

## PARENT-TO-PARENT SUPPORT PROGRAMS

Emotional support, information, referral and systems navigation.

Toll-free (State Office) (888) 754-8798 x-2

### CENTRAL REGION

Chelan/Douglas	(253) 223-1849
Español	(509) 888-0902
Grant/Adams	(509) 764-7424
Español	(509) 346-5523
Kittitas	(509) 929-7277
Yakima English & Español	(509) 574-3200

### EAST REGION

Benton/Franklin	(509) 783-1131 x-108
Lincoln/Whitman	(509) 328-6326
Okanogan/Ferry	(509) 429-4400
Spokane/	(509) 328-6326
Stevens/Pend Oreille	(509) 328-6326
Walla Walla/Columbia/ Garfield/Asotin	(509) 540-9880
Español	(509) 301-0679

### NORTHWEST REGION

Island	(360) 632-7539
San Juan	(253) 225-6105
Skagit	(360) 416-7570 x-1013
Español	(360) 416-7570 x-3999
Snohomish	(425) 258-2459
Español	(425) 258-2459 x-114
Whatcom	(360) 715-0170
Español	(360) 715-0170 x-308

### PENINSULA REGION

Clallam	(360) 406-1215
Grays Harbor/Pacific	(360) 537-7000
Kitsap	(360) 516-8276
Jefferson	(360) 377-3473 x-102
Thurston/Mason/Español	(360) 352-1126 & Lang. Line

### PIERCE/KING REGION

King	(206) 829-7053
Español	(206) 829-7027
Pierce English & Español	(253) 565-2266

### SOUTHWEST REGION

Clark &	(360) 823-2247 x-109
Klickitat &	(360) 823-2247 x-109
Skamania	(360) 443-1235
Español	(360) 823-2247 x-103
Cowlitz/Wahkiakum	(360) 425-5494
Lewis	(360) 736-4359

Seattle CHILDREN'S (206) 987-1119

## Parent Coalitions-Legislative Advocacy

### Benton/Franklin-

Sharon Adolphsen (509) 967-3974

### Clark County-

Darla Helt (360) 823-2247 x 102

### Grant/Adams/Lincoln

Debbie Chapman (509) 659-4173

### Grays Harbor-

Charlene McCarty (360) 537-7000

### King County-

Cathy Murahashi (206) 829-7039

### Kitsap County-

Melissa Lund (360) 373-2502 x 100

### Kittitas County-

Michelle Williams (509) 929-7277

### Lewis County-

Dot Workman (360) 623-9022

### Pierce County-

Beth Ann Garteiz (253) 564-0707 x 107

### Skagit County

(206) 235-1236

### Snohomish County-

Megan Edmonds (425) 258-2459 x 107

### Spokane County-

Darci Ladwig (509) 789-8327

### Whatcom County-

Monica Burke (360) 715-0170

### Yakima County-

Linda Fox (509) 731-7761

## 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 (K/J Co)

(360) 377-3473

Snohomish County

(425) 258-2459

Spokane County

(509) 328-6326

Tri-Cities

(509) 783-1131

Whatcom

(360) 715-0170



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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).



# PARENT TO PARENT (P2P) SUPPORT PROGRAMS of

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

Toll Free

1.888.754.8798 x 2

P2PUSA Alliance State Member

### **Autism Centers**

Seattle Childrens (206) 987-8080  
Seattle (UW) (206) 221-6806  
Tacoma (UW) (253) 692-4721  
Spokane (509) 328-1582

<https://www.seattlechildrens.org/clinics/autism-center/>

### **Autism Outreach Project**

Information & referral (888) 704-9633

<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) 680-7161

<https://www.sbctc.edu/our-colleges/search-college-programs/bates.aspx>

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

Information & referral (877) 824-1766

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

### **CHADD Northwest Chapter**

Information & referral (800) 233-4050

<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

Contact (206) 543-4619

<https://dental.washington.edu/decod/>

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

Toll-free (800) 552-7103

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

### **Department of Early Learning**

Toll-free (866) 482-4325

<https://www.dcyf.wa.gov/services/early-learning-providers>

### **Developmental Disabilities Admin**

<https://www.dshs.wa.gov/dda>

### **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 & Recovery (MH)**

Jeannette Barnes-Parent Advocate (360) 725-1313

<https://www.dshs.wa.gov/bha>

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

Toll-free (800) 637-5627

<https://www.dshs.wa.gov/dvr>

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

Information & referral (206) 527-7191

<https://downsyndromecommunity.org/>

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

Information & referral (360) 725-3500

<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/>

### **Education Ombudsman**

Help with education issues statewide-Trainings available (866) 297-2597

<https://www.oeo.wa.gov/en>

**END HARM** (866) 363-4276

<https://www.dshs.wa.gov/report-abuse-and-neglect>

### **Epilepsy Foundation Northwest**

Programs & services (800) 752-3509

<https://www.epilepsy.com/washington>

### **Evergreen Spina Bifida Association**

Information & referral (888) 289-3700

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

### **Family Health Hotline**

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 (800) 572-7368

<https://familyvoices.org/lfp/f2fs/>

### **FEAT of Washington (Families for Effective Treatment of Autism)**

Information & referral (425) 223-5126

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

### **Learning Disabilities Association—St Office**

Information & referral (425) 882-0820

<https://ldaamerica.org/>

### **NOFAS Washington**

Information, referral & support regarding Fetal Alcohol

Syndrome Toll-free (206) 940-5126

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

### **Office of Education Ombudsman (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/office-deaf-and-hard-hearing>

### **PAVE**

(Partnerships for Action; Voices for Empowerment)

Workshops, resources & referral regarding Special Ed Toll-free (800) 572-7368

<https://wapave.org/>

**People First** (800) 758-1123

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

### **Self-Advocacy (SA) Organizations**

King County (SA) (206) 632-4633

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

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

**Self Advocates of WA** (253) 571-8665

<https://www.gtcf.org/community/directory/self-advocates-of-washington/>

**Sibling Support Project** (206) 297-6368

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

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

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

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

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

Information (206) 362-4949

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

Information & referral 206) 621-2108

### **WA Access Fund**

(877) 428-5116

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

(800) 562-3022

### **WA Assistive Technology Act Program (WATAP)**

(800) 214-8731

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

Information & referral (425) 894-7231

### **WA NAMI (Mental Illness)**

Advocacy, information and support (206) 783-4288

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

Information (800) 913-4146

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

Support and resources for Fathers (425) 653-4286

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

Emotional support for families with children who are deaf, deaf-blind or hard of hearing.

(425) 268-7087

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

Information, technical assistance and resources