



## 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 Brenda Zacapu, Parent to Parent Program Coordinator at The Arc of King County: 206-829-7027, [bzacapu@arcofkingcounty.org](mailto:bzacapu@arcofkingcounty.org)*

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

- Parent to Parent (P2P): King County** <https://www.facebook.com/groups/p2pkingcounty>  
**P2P: Dads of Special Kids** [www.facebook.com/groups/735809933225647](https://www.facebook.com/groups/735809933225647)  
**P2P: African American Families** [www.facebook.com/groups/P2PAfricanAmericanFamilies](https://www.facebook.com/groups/P2PAfricanAmericanFamilies)  
**P2P: Spanish Speaking Families / Familias de niños, jóvenes y adultos con discapacidades**  
[www.facebook.com/groups/SpanishSpeakingFamilies](https://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/>  
**P2P King County Grandparents of Children with IDD**  
<https://www.facebook.com/groups/p2pgrandparents>

### **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>

**People with Disabilities in King County:** This group is focused on providing emotional support over shared experiences, and it is very important to us that our group remains a civil, nurturing, supportive and safe space for people with disabilities. We provide support and friendship to each other. As a support group, we are not focused on any type of treatment or therapy. To join, please go to <https://groups.google.com/g/people-with-disabilities-in-king-county>