



Washington State Parent to Parent (P2P) Monthly Newsletter



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

August 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



Have you written your letter yet?

As many of you may know, Parent to Parent received unexpected news in early July that our statewide network was at risk of losing funding. Since that time, there has been an OUTPOURING of support (over 1,500 letters and 'actions') from families, state and community partners and legislators.

As a **direct result** of **your** advocacy, legislators from across Washington state sent a letter to Governor Ferguson and DSHS in **support of Parent to Parent**.

[Click here for the Letter from the Legislators to Governor Ferguson & DSHS](#)

Thank you for all you are doing right now to **lift, push and carry the MESSAGE** that Parent to Parent MATTERS- to every single family we serve, our community partners AND the 40+ bipartisan legislators who are now supporting our efforts.

If you have not sent a message yet, please do so today - your voice matters!

<https://arcwa.org/tell-the-governor-to-direct-dshs-we-cannot-cut-parent-to-parent/>

To learn more about our impact and advocacy efforts, visit these media outlets that featured articles recently:

Washington State Standard:

<https://washingtonstatestandard.com/2026/07/27/parents-worry-wa-developmental-disabilities-program-is-about-to-get-axed/>

Salish Current:

<https://salish-current.org/2026/07/28/proposed-cuts-threaten-support-for-families-of-people-with-disabilities/>

Spokane KXLY:

https://www.kxly.com/news/state-budget-cuts-could-eliminate-support-program-for-families-with-disabled-children/article_7373bd02-cc60-4d20-863c-a01f496a1536.html

We've heard many stories over the last few weeks - how Parent to Parent is a lifeline to so many families (regardless of zip code). In addition to the family stories, we want to highlight one community partner's comment about the value of Parent to Parent:

'I am writing in support of the Parent to Parent Program in Washington State. As an individual who has worked closely with families and children with disabilities over the past 30 years, I can unequivocally speak of the importance Parent to Parent has across our state. Supporting parents in navigating the unique nuances of parenting a baby/child/young adult with special needs is critical in preserving the health and wellbeing of both the child and family'.

-Sharon Grandy Loudon, Regional Autism Education Specialist for ESD 105

Thank you all for **standing with Parent to Parent!**

.....
Welcome Alejandra Heredia, Spanish Speaking Coordinator, South Sound Parent to Parent (Thurston/Mason Counties).

Goodbye Shannon Watkins, King County Parent to Parent.

~~~Tracie, Theresa, Maria and Jackie

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





# PROTECT Washington State Parent to Parent

*"I really don't know what I would have done without P2P ... We are so lucky to have this program. It literally makes me cry when I try to talk about it."*



## For Over 45 Years

Washington State Parent to Parent (P2P) provides vital **peer support and system navigation** to families raising children with disabilities and/or special health care needs.

Support and programming are **available in every Washington State county** which also includes **14 multicultural-specific programs**. Staffed by **50+ program coordinators** who are parents or family members caring for children/individuals with disabilities or special health care needs.



## Program Funding

- Washington State Developmental Disabilities Administration
- Washington State Department of Health's Children & Youth with Special Health Care Needs
- Local county Developmental Disability programs
- Other local and state partners



## Per Washington State Legislative Statute RCW 71A.14.120, each program provides:

- Early outreach, support, and education to parents and caregivers who have a child with special health or developmental needs
- Matching of a trained volunteer support parent with a new parent who has a child with similar needs as the support parent
- Tools and resources for parents to be successful as they learn about the support and advocacy needs of their child and family



## 2025-2026 Data

| Assistance                                                                                                                                                                                                                                                                                               | Subscribers                                               | Volunteers                                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>92,858</b><br>Calls, Emails, Connections for Assistance <ul style="list-style-type: none"><li>• <b>25,807</b> unduplicated parents/caregivers served</li><li>• <b>5,879</b> contacts with parents who are non-English language users</li><li>• <b>7,143</b> contacts with families of color</li></ul> | <b>64,536</b><br>Parents & Professionals on Mailing Lists | <b>1,056</b><br>"Helping Parent" Trained Volunteers <ul style="list-style-type: none"><li>• <b>622</b> parent support "matches"</li><li>• Specific to diagnosis, topic or overall need</li></ul> |
|                                                                                                                                                                                                                                                                                                          | <b>Social Media</b><br><b>43,329</b><br>Followers         |                                                                                                                                                                                                  |



## Washington State Parent to Parent (P2P)

c/o The Arc of Washington State  
Website: [arcwa.org/parent-to-parent/](http://arcwa.org/parent-to-parent/)  
E-mail: [parent2parentwa@arcwa.org](mailto:parent2parentwa@arcwa.org)  
Phone: 360.357.5596  
Facebook: [facebook.com/groups/155502866875/](https://facebook.com/groups/155502866875/)

**Tracie Hoppis**  
Washington State P2P Manager  
Desk: 509.746.3304  
Cell: 509.907.0873





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.) Caregiver Support is a Phone Call Away

Talk to caring people for practical caregiving information and help finding local resources/services by calling your local [Community Living Connections/Area Agency on Aging or Home and Community Services Office](#).

- The [Family Caregiver Support Program](#) is a service available to unpaid caregivers of adults who need care. Staff at local offices throughout Washington can give you practical information

and advice and connect you to local resources/services that meet your needs. Services are free or low cost.

- Two programs, **MAC** and **TSOA**, offers free services for unpaid family caregivers of adults (age 55 and older) who need care, or to individuals without unpaid caregivers. Contact your local **Community Living Connections/Area Agency on Aging or Home and Community Services Offices**.

### **Caregiver Resources | DSHS**

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#### **2.) Services for Adults with Developmental Disabilities**

- I'm in high school and confused about what comes next.
- How do I get ready for life after school?
- What kind of help can I get if I'm struggling to live at home.
- I need to move out of my home what kind of support can I get?
- I don't know what to ask for.
- Can someone help me?

### **Services for Adults with Developmental Disabilities | DSHS**

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#### **3.) Home and Community Based Services Grievance Process & System Requirements**

##### **WA DSHS: DDA's Bulletin July 28, 2026**

The Centers for Medicare and Medicaid Services passed the Home and Community-Based Services Access Rule in May 2024, establishing a new federal requirement for a standardized grievance process and system across all Home and Community-Based Services commonly known as HCBS. These requirements strengthen participant protections and ensure consistent, timely and transparent handling of concerns.

[\*\*Click here for the bulletin\*\*](#)

#### **4.) NW Rare Disease Coalition**

We support the Pacific Northwest's rare disease community through programming, education, and by articulating a bipartisan policy platform to inform and engage legislators. Through direct advocacy, industry partnership, and policy collaboration we focus on ending the diagnostic odyssey, improving access to care, and accelerating development of new treatments in the region and beyond. Click below for more information/link.

[\*\*NW Rare Disease Coalition\*\*](#)

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#### **5.) Pathological demand avoidance (PDA)**

Pathological demand avoidance (PDA) is a proposed subtype of autism spectrum disorder describing an anxiety-driven behavior that prevents a person from adhering to the requests or demands of others. In this webinar, members of the Arc and the disability community join to discuss what PDA behaviors may look like and how a person with PDA can be supported.

[\*\*Pathological demand avoidance \(PDA\) on 12/16/20 | Videos & Movies on Vimeo\*\*](#)

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#### **6.) Nutrition for Children and Youth with Special Health Care Needs in WA State!**

[\*\*Click here for new Caregiver Guide to Avoidant/Restrictive Food Intake Disorder \(ARFID\) and Pediatric Feeding Disorder \(PFD\)\*\*](#)

Our project supports nutrition services for children and youth with special health care needs (CYSHCN) and their families in Washington State. Because children and youth with special health care needs are at increased risk for nutrition-related problems, the project provides training and ongoing support for registered dietitian nutritionists (RDNs) and community feeding teams.

[\*\*Nutrition Network – Nutrition for Children with Special Health Care Needs\*\*](#)

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#### **7.) Catatonia in Autism**

[\*\*Catatonia in Autism: What Families and Care Partners Need to Know - click here for pdf\*\*](#)

Most people have never heard of Catatonia in Autism, but awareness can make all the difference! These resources may help you talk with your family member's care team:

- [The Catatonia Foundation - Medical Advocacy Tips](#)
- SPACES - [Catatonia in Autism Webinar Series](#)
- Parent Advocacy groups offer information and support. Connecting with people who share similar experiences can help you navigate challenges, find solutions, and feel less alone.
- One last thing: YOU know YOUR loved one best. If something seems off, trust your instincts and speak up. Ask your doctor: "Could this be catatonia? Can we try the Lorazepam Challenge Test?"

## 8.) Welcome to BenefitU

BenefitU.org is your go-to website to navigate your benefits with confidence. Our mission is to give you the tools to make informed decisions so you can take control of your benefits and your future.

[Homepage - BenefitU](#)

[Get Help - BenefitU](#)

## 9.) Informing Families: Dads Make a Difference

Fathers and male caregivers play an important role in the lives of children with disabilities or special health care needs. This article shares resources, services and support options to help male caregivers connect with others, understand services, support their child's development and care for their own mental health and well-being.



[Dads Make a Difference: Male Caregivers as Engaged Parents | Informing Families](#)

## 10.) Transitioning Back to School: Tips for You and Your Student

School is almost back in session! While the first day of school can be full of excitement, it can also be a time for stress and anxiety for some students. Adjustment from summer schedules back to the school routine can feel overwhelming at times for your student and you. This bulletin covers some ideas and strategies to help you prepare your family for that first day of school.

[Transitioning Back to School: Tips for You and Your Student | Informing Families](#)

**11.) Help Me Grow WA – Food Access** - Help Me Grow WA Offers Food Access (and so much more!) for Every Family in Washington. Last year, 97,738 people trusted us to connect them to the resources they needed when they needed them. With over 60% of our Contact Center Resource Navigators bilingual in Spanish/English, we can connect people through translation and interpretation in over 170 languages.

Find out how Help Me Grow WA offers [Food Access For Every Family in Washington](#) here:

<https://withinreachwa.org/food-access>

Get connected to food resources here: <https://helpmegrowwa.org/food>

Or call 1-800-322-2588 and we'll guide you to what you need, when you need it.

For information on Help Me Grow WA go here: <https://helpmegrowwa.org/>

## 12.) Center for Parent Information & Resources

<https://www.parentcenterhub.org/journey/>

## 13.) Social Security/Supplemental Security Income (SSI)

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

## CONFERENCES / SEMINARS & SPECIAL EVENTS

### Guardianship Information from Washington State Courts

#### Live Zoom Information Sessions Offered Monthly

- **Monday, August 17, 2026 - 11:00 am - 12:30 pm** - Introduction to Guardianship/Conservatorship, Alternatives and Overview of the Petitioning Process. This session covers the basics of guardianship and conservatorship, alternatives to guardianship and conservatorship, and an overview of the court process to establish a guardianship/conservatorship.
- **Wednesday, August 19, 2026 - 11:00 am - 12:30 pm** - Guardian and Conservator Reports and Plans. This session covers the reporting forms, timelines and notice requirements.

Find registration, zoom links and recorded information, here:

<https://www.courts.wa.gov/guardianportal/index.cfm?fa=guardianportal.guardianship2022>



### 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  
JULY 30- OCTOBER 1  
11:30-12:45**

IF YOU HAVE ANY QUESTIONS PLEASE  
CONTACT SUE ADELMA  
[ADELMS@UW.EDU](mailto:ADELMS@UW.EDU)  
[CLICK HERE FOR REGISTRATION FORM](#)

**REGISTER NOW**





[pwsaorwa@gmail.com](mailto:pwsaorwa@gmail.com)  
360-609-5197

**Prader-Willi**  
SYNDROME ASSOCIATION | Washington/Oregon  
SAVING AND TRANSFORMING LIVES  
[pwsa-or-wa.org](http://pwsa-or-wa.org)  
1101 NE 219 Street, Ridgefield, WA 98642



#### PWS Events in the NW

All Free-Register now

**Albany-PWS Roadshow**  
Saturday, August 22, 2026 at 2-5:30 pm  
Historic Carousel & Museum, Albany, OR

**Olympia-PWS Roadshow**  
Saturday, Sept 19, 2026 at 1-4 pm  
Ramada Inn --name changing to:  
Fairfield Inn & Suites, Olympia, WA

**PWS Picnic and Retreat**  
August 15, 2026  
18206 NE 399 street, Amboy

**PWS Christmas and Retreat**  
December 12, 2026  
Oxford Suites Portland - Jantzen Beach

**PWS Roadshow:  
Families, Physicians, Nurses  
-Are all welcome - Free-**

- Meet local PWS families
- Ask the Expert panel & connect with PWS professionals in your area
- Find out about new and potential future treatments for hyperphagia (extreme unsatiable hunger)
- Connect with Soleno PACE for product support and resources

**Your PWS Village Starts Here!**



[PWS Link Map Enrollment](#)



**For more information &  
To register:**  
[pwsa-or-wa.org](http://pwsa-or-wa.org)

MontCOMM is MontTECH's annual conference focused on helping those who are nonspeaking or have difficulty speaking – and their families and involved professionals. It is one of the only in-person conferences in the country focused solely on AAC (Augmentative and Alternative Communication).

In addition to our AAC conference, we offer a Family Track both in person and online on **August 13, 12:30-4:30 pm mountain time.**

Family Track is designed for families who have a child with a developmental disability, especially those with communication challenges. Sessions are led by speech-language pathologists, MonTECH's ATP, and the Montana Empowerment Center (Montana's Parent Training Information Center); however, the content is applicable to families navigating healthcare systems in other states too.

Topics include:

- Communication options
- Communication evaluations and what to expect
- School vs. medical recommendations
- Ways to be a good communication partner for your child
- Navigating IEP meetings and advocating for your child

Online registration for Family Track is \$40 and includes free registration for MontCOMM the following day if families wish to attend (MontCOMM is also offered both in person and online).

More information about Family Track and MontCOMM can be [found online](#) and in the attached flyers. Click here for more information: [MonTECH](#)



## SURVEYS



### WADDC 5 Year State Plan 2027-2031 Public Comment Period Open

The Washington State Developmental Disabilities Council (DDC) has released its draft 2027–2031 State Plan, and we are asking for public feedback.

Every five years, the DDC creates a new plan that guides our work. Over the past 18 months, we gathered information from the 2025 survey, reviewed statewide data, and talked with Council Members to understand what issues matter most. Now we want to hear from you.

Please take a moment to look at the drafted State Plan (link below), complete the survey and share your thoughts.

**[WADDC 5 Year State Plan 2027-2031 Public Comment Period Open | WADDC](#)**

**[Take the Survey Click Here](#)**





### **MCHBG Public Comment Survey**

Thank you for reading our Maternal and Child Health State Action Plan [\[Link: Washington's Plan to Support Women, Children, and Families \(2025–2030\)\]](#). This plan guides the work of Washington State Department of Health (DOH), local health jurisdictions, and other public health partners. Our goal is to connect families to helpful programs and services.

We want to hear from you. Your feedback will help us make sure this work meets the needs of all Washington families.

This survey will take less than 5 minutes to complete. We will not collect any personal information unless you choose to share it.

Information collected via this survey may be subject to release in accordance with [RCW 42.56](#) (Public Records Act).

**[Click here for the MCHBG Public Comment 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.



## IMMIGRATION SAFETY

**DCYF: *In Case of Family Separation: Placement Process Flow Chart | Washington State Department of Children, Youth, and Families***

**Desde DCYF:** Recursos para familias impactadas por preocupaciones relacionadas con inmigración Diagrama de Flujo de Separación Familiar de Inmigrantes  
<https://youtu.be/EyRF4m7BXMU>



## RECURSOS EN ESPANOL

***Haz clic aquí para el documento con Recursos en español del boletín.***



# Los Grupos de Apoyo están disponibles en Español. Ofrecen un ambiente de respeto, comprensión, motivación y esperanza.

Los grupos de este programa:

- Son gratuitos y confidenciales
- Se llevan a cabo semanalmente durante 90 minutos
- Están diseñados para unir, motivar y apoyar a sus participantes bajo un modelo estructurado de apoyo grupal
- Están dirigidos por facilitadores capacitados que también están en proceso de recuperación

## Los Grupos De Apoyo | NAMI

### ¡ENTÉRATE DE TUS DERECHOS!

El Proyecto de Defensa al Inmigrante (Immigrant Defense Project — IDP) ha estado observando los arrestos por parte del ICE en la comunidad.

#### ¿Quién corre riesgo de ser arrestado por ICE?

La ley permite que el gobierno federal deportar a ciertos inmigrantes, incluyendo:

- Cualquier persona sin estatus migratorio legal
- Personas con estatus legal (por ejemplo, residentes permanentes legales, refugiados y titulares de visas) que tengan ciertas condenas penales

El gobierno federal le dice a ICE a quienes deben priorizar para arrestar. Los oficiales de ICE deciden, prácticamente, a quién arrestar, incluyendo personas que, según ellos:

- tienen órdenes finales de expulsión (órdenes de deportación),
- son deportables y tienen casos penales pendientes y/o antecedentes penales,
- ingresaron ilegalmente a los EE. UU. y no tienen estatus migratorio, o
- representan una amenaza para la "seguridad pública" o la "seguridad nacional".

La administración federal puede cambiar estas prioridades. Incluso si usted cree que no cae dentro de estas prioridades de arresto de ICE, ICE aún puede decidir arrestarlo si usted es susceptible a ser deportado.

#### ¿Los agentes de ICE se están acercando a todo aquel que crean que pueden deportar?

Los agentes de ICE normalmente identifican a la persona que quieren arrestar con anticipación. Luego van a casas, juzgados, refugios y lugares de trabajo en busca de esa persona. A veces van a una casa para obtener información sobre otras formas de encontrar a esa persona, como ir a su trabajo. Cada vez con mayor frecuencia, esperan en la calle para hacer el arresto.

Es ilegal que los agentes de ICE se acerquen a personas y les pidan ver sus papeles únicamente basándose en su apariencia o el idioma que hablan. **Si esto sucede, como en cualquier interacción con ICE, usted tiene derecho a permanecer callado.**

#### Si se que estoy en riesgo de ser deportado, ¿qué puedo hacer?

- **Haz un plan** de antemano con tu familia por si te detiene ICE.
  - **Evita el contacto con la inmigración** — no apliques por un ajuste de estatus, la ciudadanía o para renovar tu tarjeta de residencia, y no viajes afuera de los Estados Unidos sin hablar con un abogado primero.
  - **Evita el contacto con el sistema criminal legal** (la policía comparte tus huellas con las agencias de inmigración)
- El Servicio de Inmigración y Control de Aduanas (Immigration and Customs Enforcement, o "ICE") es una de las agencias federales responsables por deportar a personas en los Estados Unidos. El ICE es parte del Departamento de Seguridad Nacional de los Estados Unidos (U.S. Department of Homeland Security).

#### SI UD. O UN SER QUERIDO ES VULNERABLE A LA DEPORTACIÓN, ¡HAGA UN PLAN!

Conocer cuáles son tus derechos y cómo ejercerlos puede ser complicado. Para más información: [immdefense.org/kyr](http://immdefense.org/kyr)

Estos materiales se ofrecen sólo con fines informativos y no se deben tomar como asesoría legal. Actualizado febrero del 2025

#### INFORMACIÓN DE LA ORGANIZACIÓN LOCAL:

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#### ¿Cuáles son mis derechos si el ICE me detiene en la calle o en la corte criminal?

Tienes menos protecciones legales si ICE te encuentra en la calle, en un auto, o en la corte que en tu casa. Las interacciones ocurren rápidamente y quizás te llamarán por nombre y pedirán que confirmes tu nombre o identidad para luego arrestarte.

- Antes de dar tu nombre o contestar a preguntas, pregunta: **"¿Soy libre de irme?"**
- **Si dicen que sí**, entonces deberías irte y respetuosamente decir, "No quiero responder a ninguna pregunta."
- **Si dicen que no**, ejerce tu derecho de permanecer callado! "No quiero responderle a ninguna pregunta," y luego, "Quiero hablar con un abogado."
- Si te examinan los bolsillos o pertenencias, di, **"No tiene mi permiso para hacer esta búsqueda."**
- **NO MIENTAS y no le des ninguna documentación extranjera o falsa. No te huyas. No te resistas al arresto.**
- No contestes preguntas sobre tu estatus migratorio o donde naciste. Cualquier información que proporciones será usada en tu contra. No entregues ningún documento extranjero, tales como un pasaporte, identificación consular, o visas expiradas.
- Si estas en la Corte Criminal para una cita, pídele al ICE que te deje hablar con tu abogado penal antes del arresto.

#### ¿Pueden entrar los agentes del ICE a mi casa para arrestarme?

Si los agentes del ICE no tienen una orden firmada por un juez, no pueden entrar a la casa sin el permiso de un residente que es mayor de edad. Abrir la puerta cuando tocan no significa concederles el derecho de entrar.

#### Entonces, ¿qué puedo hacer si agentes del ICE están en la puerta de mi casa?

- Diles de inmediato si hay niños o ancianos presentes.
- Pregúntales si trabajan por el DHS o el ICE (Inmigración).
- Trata de mantenerte tranquilo y respetuoso. No mientas. Diles, **"No quiero hablar con ustedes ahora."**
- Pídeles que te muestren una orden judicial y que la pasen por debajo de la puerta. Si no la tienen, diles, **"No les doy permiso de entrar."**
- Si buscan a otra persona, pídeles que dejen su información de contacto. No tienes que decirles cómo localizar a la persona que desean arrestar. **No mientas.**

#### ¿Qué puedo hacer si el ICE está en mi casa para hacer un arresto?

- Diles de inmediato si hay niños o ancianos presentes.
- Si no tienen una orden firmada por un juez, pídeles que salgan de la casa.
- Si entraron sin tu permiso, diles, **"No les doy permiso de estar en mi casa. Favor de irse."**
- Si empiezan a tocar cosas o caminar por la casa, diles, **"No consiento a esta búsqueda."**
- Si el ICE te arresta, diles si tienes una condición médica o si necesitas coordinar cuidado de niños.

#### Si el ICE me arresta en la casa, ¿cuáles son mis derechos?

- Tienes el derecho de permanecer callado. Tienes el derecho de hablar con un abogado.
- **NO MIENTAS.** Sólo te puede hacer daño.
- **No tienes que dar ningún tipo de información** sobre tu lugar de nacimiento, tu estatus migratorio, o tu record criminal. De hecho, si te lo das, puede dañar tu caso.
- **No tienes que entregarle al ICE tus documentos consulares o pasaporte** a menos que tienen una orden firmada por un juez.
- **No tienes que firmar ningún documento.**

Actualizado febrero del 2025.  
Para más información: [immdefense.org/kyr](http://immdefense.org/kyr)

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**IDP** IMMIGRANT  
DEFENSE  
PROJECT  
[KYR@immdefense.org](mailto:KYR@immdefense.org)

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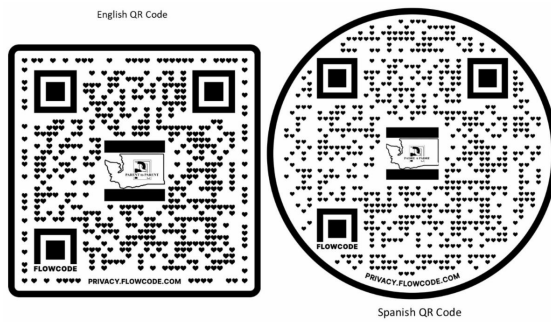
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Haga clic aquí para obtener más información...

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.***

IT IS OKAY TO

HAVE HARD DAYS

MAKE MISTAKES

NOT KNOW IT ALL

ASK FOR HELP

BE YOURSELF

*Fun and Easy Treats  
to Make with your Kids ...[click here!](#)*

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USA

ALLIANCE MEMBER

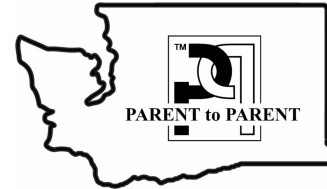
Committed to Parent to Parent  
USA Endorsed Practices

### 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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