

Support Resources

For families who have children with special health, developmental or mental health concerns

Parent and Family Support:

- Arc of Washington www.arcwa.org

The Arc provides support to families and care givers of children with intellectual and developmental disabilities. They host parent support programs, family social events, and provide advocacy and parent training. There are ten locations across Washington. Visit www.arcwa.org to find the location nearest you. They also offer information and referral support for multicultural families in a variety of languages. Visit www.arcofkingcounty.org/what-we-offer/multicultural-information-and-referral for more details. Servicios en Español.

- Center for Children with Special Needs www.cshcn.org

Watch videos from other parents, and read about their experiences. You can also use the County Resource Guides to look for a support group in your area.

- Family to Family Health Information Center www.familyvoicesofwashington.com
253- 565-2266, 800-572-7368

Family Voices of Washington provides advice and resources about finding health insurance, paying for your child's care and navigating the healthcare system. Servicios en Español.

Parent-to-Parent 800-821-5927

www.arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/coordinators

Parent-to-Parent can connect you with another parent of a child who has the same or similar diagnosis as yours. They also provide support, information, trainings and family social events. They offer services and programs in a variety of languages. Visit

arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/ethnic_outreach_coordinators for a list of P2P ethnic programs. Servicios en Español.

Mental health

- Guided Pathways www.guidedpathways.org

Supports families and youth struggling with behavioral, emotional or substance abuse challenges. Services include one-to-one parent support, peer support for youth, parent classes and quarterly family social events for families in King County. The youth and family help line is answered Tuesdays and Thursdays at (253)277-4052 from 9:00 a.m-5:00 p.m.

- National Alliance on Mental Illness (NAMI)-Washington State www.namiwa.org

NAMI provides education, support, classes, and advocacy for individuals and families affected by mental illness.

Understanding special education

- Parent Training and Information-PTI www.wapave.org 253-565-2266 or 1-800-572-7368.

PTI will help you understand and advocate for your child in special education including how to take part in your child's IEP team and understanding your child's rights. Servicios en Español.

Online support

- Our Kids' www.our-kids.org.
An email list and website for families of children with physical and mental disabilities and delays.
- Arc of King County Facebook group www.facebook.com/parentsplace.arcofkingcounty/
- Partnership for Parents www.partnershipforparents.net
For parents and caregivers of children with serious medical illnesses.

Multicultural support organizations

- Open Doors for Multicultural Families www.multiculturalfamilies.org 253-245-7243
Serving the needs of diverse families living in south King County who have loved ones with developmental disabilities and special health care needs. Servicios en Español.

Military families

- STOMP-Specialized Training of Military Parents
wapave.org/programs/specialized-training-military-parents-stomp. Support, education and training for military families who have a child with special needs.

For fathers

- Fathers Network of Washington www.fathersnetwork.org 425-653-4286
Serves fathers and families of children with special needs in Washington State.
- DadsMOVE www.dadsmove.org
A family-focused, dads driven peer support program that provides training, advocacy and resources.
DadsMOVE Facebook group: www.facebook.com/groups/dadsmove

For siblings

- Sibling Support Project www.siblingsupport.org
For brothers and sisters of children with special health, developmental and mental health concerns.

For grandparents

- Grandparents of Kids with Special Needs www.gksn.org
Grandparents can share ideas for supporting their kids and grandkids and connecting to others.
Find their Facebook group at GKSN Facebook Group.
- DSHS Kinship Care www.dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care. Resources and support for those caring for a relative's child.

The Center for Children with Special Needs is a program of Seattle Children's Hospital and the Washington State Department of Health. Our mission is to improve and promote the health and well being of children with special needs and their families. Visit us at www.cshcn.org or on Facebook at www.facebook.com/cshcn.org

