



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.

December 2025-With Advocacy Days Corrected

[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*



'Parent to Parent is such an important program. It helps families navigate the systems and helps parents not feel alone. I have learned & grown so much from other parents.'

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

'I am a mom of a child with special needs and also a service provider. I just wanted to take a moment to say that this is a great program. Thank you for everything you do.'

'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.'

We wanted to start December's newsletter with messages from families who represent some of the 19,000+ parent and caregiver connections made within Parent to Parent programs across Washington state over the last few months. With programs serving every county, we're so very proud of our work and relationships with families- providing the support, connection and resources they need to take the **next step**.

Parent to Parent has been present for families in Washington since 1980, with the first program being established in King County.

Parent to Parent **NEEDS** to be here for families in the future - providing a strong foundation for families raising children with disabilities so they can learn about and access important services, as they advocate for the needs of their child and family.

~~~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.) DSHS Partner Toolkit



**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](#)*

## 2.) *Help Me Grow Washington*







Help Me Grow Washington is a **FREE** service that connects parents and caregivers to resources in their community.

## Free support for Early Childhood Education Providers

Help Me Grow Washington connects families with services they need and supports your role in early childhood development. In addition to developmental screening tools and referral support, Help Me Grow offers a range of free services to help families navigate parenting challenges, access basic needs, and connect to local resources.

### How do we help?

Early childhood education providers are often the first to notice when a child might need extra support. We help make sure you're not doing that alone. When you partner with us, you get:

- **Free access to ASQ Online**, along with tailored training and support to make sharing and managing screenings easier for you and your families.
- Support interpreting **ASQ results**
- Guidance on talking with families about **screening results**
- Direct referrals to **local child development resources** and materials for families in **multiple languages**
- **Training for your staff** in developmental milestones, screening, and referral processes



### Why partner with us?

We offer tools and support so you can easily track development, start important conversations with families, and connect them to services when needed.

### Let's Work Together

Partnering with Help Me Grow is free, and getting started is simple. If you're ready to:

- Offer developmental screening with confidence
- Connect families with the right services at the right time
- Strengthen your program's impact with trusted support

Reach out today to learn more about how HMG can support your work



For more information, email us at [childdevelopment@withinreachwa.org](mailto:childdevelopment@withinreachwa.org)

Part of the  WithinReach family

### 3.) **Federal Government Shutdown Impacts on Families - Resources and Guidance (English | Español | Soomaali)**

### 4.) **Consensus WCHA 2025-2026 Respiratory Virus Season Immunization Recommendations**

The West Coast Health Alliance (WCHA) is issuing immunization recommendations for the 2025-2026 respiratory virus season. These recommendations are informed by trusted national medical organizations, including the American Academy of Pediatrics (AAP) (PDF), the American College of Obstetricians and Gynecologists (ACOG), and the American Academy of Family Physicians (AAFP). The WCHA believes that all recommended immunizations should be accessible to the people of our states.... Click above title for the rest of the document.

### 5.) **Vaccine Advisory Committee (VAC)**

In 1994, the Washington State Department of Health (DOH) established the Vaccine Advisory Committee

(VAC) to provide guidance and serve as an advisory body to DOH on appropriate medical recommendations to control vaccine preventable diseases in Washington State.  
Click above title for website link.

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## 6.) New Transition Guide for Youth

A new resource called [\*Healthcare Transition Guide for Young People with Chronic Health Conditions\*](#) (developmentally targeted for ages 10-13) can be found here on our website in both Spanish and English: [\*Information and Resources on Children and Youth with Special Health Care Needs | Washington State Department of Health\*](#).

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## 7.) Telecommunications Equipment Distribution program

<https://www.dshs.wa.gov/altsa/odhh/telecommunication>

Distance and Virtual Communication is a vital and necessary addition to the health, safety and quality of life for so many people. **The TED program can help those who are deaf, hard of hearing, live without speech or have a speech impairment receive equipment and training in order to connect with people/business/medical offices outside of their home.** iPhones, iPADS, and electrolarynx devices are examples of what is available. Assistive technology equipment to support those who have physical disabilities are available as well. **Training is provided virtually or in the home. Training is always free and equipment is often free as determined by sliding scale.**

## PROVAIL

<https://provail.org/>

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## 8.) Rural Health Transformation Program

The Rural Health Transformation Program offers an opportunity for Washington state to support health care transformation and meet the unique needs of rural communities. Click link below.

[\*Rural Health Transformation Program | Washington State Health Care Authority\*](#)

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## 9.) Pathways to Respite offers information and resources for those who support:

- an older adult
- child or adult with a developmental disability or other disability
- adult with traumatic brain injury

Developed by Informing Families, a resource of the Washington State Developmental Disabilities Council, in partnership with the [\*Washington State Developmental Disabilities Administration\*](#), [\*Aging & Long-Term Support Administration\*](#), and [\*PAVE\*](#), which administers [\*Lifespan Respite WA\*](#).

Click link for more information. [\*Pathways to Respite | Informing Families\*](#)



## 10.) Washington Department of Health Children and Youth with Special Health Care Needs (CYSHCN) Communication Network Newsletter!

[\*Click here for newsletter with updates, resources, and events!\*](#)

Quarterly newsletter to share updates from the CYSHCN Program and partners. If you would like to be added to list, please sign up: through the [\*Washington State Department of Health \(govdelivery.com\)\*](#) page.

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## 11.) WA INCLUDE has partnered with the Swindells Resource Center in Portland, Oregon

— a wonderful organization dedicated to supporting families and children through education, connection, and resources. To explore the valuable tools and programs they offer, visit their website at:

One of their most helpful resources is the **Care Notebook** — a 61-page *personal health record* designed to help parents organize and manage important information about their child's care.

The notebook is available in **both English and Spanish**, making it accessible for many families.

Download your copy below.

**Care Notebook - English**

[https://gux030.files.keap.app/gux030/509f26fa-ac3c-4ad6-a7ee-8741a5098fad?inf\\_contact\\_key=e1708d46b0b7985065eb256316819d26](https://gux030.files.keap.app/gux030/509f26fa-ac3c-4ad6-a7ee-8741a5098fad?inf_contact_key=e1708d46b0b7985065eb256316819d26)

**Care Notebook - Spanish**

[https://gux030.files.keap.app/gux030/9d250ec3-9c0c-445a-b881-f8fdd9699561?inf\\_contact\\_key=a074c20409dfb9f41c203729ccf9504d](https://gux030.files.keap.app/gux030/9d250ec3-9c0c-445a-b881-f8fdd9699561?inf_contact_key=a074c20409dfb9f41c203729ccf9504d)

The Swindells Resource Center also has several **upcoming online events** you won't want to miss! These sessions are packed with practical insights and community support for families and caregivers.

We encourage you to **download and share the event flyers** with your networks — especially those who might benefit from learning more about these opportunities.

**Download Flyer (Preparing for the Holidays) -**

[https://gux030.files.keap.app/gux030/1b0fc84d-217d-4088-b165-95db77203a03?inf\\_contact\\_key=6f77bb2c1e0f7b4006b0d70e8c0dd867](https://gux030.files.keap.app/gux030/1b0fc84d-217d-4088-b165-95db77203a03?inf_contact_key=6f77bb2c1e0f7b4006b0d70e8c0dd867)

**Download Flyer (Routines, Structures and Visual Supports) -**

[https://gux030.files.keap.app/gux030/f116cc8a-4aa5-4bfd-a346-3933a158be74?inf\\_contact\\_key=702164ad7767679749b78dc7631e7c89](https://gux030.files.keap.app/gux030/f116cc8a-4aa5-4bfd-a346-3933a158be74?inf_contact_key=702164ad7767679749b78dc7631e7c89)

**Download Flyer (Understanding Behavior in the Home and Community Setting) -**

[https://gux030.files.keap.app/gux030/10037ff0-0c49-4174-bcd8-62d9ae4ccffd?inf\\_contact\\_key=2ddfaf8144b69ed7605d216742c93239](https://gux030.files.keap.app/gux030/10037ff0-0c49-4174-bcd8-62d9ae4ccffd?inf_contact_key=2ddfaf8144b69ed7605d216742c93239)



## Washington Type 1 Diabetes Family Support

Are you a parent or caregiver raising a child with Type 1 Diabetes (T1D) and need support and information?

Or...

Are you a parent or caregiver raising a child with Type 1 Diabetes (T1D) and interested in providing support and information to a new parent?

Visit or scan to learn more:  
[familyvoicesofwashington.org/diabetes](http://familyvoicesofwashington.org/diabetes)

Questions? Contact us:  
Email: [Coordinator@t1dfamilysupport.com](mailto:Coordinator@t1dfamilysupport.com)  
Call: 253-330-9367



### BECOME A MENTOR

This project will use the peer-to-peer model to develop resources to support families of children with T1D through parent support mentor training and recruitment.



### NEW TO T1D?

Parent support is available through phone or video chat to connect with other T1D families with lived experience.

## Let's build a community of T1D support!

Department of Health is partnering with PAVE (Washington State's Family to Family Health Information Center) and Parent to Parent (P2P) to provide statewide support opportunities for families of children with T1D.

## Make sure to connect with our Type 1 Diabetes Statewide Coordinator for family support:

- **Washington Type 1 Diabetes Family Support**

Department of Health has partnered with PAVE (Washington State's Family to Family Health Information Center) and Parent to Parent (P2P) to provide statewide support opportunities for families of children with T1D. Trained compassionate volunteers (available in both Spanish and English) provide local resources, information (excluding medical advice), and connection through lived life experiences.

Services Include:

- Emotional support and listening for caregivers of children with T1D
- Information and referrals to state and community resources
- Trained T1D Family Support volunteers who closely match your parenting experience
- Social and recreational opportunities, such as camps
- Up-to-date non-medical information and resources on T1D





## 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.

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

## CONFERENCES / SEMINARS & SPECIAL EVENTS

### 2026 Advocacy Days

**Advocacy Days**, part of The Arc's Advocacy Partnership Project, are held during each legislative session to involve individuals with intellectual/developmental disabilities (IDD), their families and their service providers in the legislative process, giving them opportunities to make their voices heard by their legislators and to have an impact on policy and budget legislation that affects the services and supports available to them.

*Download the flyer with registration links here.*

In 2026 we will offer a mixture of opportunities for people to participate.

**Our virtual Wednesday morning 10- 11:30 am sessions begin January 14th.** We are also offering several evening sessions for those who cannot participate in the day.

**On January 21st and 28th, there will be live Advocacy Day**, the program begins at 10:00 am at United Churches in Olympia. The morning program will be live streamed. All other Advocacy Days will be virtual to make the meetings more accessible to people all around the state.

We will also be coordinating with several organizations who will be holding live rallies on January 21st and the 28th. Watch for further details.

***Click here for 2026 registration links***

**2026 Cost of Living Adjustments for Social Security Benefits**  
**Tuesday, December 9th at 12:00 pm**  
***and available to stream on demand***

This webinar will be in English  
with captioning and ASL interpretation available upon request.

Social Security disability benefits change every year due to Cost of Living Adjustments. This webinar will review the changes for 2026, including what it means for your cash benefit, reporting your earnings, and overpayments. We will also briefly review changes for ABLE accounts in 2026. There will be a live Q&A and ASL interpretation is available upon request.

### Register at Link Below

[https://us02web.zoom.us/webinar/register/WN\\_iSLSDwgQSNamteUOXhG7yA#/registration](https://us02web.zoom.us/webinar/register/WN_iSLSDwgQSNamteUOXhG7yA#/registration)

**Can't make it? The webinar will be available for on-demand viewing  
after it has ended at the same registration link.**

Please note: We are unable to answer detailed, case-specific questions in a group setting - please schedule a **free coaching session [Calendly]** for those questions!



## Youth and Young Adult Housing Response Team Office Hours

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



The Youth and Young Adult Housing Response Team was created by HB 1905 (<https://app.leg.wa.gov/billsummary?BillNumber=1905&Year=2021&Initiative=false>) in 2022 to respond to youth and young adults (ages 12 through 24) exiting publicly funded systems of care who are experiencing or at risk of homelessness.

**WHAT:** Two Core Members of the Youth and Young Adult Housing Response Team will be available to meet with youth, young adults, public employees, service providers, families, community members and others who are seeking more information about:

- The Response Team
- Systems of care
- Consultation and resources available to youth and young adults in Washington state.

**WHY:** The Youth and Young Adult Housing Response Team recognizes that there are approximately 1,000 young people per year exiting systems of care who will experience homelessness. The Response Team seeks to be available to provide consultation and support as broadly as possible.

**WHERE:** Microsoft Teams

**Meeting Link:** [https://teams.microsoft.com/join/launcher/launcher.html?url=%2F\\_%23%2F%2Fmeetup-join%2F%2F%2Fmeeting\\_OGEIMxY1ODtZjksZC00ZWVlTHIMjMTOGUZMDUSNjM4MTAx%40thread.v2%2F%2F%2Fcontext%3D%257b%2522id%2522%3a%252211d0e217-264e-400a-8ba0-57dce127d77d%2522%252c%2522oid%2522%253a%2522b00c8db1-8950-491a-8987-5d6146afab20%2522%257d%2526anon%3Dtrue&type=meetup-join&deeplinkid=44518823-468f-4244-9a67-8096afb58189&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true](https://teams.microsoft.com/join/launcher/launcher.html?url=%2F_%23%2F%2Fmeetup-join%2F%2F%2Fmeeting_OGEIMxY1ODtZjksZC00ZWVlTHIMjMTOGUZMDUSNjM4MTAx%40thread.v2%2F%2F%2Fcontext%3D%257b%2522id%2522%3a%252211d0e217-264e-400a-8ba0-57dce127d77d%2522%252c%2522oid%2522%253a%2522b00c8db1-8950-491a-8987-5d6146afab20%2522%257d%2526anon%3Dtrue&type=meetup-join&deeplinkid=44518823-468f-4244-9a67-8096afb58189&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true)

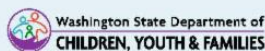
**Meeting ID:** 222 569 737 139

**Passcode:** Zz62ii

**Need help?** <https://support.microsoft.com/en-us/office/join-a-meeting-in-microsoft-teams-1613bb53-f3fa-431e-85a9-d6a91e3468c9?omkt=en-US>

### For More Information

Please join us for Office Hours or visit us at  
[www.dcyf.wa.gov/services/yyahr](http://www.dcyf.wa.gov/services/yyahr)



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DCYF PUBLICATION PPS\_0091 (01-2025)



**HealthMatters™ Program**

**WINTER 2026 Application is Open!**



HealthMatters Program is an **evidence-based** (ACL Title III-D approved list) 12-week health promotion program led by support staff and developed for and by the people with intellectual and developmental disability (IDD). Please see information below on program description, important dates, and how to apply to participate in this FREE program.

**REGISTER for live Informational Session to be held on December 9th, 2025 (1pm-1:45pm CT).**

The session will be recorded, please register to receive recording if you cannot attend live session.

**APPLY HERE**

**Deadline to apply is January 9th, 2026 (5pm CT).** Please read the Application Instructions first and note training dates. **Approved Organizations will be contacted by January 16th, 2026.**

### **What is HealthMatters Program?**

A health promotion program delivered in-person, hybrid, or virtually, and provides community staff and caregivers strategies and materials to support healthy options and choices among people with IDD.

Consists of a 12-week program that includes 36 interactive health education lessons and physical activity videos using paperbased curriculum and Virtual Coach Google Classroom. View Health Matters Curriculum Preface and *Table of Contents*.

Provided FREE for 12-months.

Other questions? Contact Jasmina Sisirak at [jsisirak@uic.edu](mailto:jsisirak@uic.edu) or visit our website.

**<https://healthmattersprogram.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  
our 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

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

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)

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



### Creciendo fuertes:

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

PARTE 1

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

### 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.....

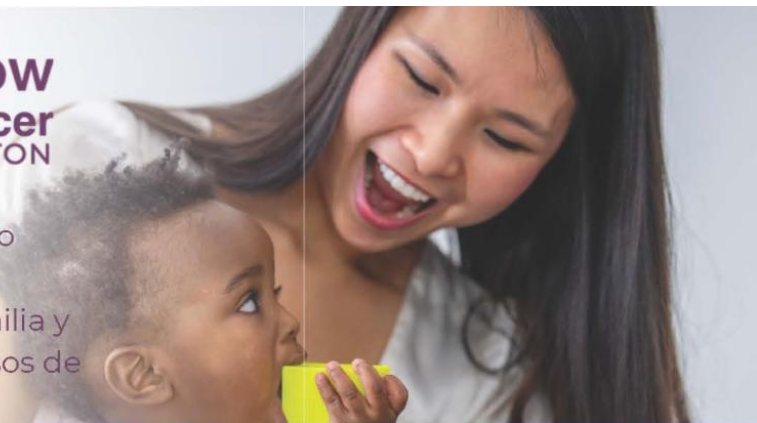
**970-152 PCH Strong and Grow, Spanish**





## Help Me Grow Ayúdame a Crecer WASHINGTON

Ayúdame a Crecer  
Washington es un servicio  
**GRATUITO** que pone en  
contacto a padres de familia y  
cuidadores con los recursos de  
su comunidad.



### Recursos de apoyo gratuitos para proveedores de educación para la primera infancia

Ayúdame a Crecer Washington pone en contacto a las familias con los servicios que necesitan y respalda su labor en el desarrollo de la primera infancia. Además de herramientas de evaluación del desarrollo y apoyo para canalizaciones, Ayúdame a Crecer ofrece una variedad de servicios gratuitos para ayudar a las familias a enfrentar los desafíos de la crianza, cubrir necesidades básicas y conectarse con recursos locales.

### ¿Cómo podemos ayudar?

A menudo, los proveedores de educación para la primera infancia son los primeros en observar cuando un niño necesita apoyo adicional. Nosotros le brindaremos ayuda para que tenga acompañamiento en estas situaciones. Cuando se asocia con nosotros, usted obtiene:

- **Acceso gratuito al Cuestionario de edades y etapas (ASQ, por sus siglas en inglés) en línea;** a la par recibirá capacitación y apoyo personalizados para facilitar la aplicación y gestión de evaluaciones tanto para usted como para las familias.
- Apoyo en la interpretación de **resultados del ASQ**
- Orientación para conversar con las familias sobre los **resultados de las evaluaciones**
- Canalizaciones directas a **recursos locales de desarrollo infantil** y materiales disponibles en **varios idiomas**
- **Capacitación para su personal** en hitos del desarrollo, evaluación y procesos de canalización



### ¿Por qué debería asociarse con nosotros?

Ofrecemos herramientas y apoyo para que pueda dar seguimiento fácilmente al desarrollo, iniciar conversaciones importantes con las familias y conectarlas con servicios cuando sea necesario.

### Trabajemos juntos

Colaborar con Ayúdame a Crecer no tiene costo y empezar es sencillo. Si está listo para:

- Ofrecer evaluaciones del desarrollo con confianza
- Conectar a las familias con los servicios adecuados en el momento oportuno
- Fortalecer el impacto de su programa con un apoyo confiable

Contáctenos hoy mismo para obtener más información sobre cómo Ayúdame a Crecer puede apoyar su labor.



Para obtener más información,  
envíe un correo electrónico a  
[childdevelopment@withinreachwa.org](mailto:childdevelopment@withinreachwa.org)

Parte de la familia WithinReach

MyWABenefits: Introducción - Haz clic en el enlace de abajo

## MyWABenefits: Introducción



*Español Homepage | Washington State Department of Health*



## ¿Quiénes somos?

Bienvenido a NADS, la organización más antigua en el país al servicio de personas con síndrome de Down y sus familias. NADS fue fundada en Chicago en 1961 por los padres que optaron por ir en contra del consejo médico y decidieron criar a sus hijos con síndrome de Down en el hogar. Sus esfuerzos pioneros han hecho más fácil no solo la aceptación de las personas con síndrome de Down por sus familias y comunidades, sino también el desarrollo de sus habilidades, de cara a una vida y trabajo más independientes. Nuestra misión es asegurar que todas las personas con síndrome de Down tengan la oportunidad de alcanzar su potencial máximo en todos los aspectos de la vida comunitaria. Ofrecemos información, apoyo y la defensa de sus derechos.....***Haga clic aquí para obtener más información...***



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

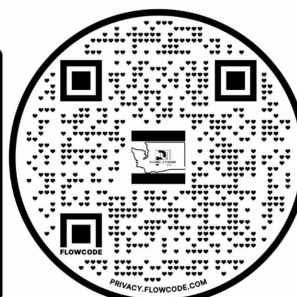
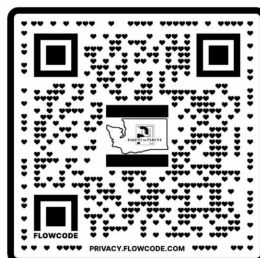
***Espanol Recursos***



**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> (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.*

“

Christmas gives us the opportunity to pause and reflect on the important things around us.

-DAVID CAMERON



WomansDay



# Holiday baking with family, friends & kids ...click here!



USA

ALLIANCE MEMBER

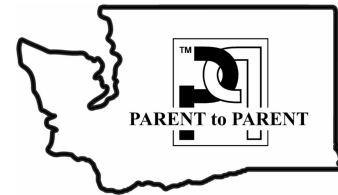
Committed to Parent to Parent  
USA Endorsed Practices

## 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





Try email marketing for free today!