exposure information in one place
- Help the public understand their risk and what to do if they might have been exposed
- Strengthen outbreak response by helping health officials prepare and communicate faster

“Information and vaccination are our strongest tools for preventing measles and keeping our communities safe,” said Dr. Tao Sheng Kwan-Gett, State Health Officer, DOH. “Before there is another

exposure, get the best protection available against measles by making sure that you and your family are up to date on MMR vaccine.”

DOH also launched a new webpage to help people [track measles cases](#) across the state. The site is regularly updated to help the public, health care professionals, and media stay informed and up to date.



## 12.) Working collectively to prevent exclusionary practices and to provide all Washington state students with choice and opportunity.

- [Supporting School Access | DSHS](#)
- [Inclusionary Practices Technical Assistance Network \(IPTN\)](#)

## 13.) The Guidebook: Meeting the mental health needs of people with intellectual disabilities

**Vision:** To optimize mental health services for individuals with intellectual disabilities

**Mission:** To provide an effective framework for building awareness, developing competencies and facilitating collaboration

### Purpose and Intended Audience

The Guidebook was developed by a team of professionals currently serving individuals with intellectual disabilities in the community. It originated out of the need to open the dialogue among providers and systems to better serve people experiencing co-occurring intellectual disabilities and mental health disorders. It is intended to be a resource for mental health providers who serve or would like to serve individuals with intellectual disabilities and mental health disorders. It applies to all settings where mental health care is provided, from intake to crisis.

[Click here for Guide.](#)

## 14.) Wraparound with Intensive Services (WiSe)

Referral list of managed care plans by county, except where noted, as of September 12, 2025  
Click link below.

[WiSe Apple Health referral list of managed care plans by county](#)

WiSe helps individuals and their families receive intensive behavioral health support at home and in the community. WiSe is a voluntary service built around your family's unique needs and goals. A team of professionals and natural supports work together with you to create a plan that makes sense for your life. Click link below.

[Wraparound with Intensive Services \(WiSe\) | Washington State Health Care Authority](#)

## 15.) Emergency Information for Specific Groups | Washington State Department of Health

## 16.) Washington State Department of Health secures USDA funding to maintain WIC benefits through mid-to-late November

OLYMPIA - The [Washington State Department of Health \(DOH\)](#) has received additional funding from the [U.S. Department of Agriculture \(USDA\)](#), allowing the state to continue providing food benefits and supporting its currently reduced 11-member administrative team for the state's [Women, Infants and](#)

**Children (WIC) Nutrition Program** through mid-to-late November. This estimate is based on current WIC redemption rates. If redemption rates increase, available funding may run out sooner. DOH continues to closely monitor the situation and will provide updates as they become available on our [Federal Government Shutdown webpage](#).

The [DOH website](#) is your source for a healthy dose of information. Get updates by following [DOH on social media](#).

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### 17.) Washington State Department of Health – Watch Me Grow Includes New Age Groups

Watch Me Grow has served families in Washington for over 25 years with information and resources to support children from birth to six. Recently, an evaluation of the program showed that parents and caregivers expressed a need for the same education and resources support for both prenatal and older children. In response, Watch Me Grow has launched for children 7-10 years old.

Click below for more information:

<https://doh.wa.gov/you-and-your-family/infants-and-children/watch-me-grow-washington>

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**18.) Teen Health Hub WA is almost 2!** We have posters, QR code cards, and swag to share with partners to promote the Hub in physical spaces and at community events.

To request a swag box, fill out the order form below. We have some availability to table at youth-focused events – just email [alexis.bates@doh.wa.gov](mailto:alexis.bates@doh.wa.gov) to inquire.

Order form click link: [Teen Health Hub WA: Promo Toolkit Request Form](#)

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**19.) Dear Community Partners:**

As the year ends, we want you to know that we appreciate all you are doing in the state of Washington for community. **You are formally invited to a series of virtual listening sessions for the Governor's**

**Immigration Subcabinet created by Executive Order 25-09.**

These listening sessions are co-hosted by the:

- Washington State Commission on Hispanic Affairs;
- Washington State Commission on Asian Pacific American Affairs;
- Washington State LGBTQ Commission;
- Governor's Committee on Disability Issues and Employment;
- Washington State Department of Services for the Blind; and
- Washington State Office of Equity.

Kindly, share this email with the attached flyers with your Disabled, Immigrant/Refugee, & LGBTQ+ networks. If you have any questions, you may email [subcabinet@equity.wa.gov](mailto:subcabinet@equity.wa.gov).

Please use the links below to register. Content will be the same for all sessions.

ASL, Spanish, and Arabic interpreters, and CART have been confirmed for all sessions.

**Listening Session 2:** November 20, 2025, 6:00 PM - 8:00 PM

[Registration Link for Listening Session 2](#)

**Listening Session 3:** November 21, 2025, 6:00 PM – 8:00pm

[Registration Link for Listening Session 3](#)

### Unable to attend?

Complete the [Immigration Subcabinet Community Feedback Survey](#) any time before November 24, 2025, and sign up for the Subcabinet Support Newsletter by subscribing to Office of Equity [email updates](#).

### More information about the Immigration Subcabinet and Listening Sessions:

The purpose of the Immigration Subcabinet is to support coordination between state agencies to address immigration-related issues facing Washingtonians. The State must quickly, responsibly, and effectively meet the urgent needs of immigrants and refugees, including those with disability and 2SLGBTQIA+ identities, who have been targeted by federal actions, including actions related to data privacy, healthcare, human services, and other issues.

Listening session participants will have an opportunity to respond to the five questions listed in [the survey](#). It will be a safe space for community members to share immigration-related concerns and needs. Your feedback will inform the Subcabinet's priorities and next steps to help coordinate efforts to ensure safety, security, and rights of all people, including our neighbors in immigrant and refugee, disability, and 2SLGBTQIA+ communities.

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**20.)** The National Association of Councils on Developmental Disabilities and 32 State Councils on

Developmental Disabilities released a statement yesterday expressing deep concern about the recent layoffs at the U.S. Department of Education and the Substance Abuse and Mental Health Services Administration (SAMHSA). These cuts affect key offices that make sure people with disabilities get the education, mental health support, and community services they are entitled to under the law.

*[You can read and download the statement here.](#)*

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**21.) FEEDING AMERICA - [Find Your Local Food Bank](#)**

*[Find Your Local Food Bank | Feeding America](#)*



Enter your ZIP code to find nearby food banks in the Feeding America network. Groceries, meals, and more are just a search away. Click below and enter your zip code. Click on a food bank to learn more about hours, locations, and services at partner food pantries and meal programs.

*[Find Your Local Food Bank | Feeding America](#)*



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



## CONFERENCES / SEMINARS & SPECIAL EVENTS



Mary Bridge Children's  
Physical Medicine & Rehab Clinic Presents

# A WIDER LENS

A film celebration of stories and  
perspectives from and about individuals  
with intellectual, physical, and/or  
developmental disabilities.

SATURDAY  
November 8th  
2 0 2 5

**The Grand Cinema**  
606 Fawcett Ave.  
Tacoma, WA 98402

TWO DIFFERENT VIEWING OPTIONS  
**11:30am-1:00pm or 2:30pm-4:00pm**

Experience a powerful lineup of  
films that inspire, educate, and  
promote understanding. Engage  
in meaningful conversation with  
healthcare providers, community  
members, parents, caregivers,  
and advocates.

Scan here for tickets:



Tickets \$5 + ticketing fees

*Let's come together to foster inclusivity and celebrate  
diverse voices. We hope to see you there!*

MultiCare 

**Mary Bridge Children's** 

## People with Intellectual and Developmental Disabilities in the Criminal Justice System

You are invited to join us to learn about People with Intellectual and Developmental Disabilities in the Criminal Justice System with Dr. Mark Harniss. Please share this event with your networks who would benefit from the knowledge.

### Overview

In April 2024, the Washington State Developmental Disabilities Council (WA DDC) released a request for proposals for "A paper focused on what is currently happening nationally and in Washington State around...[incarceration]...that provides suggestions on how to reduce the number of people with I/DD living in most restrictive settings such as jails, prisons, and hospitals." Faculty and staff at the University of Washington (UW) University Center for Excellence in Developmental Disabilities (UCEDD) applied and were awarded the project. The goal of this project was to provide information to WA DDC to support future planning, initiatives, and projects addressing the incarceration of people with intellectual and developmental disabilities (IDD). This session will provide an overview of the report process and findings. The report can be found here:

**New Report Highlights Justice System Barriers for People with IDD | WADDC.**

<https://www.ddc.wa.gov/.../new-report-highlights-justice...>

Click below to download shareable flyer

<https://gux030.files.keap.app/.../b75de58c-23de-4e4a-a3c6...>

Join the session on **Friday, November 14 at 11:55 am**

<https://washington.zoom.us/j/4183824606...>

### Free, educational workshops on Beginner's Special Needs Planning.

**November 11, 2025 09:00 AM Pacific time**

Our workshops are designed to simplify these special needs planning topics that are often complex and overwhelming.

Families who attend share that the workshops help them feel confident in a clear next step in securing the future.

When professionals attend, such as educators, therapists, or non-profits directors in the special needs community, they feel ready to provide guidance for other families who may ask questions.

**Webinar Registration - Zoom**

**BEGINNER'S SPECIAL NEEDS PLANNING WORKSHOP**

A workshop designed to provide families and professionals confidence and clarity in planning for the future of a child or loved one with disabilities.

**UPCOMING DATES**

| SEPT | NOV | DEC |
|------|-----|-----|
| 30   | 11  | 9   |

**TOPICS**

- Why Plan?
- Nick's Personal Experience
- ABLE Accounts
- Special Needs Trusts
- Financial Strategies
- Open Q & A

**Nick Wallace**  
ChSNC®, RICP®  
serves as co-guardian and trustee for his brother, Aaron, who has physical and intellectual disabilities. Nick is the Founder and Financial Advisor of Wallace Financial, who's mission to create more secure outcomes for families and their loved ones with disabilities.

**Join us LIVE on Zoom!**

**SCAN HERE TO REGISTER**

Scan QR Code or go to [nickwallace.nm.com](https://nickwallace.nm.com) & click on "Events"

Email our team directly or visit our website to learn more about Special Needs Planning  
email: [nick.wallace@nm.com](mailto:nick.wallace@nm.com) website: [nickwallace.nm.com](https://nickwallace.nm.com)

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**EVERY  
WEDNESDAY**  
1 to 2 PM  
(PACIFIC TIME)

## Contact Us!



**Dads MOVE**  
Mentoring Others through Voices of Experience  
National Father-Diverse Family Support Network

# Rooted & Resilient

**Starting Sept 23rd!**

## A 6-Week Emotion Regulation Group for Parents

Created with care to support parents in building calm, connection, and confidence—one week at a time.

**Register here!**



- Weekly Reflection Prompts
- Skills Worksheets
- Personal Growth Exercises
- Mindful Parenting Tools

**Tuesdays 5:00 PM to 6:30 PM**  
**Virtual on MS Teams**

"When we are no longer able to change a situation, we are challenged to change ourselves."—Viktor E. Frankl  
[www.dadsmove.org](http://www.dadsmove.org)



**ARE YOU A PARENT LOOKING FOR SUPPORT?**

Dads M.O.V.E. seeks to provide parents and caregivers of children with mental and behavioral health challenges the tools, support, and trainings to be fully engaged in their child's recovery.

Scan the QR code to fill out our referral form!



We can connect you with support and resources, **fill out the form below** and one of our staff members will be in touch with you to learn more about you and your family's needs.

**Did you know- Dads MOVE also offers Youth Peer Support? If you are or have a Teen that could use support- please have a conversation together and have them complete the self-referral below!**

<https://dadsmove.my.site.com/referrals/s/>



## SURVEYS

## "Are you an autistic adult with an eating disorder? OR Are you a parent to an autistic individual with an eating disorder?" We're recruiting!

### To Be Eligible, You Must...

1. Be 18+ years old
2. Be able to speak/write English
3. You/your child has been diagnosed with autism or identifies as autistic
4. You/your child has been diagnosed with an eating disorder or identifies as having disordered eating

### Steps:

1. Complete brief screener

### If selected, you'll be asked to:

1. Complete online survey
2. Complete a one-on-one interview remotely (about 60 mins, ranging from 45-90 mins)
3. Receive a \$30 gift card

SCAN HERE TO COMPLETE A  
SCREENER TO JOIN THE STUDY



Screener URL:  
[https://jh.qualtrics.com/jfe/form/SV\\_6uoASuwHzw5sW](https://jh.qualtrics.com/jfe/form/SV_6uoASuwHzw5sW)

Study PI: Calliope Holingue  
Johns Hopkins Bloomberg School of Public Health  
Email: EATstudy@jhu.edu

JHU BSPH IRB# 00029937



WSSC is partnering with WSU to strengthen how data informs children's behavioral health in Washington State. What do you wish our state knew about our children, families, and the barriers we face? Your voice is important!

***[Click here for the survey.](#)***



**TAKE OUR P2P SURVEY!** Please tell us how we're doing!  
Use the QR Code or 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 (P2P) 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



### ¿Necesitas desahogarte?

Envía un mensaje de texto con la palabra AYUDA al 741741 para comunicarte de manera gratuita con un Consejero de Crisis voluntario.

Apoyo gratuito las 24 horas del día, los 7 días de la semana, al alcance de tu mano. Para más información por favor visita: <https://www.crisistextline.org/es/>



**Creciendo fuertes: Guía de transición de atención  
médica para jóvenes con condiciones médicas  
crónicas.**



### Creciendo fuertes:

Guía de transición de atención médica para jóvenes con condiciones médicas crónicas.

PARTE 1

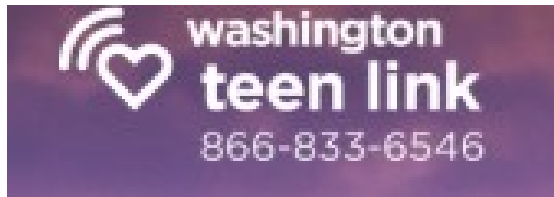
### Esta guía es sobre ti

Tú eres el experto cuando se trata de tu propia salud. Vives cada día con una discapacidad o condición médica crónica. Por ello, has obtenido una fuerza y un conocimiento únicos a partir de esta experiencia. Esta guía te ayudará a ser tu mejor versión. También te ayudará a hacer lo siguiente:

- Pensar en quién eres y qué cosas te importan
- Pedir lo que quieres y necesitas
- Tomar decisiones que sirvan para ti
- Hacer más de lo que te gusta, ahora y a futuro

Nuestro objetivo es ayudarte a crecer fuerte y con confianza.....

**970-152 PCH Strong and Grow, Spanish**



Es una línea de ayuda para los adolescentes-hablemos...Están abiertos los 7 días de la semana de 6am -10pm. Puedes llamar o mandar mensajes de texto al 866-833-6546.

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



Encuentra tu Banco de Comida Local:

<https://www.feedingamerica.org/find-your-local-foodbank>

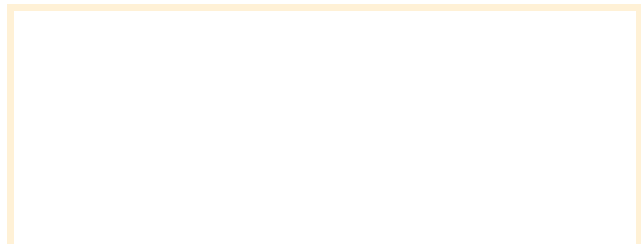
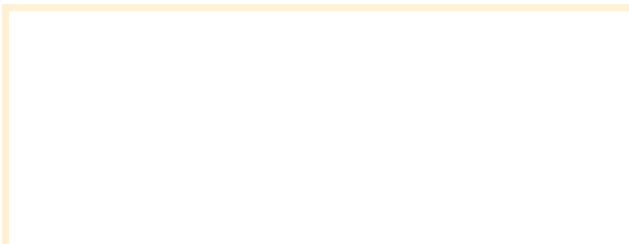
¿Sabía Usted que El Departamento de Salud de Washington tiene Información de emergencia para grupos especiales?

Visite nuestro sitio Web para aprender cómo cuidar a toda su familia durante una emergencia:

**Información de emergencia para grupos especiales | Washington State Department of Health**

**Haga clic aquí para ver el documento con los recursos para descargar.**

## RECURSOS PARA INMIGRANTES Y REFUGIADOS





### **WASHINGTON AUTISM ALLIANCE & ADVOCACY**

Ayudando a las familias afectadas por el autismo y otras discapacidades del desarrollo

*(Folleto para obtener más información)*



LCYC Abogados para Jóvenes y Niños  
Tienen un Plan de Inmigrantes para la  
Seguridad de los Jóvenes y los Niños  
Por favor visite su página web:  
<https://lcywa.org/>

Plan de Seguridad  
[https://static1.squarespace.com/static/53dcf7ce4b0f92a7a64292e/t/67a3dc7a42280e6ab9d13b42/1738792063071/2025+Immigrant+Safety+Plan+for+Youth+and+Children\\_Spanish.pdf](https://static1.squarespace.com/static/53dcf7ce4b0f92a7a64292e/t/67a3dc7a42280e6ab9d13b42/1738792063071/2025+Immigrant+Safety+Plan+for+Youth+and+Children_Spanish.pdf)

## 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 Ingles)

Por favor visite nuestra página para imprimir estos documentos:

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



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

¿Cómo puedo estar preparado si soy Inmigrante o Refugiado?

Querrás crear un plan de seguridad, reportar y documentar redadas y arrestos, y buscar ayuda legal.

Ejemplos de planes de seguridad y recursos adicionales están disponibles a través del Asesor Legal para Jóvenes y Niños.

Como parte de tu plan de seguridad, debes:

Memorizar el número de teléfono de un amigo, familiar o abogado a quien puedas llamar.

Planificar el cuidado de tus hijos o familiares en caso de que seas detenido.

Mantener documentos importantes, como certificados de nacimiento y documentos de inmigración, en un lugar seguro donde un amigo o familiar pueda acceder a ellos si es necesario.

Asegúrate de que tus seres queridos sepan cómo encontrarte si eres detenido por ICE. Ellos pueden usar el localizador de detenidos en línea de ICE (<https://locator.ice.gov/odls/>) para encontrar a un adulto que esté bajo custodia de inmigración. O pueden llamar a la oficina local de ICE en Seattle al 206-277-2000. Asegúrate de que tengan anotado tu número de registro de extranjero si tienes uno.

Puede llamar a la línea directa de la Oficina Ejecutiva para la Revisión de Inmigración al 800-898-7180 para obtener información sobre el estado de su caso.

Si es posible y seguro para usted, tome fotos y videos de la redada o del arresto. También tome notas sobre lo que sucedió. Puede reportar la redada a la Línea Directa de Respuesta Rápida de la Red de Solidaridad con Inmigrantes de Washington al 844-724-3737.

O viste nuestro sitio Web: <https://www.dcyf.wa.gov/language-support/sp>



Haga clic aquí para obtener más información...

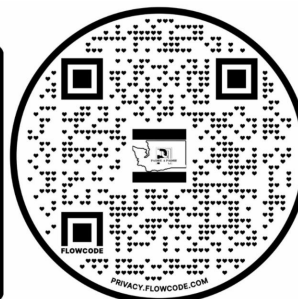
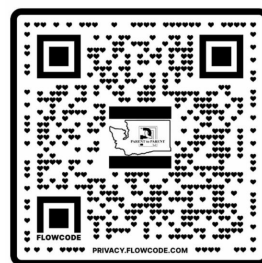
## *Espanol Recursos*



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)

English QR Code



Spanish QR Code



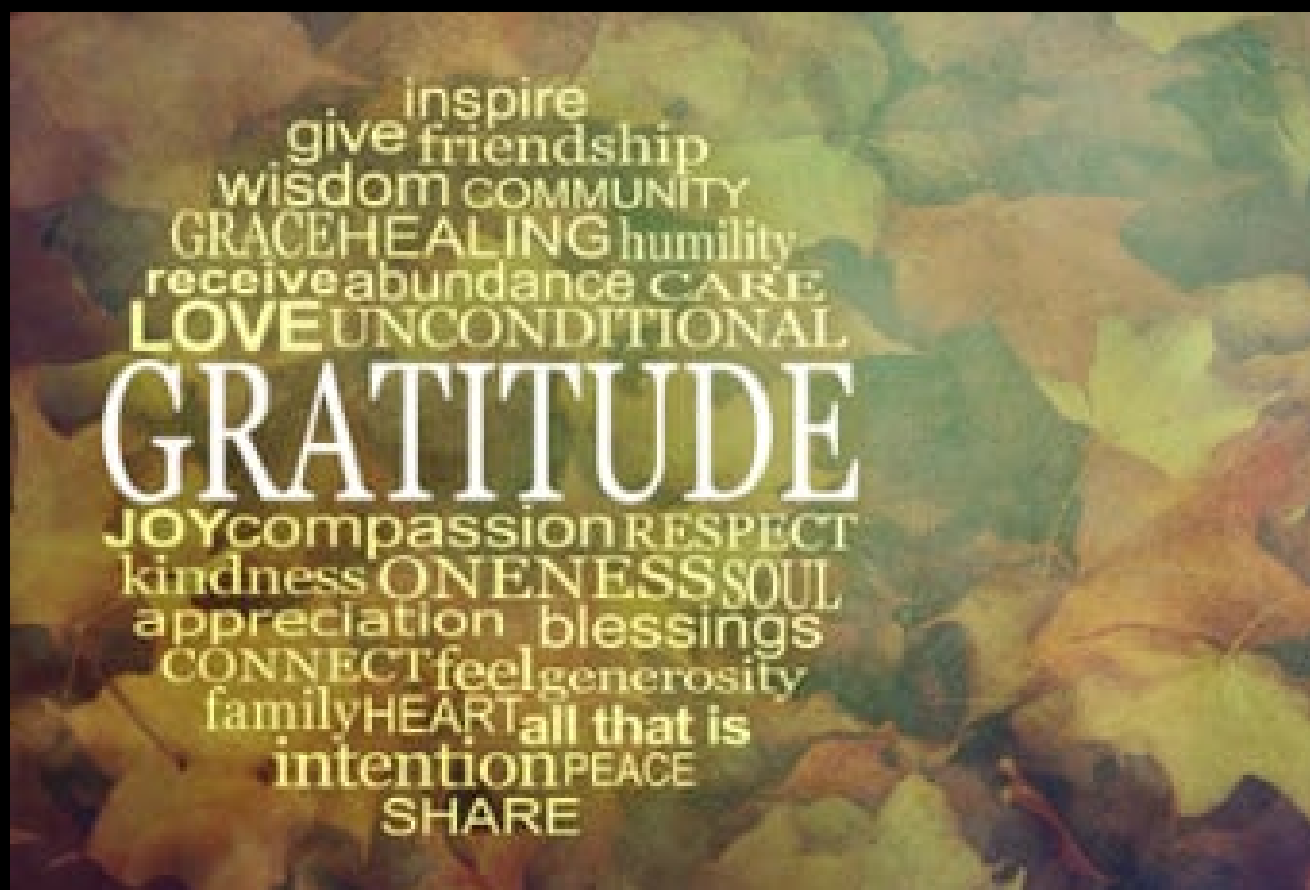
If you or your family is experiencing distress and needs support call:

- **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.*



***Thanksgiving with family, friends & food ideas for kids ...[click here!](#)***



USA

ALLIANCE MEMBER

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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