

Support Resources for Families

Center for Children with Special Needs

Finding support for your family

Families of children with special health needs may find it helpful to connect with others who share similar experiences. These organizations can offer support, information and advocacy for your family.

Parent and Family Support:

- ARC of Washington www.arcwa.org
For families who have a child with developmental disabilities including Down syndrome, Fragile X and autism. Nine chapters across Washington state.
- Center for Children with Special Needs www.cshcn.org
Find support organizations and groups and listen to and read about other parent's experiences.
- Family Voices of Washington www.familyvoicesofwashington.com 253- 565-2266, 800-572-7368
Information and assistance to families of children and youth with special healthcare needs. Includes finding healthcare coverage, access to care and navigating care.
- 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.
- National Alliance on Mental Illness-Washington State www.namiwa.org
Education, support, classes, advocacy for individuals and families affected by mental illness.
- Parent-to-Parent 800-821-5927
www.arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/coordinators
Parent-to-Parent connects you with another parent of a child with the same or similar diagnosis. They also provide support, information and training to families.

Navigating the school system

- Parent Training and Information-PTI www.wapave.org 253-565-2266 or 1-800-572-7368. Helps parents understand and advocate for their child in the special education system including how to take part in your child's IEP team, understanding your child's rights and finding resources.

Online support

- National Family Voices, www.familyvoices.org
- ARC of Washington Parent to Parent blog
arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/p2p_blog/
- Our Kids' www.our-kids.org.
An email list for families with 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
A safety net for parents of children with serious illnesses.

Multicultural support organizations

- Arc of King County –Multicultural Support: www.arcofkingcounty.org/what-we-offer/multicultural-information-and-referral. Information and referral support for multicultural families caring for people with intellectual and developmental disabilities.
- 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.
- Parent-to-Parent Ethnic Outreach
Culturally relevant services for Spanish speaking families and other languages. They can direct you to community resources for your family.
arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs/ethnic_outreach_coordinators/

Military families

- STOMP-Specialized Training of Military Parents
wapave.org/programs/specialized-training-military-parents-stomp.

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.

For siblings

- Sibling Support Project www.siblingsupport.org
For brothers and sisters of people with special health needs.

For grandparents

- Grandparents of Kids with Special Needs www.gksn.org
Offers grandparents a way to share ideas for supporting their kids and grandkids by connecting to others. 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

