



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, 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
P2P: West Seattle	www.facebook.com/groups/P2PWestSeattle
P2P: North Seattle	www.facebook.com/groups/P2PNorthSeattle
P2P: South King County	www.facebook.com/groups/P2PSouthKingCounty
P2P: East King County	www.facebook.com/groups/P2Peastkingcounty
P2P: Vashon Island	www.facebook.com/groups/P2PVashonIsland
P2P: Single Parents	www.facebook.com/groups/p2psingleparents
P2P: Medically Complex	www.facebook.com/groups/P2Pmedicallycomplex
P2P: Parents of Teens/Young Adults	www.facebook.com/groups/P2PTeensandYoungAdults
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
P2P: Aging Parents of Sons and Daughters with Disabilities	https://www.facebook.com/groups/P2Pagingparents/
Adoptive, Foster and Kinship Caregivers of Children with Developmental Disabilities:	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

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>