VIRTUAL SUPPORT & INFORMATION GROUPS

Connect with other families like yours at your own time and pace! Share resources, ask questions, celebrate successes, and vent frustrations. All groups are closed and private, closely moderated by The Arc, and created exclusively for people with disabilities and their parents and loved ones in King County. For questions or concerns, contact Rachel Nemhauser, Parent to Parent Program Coordinator at The Arc of King County: 206-829-7046, RNemhauser@arcofkingcounty.org

Facebook Groups (search FB by group name or URL, click green "join group" button to join)

Parent to Parent: King County	https://www.facebook.com/groups/p2pkingcounty
P2P: Dads of Special Kids	www.facebook.com/groups/735809933225647
P2P: African American Families	www.facebook.com/groups/P2PAfricanAmericanFamilies
P2P: Spanish Speaking Families	www.facebook.com/groups/SpanishSpeakingFamilies
People with Disabilities in King County	https://www.facebook.com/groups/231893968163665/
P2P: Aging Parents of Sons and Daughters with Disabilities	https://www.facebook.com/groups/P2Pagingparents/

Google Groups

Arc of King County Parent to Parent: A virtual support group for parents and caregivers in King County raising sons and daughters with intellectual and developmental disabilities. We provide emotional support over shared experiences in a civil, nurturing, supportive and safe space for all parents. To join, please go to **https://groups.google.com/d/forum/arc-of-king-county-parent-to-parent**

P2P: Into Adulthood: A virtual support group for parents and caregivers in King County raising teens and young adults with intellectual and developmental disabilities. We provide emotional support over shared experiences in a civil, nurturing, supportive and safe space for all parents. Topics include housing, recreation, safety, resources and more. To join, please go to **https://groups.google.com/d/forum/p2p-into-adulthood**