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, moderated by The Arc, and created exclusively for parents and loved ones of people with developmental disabilities 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)

- P2P: Seattle [www.facebook.com/groups/P2Pseattle](https://www.facebook.com/groups/P2Pseattle)
- P2P: West Seattle [www.facebook.com/groups/P2PWestSeattle](https://www.facebook.com/groups/P2PWestSeattle)
- P2P: North Seattle [www.facebook.com/groups/P2PNorthSeattle](https://www.facebook.com/groups/P2PNorthSeattle)
- P2P: South King County [www.facebook.com/groups/P2PSouthKingCounty](https://www.facebook.com/groups/P2PSouthKingCounty)
- P2P: East King County [www.facebook.com/groups/P2Peastkingcounty](https://www.facebook.com/groups/P2Peastkingcounty)
- P2P: Vashon Island [www.facebook.com/groups/P2PVashonIsland](https://www.facebook.com/groups/P2PVashonIsland)
- P2P: Single Parents [www.facebook.com/groups/p2psingleparents](https://www.facebook.com/groups/p2psingleparents)
- P2P: Medically Complex [www.facebook.com/groups/P2Pmedicallycomplex](https://www.facebook.com/groups/P2Pmedicallycomplex)
- P2P: Parents of Teens/Young Adults [www.facebook.com/groups/735809933225647](https://www.facebook.com/groups/735809933225647)
- P2P: Dads of Special Kids [www.facebook.com/groups/P2PAfricanAmericanFamilies](https://www.facebook.com/groups/P2PAfricanAmericanFamilies)
- P2P: Spanish Speaking Families [www.facebook.com/groups/SpanishSpeakingFamilies](https://www.facebook.com/groups/SpanishSpeakingFamilies)
- P2P: Aging Parents of Sons and Daughters with Disabilities [https://www.facebook.com/groups/P2Pagingparents/](https://www.facebook.com/groups/P2P pagingparents/)

**Adoptive, Foster and Kinship Caregivers of Children with Developmental Disabilities**: [www.facebook.com/groups/adoptivefosterkinshipcaregivers](https://www.facebook.com/groups/adoptivefosterkinshipcaregivers)

**The Arc of King County Sibling Support** for adult siblings of people with intellectual and developmental disabilities: [www.facebook.com/groups/kingcountysiblingsupport](https://www.facebook.com/groups/kingcountysiblingsupport)

**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](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](https://groups.google.com/d/forum/p2p-into-adulthood)

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