

Support Resources for Families of Children with Special Needs

Parent and family support

Arc of Washington

arcwa.org

Support to families and caregivers of children with intellectual and developmental disabilities. Services include parent support programs, family social events, advocacy and parent training. Ten locations across Washington. Information and referral support available in a variety of languages. Services in Spanish.

Family to Family Health Information Center

familyvoicesofwashington.com

253-565-2266, 800-572-7368

Provides advice and resources on finding health insurance, paying for your child's care and navigating the healthcare system. Services in Spanish.

Parent-to-Parent

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

800-821-5927

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

Partnership for Parents

partnershipforparents.net

For parents and caregivers of children with serious medical illnesses.

Mental health

Guided Pathways

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 from 9 a.m. to 5 p.m. at 253-277-4052.

To Learn More

- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Child and Youth Behavioral Health Services

hca.wa.gov/health-care-services-supports/behavioral-health-recovery/child-and-youth-behavioral-health

Information on finding mental health and substance abuse services for children and youth in Washington state.

Washington's Mental Health Referral Service for Children and Teens

833-303-5437 Monday to Friday, 8 a.m. to 5 p.m.

This mental health referral service connects families with mental health providers who have openings in their schedule and can meet your child's needs. They link you to providers in your local area who fit your child's specialty needs and insurance coverage.

National Alliance on Mental Illness (NAMI)-Washington State

namiwa.org

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

Special education

Washington State Education Ombuds

oeo.wa.gov/education-issues-topics/special-education

Information and resources on special education and services for students with disabilities.

Parent Training and Information-PTI

wapave.org

253-565-2266 or 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. Services in Spanish.

Multicultural support organizations

Open Doors for Multicultural Families

multiculturalfamilies.org

253-216-4479

Serving the needs of diverse families living in south King County who have family members with developmental disabilities and special healthcare needs. Services in Spanish.

Military families

STOMP-Specialized Training of Military Parents

hwapave.org/specialized-training-of-military-parents-stomp/specialized-training-of-military-parents-stomp-installation-near-you/

Support, education and training for military families who have a child with special needs.

Fathers

Fathers Network of Washington

fathersnetwork.org

425-653-4286

Serves fathers and families of children with special needs in Washington state.

DadsMOVE

dadsmove.org

A family-focused, dad-driven, peer support program that provides training, advocacy and resources.

Siblings

Sibling Support Project

siblingsupport.org

For brothers and sisters of children with special health, developmental and mental health concerns.

Grandparents

DSHS Kinship Care

dshs.wa.gov/altsa/home-and-community-services-kinship-care/kinship-care

Resources and support for those caring for a relative's child.