

## PARENT-TO-PARENT SUPPORT PROGRAMS

Emotional support, information, referral and systems navigation.  
Language Line available for all counties

Toll-free (State Office) (888) 754-8798 x2

### CENTRAL REGION

Chelan/Douglas English & (509) 888-0902

Español (509) 846-9268

Grant/Adams English & (509) 764-7424

Español

Kittitas (509) 929-7277

Yakima English & Español (509) 574-3200

### EAST REGION

Benton/Franklin (509) 783-1131 x108

Español (509) 531-5388

Ferry/Pend Oreille/Stevens (509) 789-8321

Lincoln (509) 659-4173

Okanogan (509) 826-8403

Spokane (509) 789-8782

Stevens/Pend Oreille/Ferry (509) 789-8782

Walla Walla/Columbia/  
Garfield/Asotin (509) 540-9880

Español (509) 301-0679

Whitman (509) 332-4420

### NORTHWEST REGION

Island (360) 632-7539

San Juan (360) 622-0326

Skagit (360) 416-7570 x1013

Español (360) 416-7570 x3999

Snohomish (425) 258-2459

Español (425) 258-2459 x114

Whatcom (360) 715-0170

Español (360) 715-0170 x308

### PENINSULA REGION

Clallam (360) 681-8642

Grays Harbor/Pacific English & Español (360) 537-7000

Kitsap (360) 377-3473

Jefferson (360) 352-1126

Thurston/Mason Español (360) 352-1126

### PIERCE/KING REGION

King (206) 829-7053

Español (206) 829-7027

Pierce (253) 565-2266 x115

### SOUTHWEST REGION

Clark & English & (360) 823-2247 Office or  
Klickitat & Skamania (360) 513-6682 cell #

Español (360) 487-0776

Cowlitz/Wahkiakum (360) 425-5494

Español (360) 901-4716

Lewis (360) 736-4359

## Parent Coalitions-Legislative Advocacy

Benton/Franklin-

Sharon Adolphsen (509) 967-3974

Clark County-

Darla Helt (360) 823-2247

Grant/Adams/Lincoln

Debbie Chapman (509) 659-4173

Grays Harbor-

Christie Chiles (360) 537-7000

King County-

Ramona Hattendorf (206) 364-6337

Kitsap County-

Melia Hughes (360) 373-2502

Kittitas County-

Michelle Williams (509) 929-7277

Mason County-

Coleen McKenna Solman (360) 801-6686

Pacific County -

Amber Cook (360) 537-7000

Pierce County-

Beth Ann Garteiz (253) 564-0707 x 107

Sandi Griberg (253) 564-0707

Snohomish County-

Jake Murry (425) 258-2459 x 105

Spokane County-

Jennifer Ranney (509) 789-8321

Thurston County-

Michelle O'Dell (360) 357-5596 x 7

Whatcom County-

Beverly Porter (360) 715-0170

Seattle CHILDREN'S (206) 987-1119

## The Arc of Washington State

Advocacy, information and referral, education of policy makers and the public.

State Office (360) 357-5596

Toll-free (888) 754-8798

### Local Arc Chapters

Cowlitz County (360) 425-5494

Grays Harbor (360) 537-7000

King County (206) 364-6337

Peninsulas (360) 377-3473

Snohomish County (425) 258-2459

Southwest (360) 254-1562

Spokane County (509) 328-6326

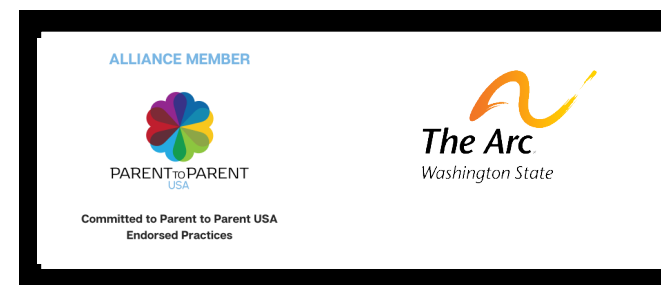
Tri-Cities (509) 783-1131

Whatcom (360) 715-0170



# PARENT TO PARENT (P2P) SUPPORT PROGRAMS of WASHINGTON STATE

Providing information,  
systems navigation,  
education and support to  
families who have a child  
with a special health care  
need and/or disability



Revised March 2023

Washington State Parent to Parent is thankful to the following state agencies for continued funding support: The Arc of Washington, Washington State Developmental Disabilities Administration (DDA), Washington State Department of Health (DOH), Washington State Developmental Disabilities Council (DDC).

Toll Free: 1.888.754.8798 x 2

<https://arcwa.org/parent-to-parent/>

P2PUSA Alliance State Member

### **Autism Centers**

<https://medicalhome.org/>

### **Autism Outreach Project**

<https://www.washingtonautismadvocacy.org/updates/provider-resource-directory/8293/the-autism-outreach-project/>

### **Autism Society of Washington**

Information, referral & support (888) 279-4968  
<https://autismsocietyofwa.org>

### **Bates Para-educator Training Program**

Information & registration (253) 680-7000  
<https://www.sbctc.edu/our-colleges/search-college-programs/bates.aspx>

### **Brain Injury Association of Washington**

Information & referral (206) 467-4800  
<https://www.biawa.org/>

### **CHADD Northwest Chapter**

Information & referral (866) 200-8098  
<https://chadd.org/>

### **Center for Change in Transition Services**

(206) 296-6494  
<https://www.seattleu.edu/ccts/>

### **Community Services Office (CSO)**

(877) 501-2233  
<https://www.dshs.wa.gov/esa/community-services-offices/community-services-office>

### **Dental Education/Care of Persons with Disabilities**

(DECOD) Program of (UW) School of Dentistry that treats persons with severe disabilities  
(206) 543-4619  
<https://dental.washington.edu/decod/>

### **Department for Services for the Blind**

(800) 552-7103  
<https://dsb.wa.gov/>

### **Department of Children, Youth & Families**

(866) 482-4325  
<https://www.dcyf.wa.gov/services/early-learning-providers>

### **Developmental Disabilities Administration**

<https://www.dshs.wa.gov/dda> (877) 501-2233

### **Developmental Disabilities Council (DDC)**

Information & referral (800) 634-4473  
<https://ddc.wa.gov/>

### **Disabilities Rights Washington**

Legal advocacy & Info (800) 562-2702  
<https://www.disabilityrightswa.org/>

### **Division of Behavioral Health Administration**

Recovery Help Line (866) 789-1511  
<https://www.dshs.wa.gov/bha>

### **Division of Vocational Rehabilitation (DVR)**

(800) 637-5627  
<https://www.dshs.wa.gov/dvr>

### **Down Syndrome Community of Puget Sound**

Information & referral (206) 257-7191  
<https://downsyndromecommunity.org/>

### **Early Support for Infants & Toddlers**

<https://www.dcyf.wa.gov/services/child-development-supports/esit>

### **Easter Seals Society of Washington**

Training, information & direct service. (206) 281-5700  
<https://www.easterseals.com/washington/>

### **END HARM**

(866) 363-4276  
<https://www.dshs.wa.gov/report-abuse-and-neglect>

### **Epilepsy Foundation Northwest**

Programs & services (206) 547-4551  
<https://www.epilepsy.com/washington>

### **Family Health Hotline (Help Me Grow)**

Toll-free (800) 322-2588  
<https://www.parenthelp123.org/family-health-hotline>

### **Family to Family Health Information Center**

Information & referral about special health care needs & insurance (888) 835-5669  
<https://familyvoices.org/lfpp/f2fs/>

### **Learning Disabilities Association**

Information & referral (425) 882-0820

<https://ldaamerica.org/>

### **NASD Focus NW**

Information, referral & support regarding Fetal Alcohol Syndrome  
Toll-free (800) 270-4849  
<https://www.nofaswa.org/>

### **Office of Education Ombuds (OEO)**

Toll-free (866) 297-2597  
<https://www.oeo.wa.gov/en>

### **Office of Deaf & Hard of Hearing (ODHH)**

Toll-free (800) 422-7930  
<https://www.dshs.wa.gov/altsa/odhh>

### **PAVE**

(Partnerships for Action; Voices for Empowerment)

Workshops, resources & referral regarding Special Ed  
Toll-free (800) 572-7368  
<https://wapave.org/>

**People First**-Self Advocates (253) 999-7222

<http://www.peoplefirstofwashington.org/>

### **Safe in Home**

Eastern WA-Erin Holthaus (509) 828-3810  
Western WA-Peggy DiSalle (425) 922-9292  
<https://www.safeinhome.com/>

### **Self-Advocates in Leadership (SAIL)**

(888) 754-8798 x3  
<http://www.sailcoalition.org/>

### **Self Advocates of Washington**

<https://www.facebook.com/WeAreSAW/>

### **Sibling Support Project**

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

**Special Ed Technology** (509) 963-3350

<https://sites.google.com/view/specialedtechcenter/home>

### **Social Security Administration (SSA/SSI)**

<https://www.ssa.gov/> (800) 772-1213

### **Special Olympics Of WA State**

Information (206) 362-4949

<https://specialolympicswashington.org/>

### **Tourette's Syndrome Association**

Information & referral (888) 486-8738  
<https://tourette.org/>

**WA Access Fund** (877) 428-5116

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

### **WA Apple Health & Apple Health for Kids**

(800) 562-3022

<https://www.hca.wa.gov/health-care-services-supports/apple-health-medicaid-coverage>

### **WA Assistive Technology Act Program**

(WATAP) (800) 214-8731  
<https://watap.org/>

### **WA Autism Alliance & Advocacy**

Information & referral (425) 894-7231  
<https://washingtonautismalliance.org/>

### **WA NAMI (Mental Health)**

Advocacy, information and support (206) 783-4288  
<https://namiswwa.org/>

### **WA Prescription Drug Discount Card**

<https://www.wellrx.com/> (800) 913-4146

### **WA State Father's Network**

Support and resources for Fathers (425) 653-4310  
<https://fathersnetwork.org/>

### **WA State Hands & Voices**

Emotional support for families with children who are deaf, deaf-blind or hard of hearing. (425) 268-7087  
<https://wahandsandvoices.org/>

### **WA State Sensory Disability Services**

Information, technical assistance and resources  
<https://www.wsdsonline.org/> (360) 947-3297

### **WISE—WA Employment Opportunities**

<https://www.gowise.org/> (206) 343-0881

### **WithinReach**

Information and referral (206) 284-2465  
<https://withinreachwa.org/>