

## A Program for Parents

Learning that your child has a disability or chronic health need can be a traumatic experience. Parents have many questions and concerns in coping with their child's need and their own feelings. You are not alone. We have been there.

## Parents Helping Parents

Personal support from another parent, who has a child with similar needs, can be helpful in coping with many challenging experiences and feelings. Helping Parent volunteers have completed a training program and are available to provide support and information to other parents. All information will be kept confidential. There is no cost for this service.

## Contact Information

State Office  
1-800-821-5927  
Susan Atkins  
Coordinator

## Services Offered

- ◆ Emotional support for parents of children with special needs.
- ◆ Information and referrals to community resources.
- ◆ Trained Helping Parents whose parenting experiences match yours as closely as possible.
- ◆ Social and recreational events.
- ◆ Current information on disabilities, medical conditions and community resources.
- ◆ Training for parents who would like to become Volunteer Helping Parents.
- ◆ Public awareness and outreach to the community regarding people with special needs and/or disabilities.



## Support, Information, and Fun

"Collaborating with the statewide Parent to Parent network has really expanded our pool of resources. One day we received a referral from a Group Health Social Worker in the morning and with the help of P2P in Pierce County the mother was connected with a Helping Parent by the afternoon. The ability to collaborate with different organizations to connect families across the state is wonderful."  
**Parent Support Project; Children's Hospital**

"Through the years the parent connection and Parent to Parent has been important to our family. When our son was diagnosed with a disability, one of the first thoughts we had was to talk to other parents who had a child with the same disability. The value of knowing a parent whose child is one step ahead of ours is useful in preparing for that next step with our son."  
**Cam Lanier, Parent**

"When I think about Parent to Parent, I think it's like getting a helping hand when I most need it - to lift me up when I am falling down. For someone to walk by my side and let me know that it's okay to have a child with special needs, and that it's okay to feel what I feel - good and bad. For me, Parent to Parent fills a hole in my life - I do not feel so alone."  
**Teresa, Volunteer Helping Parent from Yakima P2P Program**

"The parent advocacy role has been a great contribution to our community. I have received appropriate referrals and find working with them very easy. The networking skills are excellent and I have received positive feedback from parents/clients who have been served. A job well done!"  
**Bonnie Peterson, R.N., Thurston County**

## Statewide Information 1-800-821-5927

Washington State Parent to Parent is a network of 23 community programs serving all 39 counties in the state. Programs have a local Sponsoring Agency and Advisory Board.

Benton/Franklin Counties	Okanogan County
Chelan/Douglas Counties	Pierce County
Clark/Skamania Counties	Skagit County
Cowlitz/Wahkiakum Counties	Snohomish County
Grant/Adams Counties	Spokane/Lincoln/Whitman Counties
Gray's Harbor/Pacific Counties	Stevens/Ferry/Pend Oreille Counties
Island/San Juan Counties	Thurston/Mason Counties
Jefferson/Clallam Counties	Walla Walla/Columbia/Garfield/Asotin Counties
King County	Whatcom County
Kitsap County	Yakima County
Kittitas County	
Klickitat County	
Lewis County	

Parent Support Program Children's Hospital

### Funding Partners:

- ◆ The Arc of Washington State
- ◆ Department of Health /Children with Special Health Care Needs

### Also thanks to:

Division of Developmental Disabilities;  
Elizabeth A. Lynn Foundation;  
Microsoft Corporation; The Seattle Foundation,  
and private donations for their support.



The Arc of Washington State  
Website: [www.arcwa.org](http://www.arcwa.org)  
Revised 6/08

Washington State Parent to Parent  
Support Programs  
c/o The Arc of Washington State  
2638 State Ave. NE  
Olympia, WA 98506



## Parent to Parent Support Programs



The Parent to Parent Support Programs provide emotional support and information to families of children with special needs and/or disabilities.

