Down Syndrome Community
www.downsyndromecommunity.org
Focuses on education, communication, and advocacy. Serves Puget Sound and Western Washington regions. Members include families and professionals.

Down Syndrome: Health Issues
www.ds-health.com
Website created by a pediatrician and father of a son with Down syndrome; includes news and information for parents; articles about health and health guidelines; and lists medical sites of interest for DS.

National Down Syndrome Congress (NDSC)
www.ndsccenter.org
800- 232-NDSC (6372)
Provides information, advocacy and support concerning life for individuals with Down syndrome; news and information clearinghouse; leadership in public policy; research; education; networking and more.

National Down Syndrome Society (NDSS)
www.ndss.org
800- 221-4602
National advocate for inclusion of people with Down syndrome in society; offers news and information on support groups, educational information, health care and much more.

Northwest Down Syndrome Association NWDSA
www.nwdsa.org
503- 238-0522
Provides opportunities for social and family support, education, and information; offers “Talk to a Mom”/“Talk to a Dad”; New Parent Guides, mini-grants, educational information, news, advocacy and special events.