



# 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.

## February 2026

[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*



"To Kindness and Love, the things we need most!"  
-Grinch

Although the holidays are over and we are at the beginning of a new year, there's a quote from The Grinch that is so relevant in EVERY season and on EVERY day of the year!

Parent to Parent is here for families - extending kindness and love to parents and caregivers who are navigating so much in our world today.

Last quarter, our English language satisfaction surveys indicated that nearly 90% of parents and caregivers were satisfied or highly satisfied with the support they received. The Spanish language survey indicated 100% of parents and caregivers were satisfied or highly satisfied with the support they received. This is tremendous! We are so proud of our network, the families we serve and our local and statewide sponsors who continue to support this vital work.

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Welcome Cassandra (Cassie) Whitaker, the new Lewis County P2P Coordinator. We also have new P2P Coordinators in Grays Harbor County, Jeff and Marsha Meeks as Co-Coordinators and Teresa Snow as an assistant.

Goodbye Fabiola Solis, Skagit County P2P and Shawna Haller, Lewis County P2P.

~~~Tracie, Theresa, Maria and Jackie

'Por informacion en espanol, mirar hacia abajo en la pagina'

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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 or scan the QR Code to the left).  
 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.) Guest Commentary:** Local families relying on lawmakers to protect people like Andy  
 by Tracie Hoppis  
 Manager, Washington State Parent to Parent (P2P) Programs.

[Click link for article.](#)

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**2.) Check Our Menu of Services**

Are you hungry for information about Community First Choice services? Step into the CFC Café! Our new video series shows how CFC services can help you live more independently. We’ll release a new video each month, so be sure to check back for more of our CFC menu.



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### **3.) Washington awarded \$181 million for rural health transformation**

The Centers for Medicare & Medicaid Services (CMS) approved Washington state's Rural Health Transformation (RHT) Program plan. CMS offered a budget of about \$181 million for year 1 of the program.

These funds will support the hospitals, clinics, and providers that rural families rely on every day. While the need remains significant, this investment will help rural communities take important steps forward in accessible, safe, and sustainable health care.

#### **What's next**

The funding award is close to our requested amount of \$200 million. Our next step is to revise the budget to account for the new amount.

We're continuing to work with the Department of Health (DOH) and Department of Social and Health Services (DSHS), in support of the Governor's Office. Together, we're carefully making budget changes that trim — but don't eliminate — funding allotments.

CMS requires the revised budget by January 30 and will review it within 30 days. After that, we'll review a cooperative agreement with CMS.

While our RHT plan is conditionally approved, our work isn't done. We'll keep you updated on [our RHT Program webpage](#) with new information during the coming months.

#### **Learn more about the RHT Program**

Under H.R. 1, the federal government offers \$50 billion RHT funding to help improve rural health care across the country.

The RHT Program offers an opportunity for Washington state to support health care transformation and meet the unique needs of rural communities.

<https://www.hca.wa.gov/about-hca/programs-and-initiatives/value-based-purchasing/rural-health-transformation-program>

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### **4.) POSITIVE EXPOSURE: Promoting a more inclusive world through Photography, Film & Educational Programs**

Founded by award-winning photographer Rick Guidotti in New York City, Positive Exposure has transformed into a global movement, celebrating the beauty and richness of human diversity.

For more than 25 years, Positive Exposure has operated as a 501(c)(3), building a more equitable, compassionate world for individuals and communities at risk of stigma and exclusion. We all share the same need: The need to be seen. The need to be heard. The need to belong.

At Positive Exposure, we create spaces rooted in unity, respect, and inclusion through photography, film, educational programs, and advocacy at our gallery in New York City and around the globe.

<https://positiveexposure.org/>

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## 5.) Level Up Your Social Media Game: 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.

### Brief Overview

- Social media helps people with disabilities connect, express themselves, and find support—but it also comes with risks that users need to understand.
- A trusted adult is someone you know in real life who cares about your safety and can help you make good choices.
- Not everyone online is who they say they are.
- People may act mean online or post things just to get attention.
- Be careful what you share and talk to someone you trust if something feels wrong.
- Anything you post online can be copied and shared. Think before you post, especially if someone is pressuring you to share something quickly.
- Not everything online is true. Learn how to check facts and find trusted websites so you can tell what's real and what's not.
- Asking for help is smart and keeps you safe.

<https://wapave.org/level-up-your-social-media-game-digital-safety-tips-for-youth-and-young-adults-with-disabilities/>

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## 6.) Washington State Fathers Network

*A Powerful Voice for Fathers and Families of Children with a Disability or Special Health Care Need*

We do our work by connecting men with each other and with resources and information, by training men to tell their story and advocate for change, and by working to promote inclusion.

*[English flyer for more information](#)  
[Spanish flyer for more information](#)*

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## 7.) Lives in the Balance

**Lives in the Balance** is a dynamic, values-driven 501(c)(3) non-profit organization devoted to ensuring that all kids are understood and treated in ways that are compassionate, effective, non-punitive, non-adversarial, proactive, and collaborative. Our efforts and impact are global. We provide vast resources and training on Collaborative & Proactive Solutions, an evidence-based model of care originated by our founding director, Dr. Ross Greene, and support grass-roots advocacy and legislation aimed at sharply reducing or eliminating the use of harmful, counterproductive disciplinary practices.

*[Click here for more information and website link.](#)*

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## 8.) Collaborative & Proactive Solutions

Collaborative & Proactive Solutions (CPS) is an evidence-based model of psychosocial treatment originated and developed by Dr. Ross Greene, and described in his books *The Explosive Child*, *Lost at School*, *Raising Human Beings*, and *Lost & Found*.

*[Click here for more information and website link.](#)*

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## 9.) Washington State Department of Health (DOH) Statement on Federal Changes to Childhood Vaccine Recommendations

Vaccines save lives. Childhood immunizations prevent serious illness, hospitalization, long-term complications, and death. They also help stop the spread of disease in families, schools, and communities. Changed federal recommendations have removed routine childhood immunizations for several diseases that can have serious health impacts, including hepatitis A and B, rotavirus, RSV, influenza, and meningococcal disease. Weakening routine childhood vaccine recommendations risks lowering vaccination rates and increasing the likelihood of outbreaks of preventable, and sometimes deadly, diseases.

Thanks to high vaccination rates, children in the U.S. experience far fewer severe illnesses and hospitalizations than they would without these vaccines. We strongly encourage families to keep their

children up to date on recommended vaccinations and to talk with trusted health care providers about any questions or concerns.

<https://doh.wa.gov/you-and-your-family/immunization>

Our website is your source for a *healthy dose of information*. Get updates by following us on social media.

<https://doh.wa.gov/>

<https://doh.wa.gov/about-us/contact-us/social-media>

## Developmental Disabilities Community Services

Home and Community Living Administration



### 10.) Client Rights Video Series

Join host Ivanova Smith for the launch of a new video series that explains the rights of people we serve. Over the next several weeks, Ivanova will interview people with lived experience about the Client Rights law and what each right means to them. Ivanova will also interview professionals about ways to ensure people's rights are respected.

If you receive services from us, or support someone who does, this video series is for you.

Watch 1st Episode: Client Rights Overview.

<https://www.youtube.com/watch?v=I0CUfe7HAZg>

Watch Episode: Power and Choice

<https://www.youtube.com/watch?v=ahUAWCQ8c7M>

*Click here for the document with information covering immediate assistance resources as well as other information to assist in providing information to people requesting support, including clients who are not receiving a paid service from Developmental Disabilities Community Services.*



Click here for more [Info & Resources - Washington State \(arcwa.org\)](http://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 began January 14th.**

We are also offering several evening sessions for those who cannot participate in the day.

Advocacy Days will be virtual to make the meetings more accessible to people all around the state.

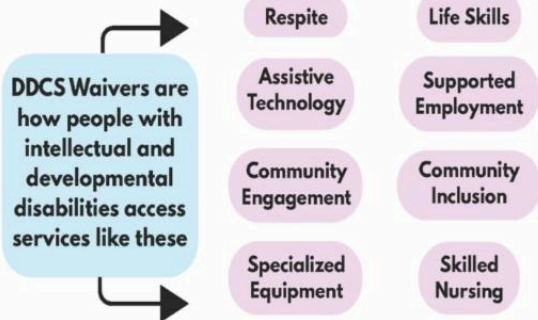
**[Click here for 2026 registration links](#)**



# Action Alert

## Protect Disability Services

The Governor's proposed budget is proposing eligibility changes to make it harder to get onto (or stay on) a DDCS Waiver or to access personal care starting in 2028



**Help us stop this!**  
**Call your legislator**

See 1, 2 and 3

1

Click here to find my district (or scan the QR code below):



2

Click their name (it looks like this):

Legislative District 42 Legislators

Senator Sharon Shewmake  
Democrat

Representative Alicia Rule  
Democrat

Representative Joe Timmons  
Democrat

Then scroll down a bit to see their phone number

3

Sample of what you can say:

Hi, my name is \_\_\_\_ and I live in your district

I am strongly opposed to the change to waiver eligibility in the Governor's proposed budget for Developmental Disability Community Services (DDCS) and cuts to personal care. This will cause some people to lose their DDCS services.

I receive (or my family member receives) the following DDCS waiver services....  
(list your services like respite, Community Inclusion, Supported Employment etc.)

I need (or my family member needs) DDCS waiver services to.....  
(keep a job, have something to do with my day, stay out of the hospital)

Cuts cause more costly crisis. Please don't include this proposal in the final budget.

Thank you for your time



## Applied Behavior Analysis: A Brief History and State of Field

Friday, February 13th, 2026

12:00 - 1:00 PM

In February's community session, Dr. Katy Bateman, *PH.D., BCBA-D, LBA* will provide an overview of ABA and the current state of practice. Katy will discuss the history of ABA and commonly identified controversies, as well as future goals and directions.

Zoom Link: [https://washington.zoom.us/j/95502054769?inf\\_contact\\_key=14c6bccf85b0b204623b078c1928a85f#success](https://washington.zoom.us/j/95502054769?inf_contact_key=14c6bccf85b0b204623b078c1928a85f#success)

\*Note: Please plan to sign on at 11:55.

We anticipate a longer wait time to admit participants and will start right at 12pm!

PS: Did you miss last month's community session with Dr. Tania May, [check it out here](#).



**UWLEND**

**POSITIVE PARENTING:  
PARENT EDUCATION AND  
SUPPORT FOR  
CHALLENGING BEHAVIOR**

We are inviting parents and caregivers of children ages 3-12 years old in the Pacific Northwest with suspected or diagnosed delay or disability who want to learn strategies to understand, support, and respond to challenging behavior and connect with other parents to take part in a 10-week remote research series. We use the Project ECHO, All Teach All Learn mind set, so everyone learns together.

**We Hope to:**

- Share evidence-based strategies to understand, support, and respond to challenging behaviors
- Develop a confidential, community safe space
- Support each other

**We Provide:**


- Experienced multidisciplinary team of experts
- Computer-based language translation
- Live Spanish language support

**10 WEEK VIRTUAL SERIES  
THURSDAYS  
FEBRUARY 26-APRIL 30  
12:30-1:45**

IF YOU HAVE ANY QUESTIONS PLEASE  
CONTACT SUE ADELMAN  
ADELMS@UW.EDU

**CLICK HERE FOR REGISTRATION FORM**

**REGISTER NOW**



**UWLEND**

**CRIANZA POSITIVA:  
EDUCACIÓN Y APOYO A LOS  
PADRES ANTE CONDUCTAS  
DESAFIANTES**

Invitamos a padres y cuidadores de niños de 3 a 12 años en el noroeste del Pacífico con retraso o discapacidad sospechados o diagnosticados, que deseen aprender estrategias para comprender, apoyar y responder a conductas desafiantes y conectar con otros padres, a participar en un ciclo de investigación remota de 10 semanas. Utilizamos la mentalidad "Todos enseñan, todos aprenden" del Proyecto ECHO, para que todos aprendan juntos

**Esperamos:**

- Compartir estrategias basadas en evidencia para comprender, apoyar y responder a comportamientos desafiantes.
- Desarrollar un espacio comunitario seguro y confidencial.
- Apoyarnos mutuamente

**Ofrecemos:**

- Un equipo multidisciplinario de expertos con amplia experiencia
- Traducción de idiomas por computadora
- Asistencia en español en vivo

**SERIE VIRTUAL DE 10 SEMANAS  
JUEVES  
DEL 26 DE FEBRERO AL 30 DE  
ABRIL. 12:30-1:45**

SI TIENE ALGUNA PREGUNTA, CONTACTE  
CON SUE ADELMAN  
ADELMS@UW.EDU

**CLICK HERE FOR REGISTRATION FORM**

**REGISTER NOW**



CLICK BELOW TO REGISTER:

[https://docs.google.com/forms/d/e/1FAIpQLSedytb4\\_zYW5NkgioK7Dj4zHHTHYCuH0rASe6eDkpHE79INOzw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSedytb4_zYW5NkgioK7Dj4zHHTHYCuH0rASe6eDkpHE79INOzw/viewform)

CLICK BELOW TO REGISTER:

[https://docs.google.com/forms/d/e/1FAIpQLSedytb4\\_zYW5NkgioK7Dj4zHHTHYCuH0rASe6eDkpHE79INOzw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSedytb4_zYW5NkgioK7Dj4zHHTHYCuH0rASe6eDkpHE79INOzw/viewform)



## 2026 ECHO Autism Communities Symposium

At this free symposium event, experts and participants learn together about specific topics to enhance services, access, care, and advocacy within the autism community.

Get ready for an event that will empower, inspire, and connect you with leading autism experts dedicated to advancing high-quality care. The 6th Annual ECHO Autism Communities Symposium is your opportunity to explore best-practice care, effective interventions, and practical strategies in autism advocacy and services—all from the comfort of your home. Click below for more information and registration.

**Register now for this free all-day event!**  
**April 2, 2026 8:00am - 3:15pm CT**

<https://echoautism.org/symposium-2026/>



WASHINGTON STATE  
**FATHERS  
NETWORK**



**May 4th, 2026**

**Save the Date!**  
**The WA Statewide  
Family Network Children's  
Behavioral Health Summit 2026  
is on the horizon!**

*Our planning committee will be putting together a dynamic, forward-looking agenda designed to spark ideas, foster collaboration, and drive meaningful change for Washington families navigating children's behavioral health services.*

*More details will be coming in the months ahead—stay tuned!*



**41st Annual Father's Day Camp Out**  
**Friday, June 19 - Sunday, June 21**

This free, family-friendly event is open to everyone in the network. Join us over Father's Day weekend at Washington Park in Anacortes for a memorable time together outdoors. Group dinner will be provided on Saturday evening. We hope you'll join us in June as we celebrate all the incredible dads in our community!

If you plan to attend, please take a moment to RSVP here: <https://forms.office.com/r/9jNvAHHqdM>

Feel free to reach out to Jeremy with any questions or if you are interested in learning more about this event.

His contact information is:

Email: [fathersnetwork@sherwoodcs.org](mailto:fathersnetwork@sherwoodcs.org)

Cell: (425) 470-7160

You can also check out the website at: [www.fathersnetwork.org](http://www.fathersnetwork.org) for more information.



## *Engaged fathers play a vital role in healthy families.*

The Washington State Fathers Network (WSFN) fulfills its mission by building meaningful connections among fathers and linking them to essential resources and information. We equip dads with tools to share their stories and advocate for change, while advancing inclusion in every community we serve.

### *How to get involved*

#### **CHAPTER MEETINGS**

- Local chapters across Washington provide spaces for fathers to connect.
- Fathers share experiences, advice, and resources in a supportive environment.
- If a chapter doesn't meet regularly, contact information is available for a local dad who can provide support.
- When enough interest exists, new groups can be formed.

#### **INFORMATION AND RESOURCES**

- Resource tab on our website with curated tools and guides.
- Active Facebook page for updates and community sharing.
- WSFN newsletter highlights resources, news, and upcoming opportunities.
- Informal peer-to-peer support through friendships built in meetings and events.

#### **ADVOCACY & STORYTELLING**

- Encouraging fathers to share their experiences of raising children with special health care needs.
- Creating platforms for those stories to influence inclusion, legislation, and public awareness.
- Promoting the voices of fathers, families, and children to ensure their needs are represented in the broader community.

#### **EVENTS**

- Annual statewide gatherings such as the Fathers Conference and Anacortes Campout.
- Local chapter events like poker nights, Super Bowl parties, or family outings.
- Opportunities for both family-friendly activities and men-only spaces to connect.

#### **STAY CONNECTED**

- Join the WSFN Facebook page.
- Join our mailing list to stay informed about upcoming events and other topics that are of interest to dads and families.



To learn more, reach out to [fathersnetwork@sherwoodcs.org](mailto:fathersnetwork@sherwoodcs.org)

The Washington State Fathers Network is dedicated to empowering fathers, strengthening families, and shaping a more inclusive future for children with disabilities or special health care needs.

## **SURVEYS**

WSCC 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

[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 ESPAÑOL

"¡La bondad y al amor, las cosas que más necesitamos!"

- El Grinch

Aunque las fiestas ya terminaron y estamos al comienzo de un nuevo año, hay una cita de El Grinch que es tan relevante en TODA temporada y en CADA día del año.

Padre a Padre está aquí para las familias, extendiendo bondad y amor a los padres y cuidadores que enfrentan tantos desafíos en nuestro mundo actual.

El trimestre pasado, nuestras encuestas de satisfacción en inglés indicaron que casi el 90 % de los padres y cuidadores estaban satisfechos o muy satisfechos con el apoyo recibido. La encuesta en español indicó que el 100 % de los padres y cuidadores estaban satisfechos o muy satisfechos con el apoyo recibido. ¡Esto es increíble! Estamos muy orgullosos de nuestra red, de las familias a las que servimos y de nuestros patrocinadores locales y estatales que continúan apoyando este trabajo vital.



*[Haz clic aquí para el documento con Recursos en español del boletín.](#)*



Declaración del Departamento de Salud del Estado de Washington sobre los cambios a nivel federal en las recomendaciones sobre vacunas infantiles:

<https://doh.wa.gov/es/newsroom/declaracion-del-departamento-de-salud-del-estado-de-washington-sobre-los-cambios-nivel-federal-en>

Un guía para comprender los trastornos alimenticios:

[https://waportal.org/sites/default/files/2025-05/YAC Guide to Eating Disorders\\_es\\_1.pdf](https://waportal.org/sites/default/files/2025-05/YAC_Guide_to_Eating_Disorders_es_1.pdf)



Mejora tu experiencia en redes sociales: Consejos de seguridad digital para jóvenes y adultos jóvenes con discapacidad.

<https://wapave.org/level-up-your-social-media-game-digital-safety-tips-for-youth-and-young-adults-with-disabilities/>





¿Su hijo está por cumplir 18 años? ¿Los doctores le han dicho que tiene que apresurarse a pedir la Tutela Legal? Hay 3 diferentes opciones, y usted es quien debe decidir cual opción es mejor para su hijo/a. ¡La Tutela Legal no es la UNICA OPCION!

Poderes notariales y directivas anticipadas

<https://www.washingtonlawhelp.org/es/topics/planificacion-en-vida/poderes-notariales-y-directivas-anticipadas>

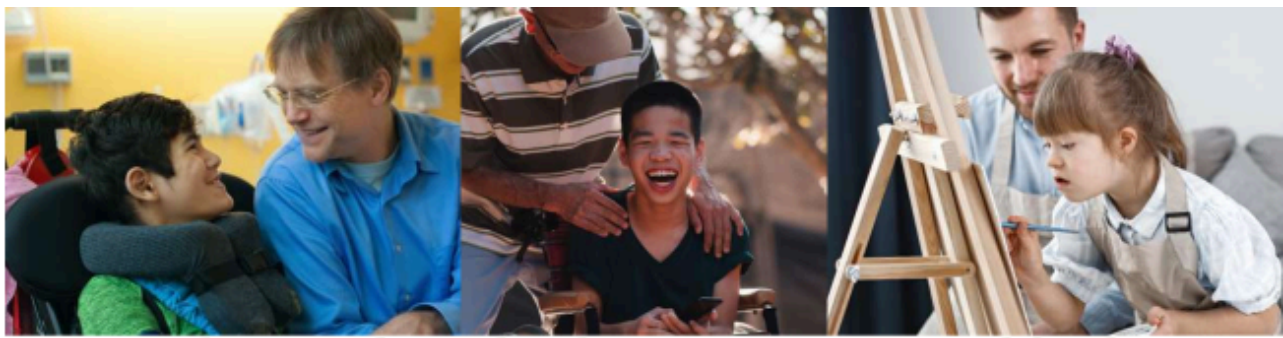
Tomando decisiones por otros

<https://www.washingtonlawhelp.org/es/topics/planificacion-en-vida/tomando-decisiones-por-otros>

Tutela de adultos, curatela y otros arreglos de protección para adultos

<https://www.washingtonlawhelp.org/es/tutela-de-adultos-curatela-y-otros-arreglos-de-proteccion-para-adultos#6c7e362a-d998-4800-ae9b-5aa5278e8db8>





## **Padres involucrados desempeñan un papel fundamental en las familias saludables.**

La Red de Padres del Estado de Washington (WSFN) cumple su misión al crear conexiones significativas entre los padres y vincularlos con recursos e información esenciales. Brindando a los papás herramientas para compartir sus historias y abogar por el cambio, mientras promovemos la inclusión en cada comunidad a la que servimos.

### **Cómo involucrarse:**

#### **REUNIONES DE GRUPO LOCAL**

- Los capítulos locales en todo Washington ofrecen espacios para que los padres se conecten.
- Los padres comparten experiencias, consejos y recursos en un entorno de apoyo.
- Si un capítulo no se reúne regularmente, hay información de contacto disponible para un padre local que puede brindar apoyo.
- Cuando existe suficiente interés, se pueden formar nuevos grupos.

#### **INFORMACIÓN Y RECURSOS**

- Sección de recursos en nuestro sitio web con herramientas y guías seleccionadas.
- Página activa en Facebook para actualizaciones y para compartir en la comunidad.
- El boletín de WSFN destaca recursos, noticias y más/nuevas oportunidades.
- Apoyo informal entre pares a través de amistades creadas en reuniones y eventos.

#### **PROMOCIÓN Y NARRACIÓN DE HISTORIAS**

- Animar a los padres a compartir sus experiencias de criar hijos con necesidades especiales de atención médica.
- Crear plataformas para que esas historias influyan en la inclusión, la legislación y la concienciación pública.
- Promover las voces de los padres, las familias y los niños para garantizar que sus necesidades estén representadas en la comunidad en general.

#### **EVENTOS**

- Reuniones anuales a nivel estatal, como la Conferencia de Padres y el campamento en Anacortes.
- Eventos de capítulos locales como noches de póker, fiestas del Super Bowl o salidas familiares.
- Oportunidades tanto para actividades familiares como para espacios exclusivos para hombres en donde se puedan conectar.

#### **MANTENTE CONECTADO**

- Únete a la página de WSFN en Facebook.
- Únete a nuestra lista de correo para mantenerte informado sobre próximos eventos y otros temas de interés para padres y familias.
- Para obtener más información, comunícate con [fathersnetwork@sherwoodcs.org](mailto:fathersnetwork@sherwoodcs.org).



La Red de Padres del Estado de Washington está dedicada a empoderar a los padres, fortalecer a las familias y construir un futuro más inclusivo para los niños con discapacidades o necesidades especiales de salud.

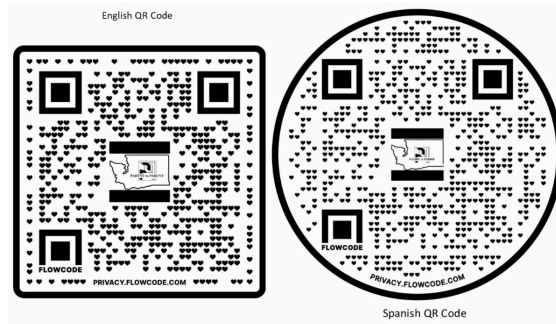
Haga clic aquí para obtener más información...

***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!

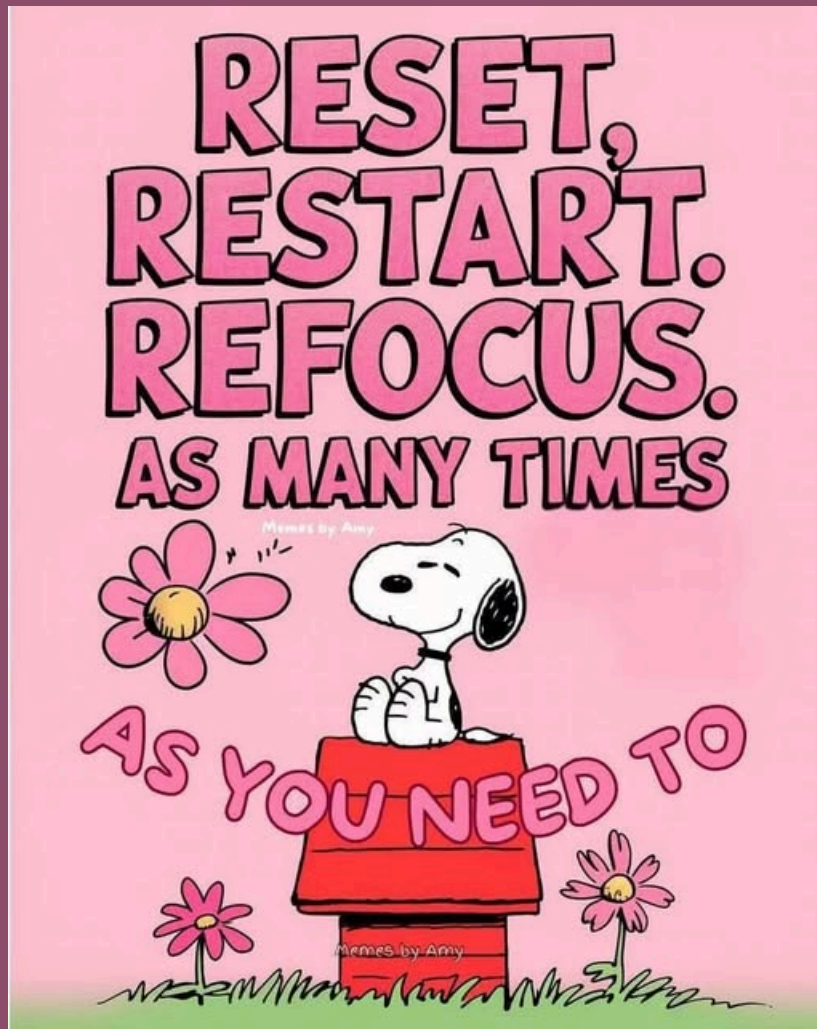
<https://www.surveymonkey.com/r/M5JZWW8> (Spanish)



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.*



***Easy Valentine Day Crafts & Treats ...click here!***



USA

ALLIANCE MEMBER

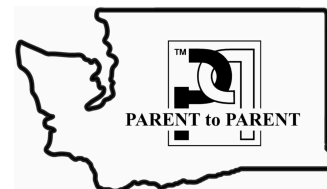
Committed to Parent to Parent  
USA Endorsed Practices

**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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