

## About The Arc of Snohomish County



The Arc of Snohomish County is the leading information and resource hub for individuals with intellectual and developmental disabilities and their families/caregivers. A family-driven organization, The Arc recognizes each family and/or individual is diverse with unique needs.

Family programming provides connections to community resources and support, builds inclusive communities, raises disability awareness and promotes self-advocacy.

- Monthly parent support groups/speakers
- Information and assistance on navigating community services and resources
- Inclusive family activities and events
- "Helping Parent" peer support
- Jameson's Hope Lending Library
- Scholarships for area conferences
- Limited emergency financial assistance



*The Arc of Snohomish County is affiliated with  
The Arc of Washington State and  
The Arc of the United States.*

## PEER SUPPORT AND SOCIAL NETWORKS

The Arc of Snohomish County promotes welcoming, inclusive, and accessible communities, as well as fosters healthy families through support groups and social events which give families a chance to meet others, gain perspective, and have fun! For more information on Arc resources and upcoming events, or for ideas on raising disability awareness and building inclusive opportunities in the community, call **425-258-2459** or visit our website: [www.arcsno.org](http://www.arcsno.org)

### Connecting Families

Featured speakers highlight information and resources during interactive meetings allowing parents to share concerns and ask questions. Held the second Monday of the month, 7-8:30pm at The Arc office.

**425-258-2459 x111**

### Mothers Network

Join fellow moms who are rearing children with developmental disabilities to share resources and offer one another support and encouragement. Meetings are the first Saturday of the month, 10am-12pm at Verdant Community Wellness Center (4710 196<sup>th</sup> St. SW, Lynnwood).

**425-258-2459 x111**

### Fathers Network

Learn about resources, and share ideas and concerns with dads of children with developmental disabilities. Held the fourth Thursday of the month, 7-8:30pm at The Arc office. Fathers Network also features regular social and recreational events.

**425-258-2459 x104**

### Padres Unidos

Padres Unidos offers Spanish-speaking parents of children with special needs an opportunity to meet. Held the third Friday of the month, 6-8pm

**425-258-2459 x114**

### Adult Caregiver Support Group

Interactive meetings with featured speakers on topics impacting families who have an adult son or daughter with disabilities. Meetings are the third Wednesday of the month (Sept thru June), 11am-12:30pm at The Arc office.

**425-258-2459 x113**

**Unless otherwise noted, meetings held at:**

**The Arc of Snohomish County**

2500 Hewitt Ave, Suite 300 - Everett, 98201

[info@arcsno.org](mailto:info@arcsno.org) [www.arcsno.org](http://www.arcsno.org)

**425-258-2459**

### Snohomish Autism Spectrum Support Information & Education (SASSIE)

A variety of speakers with backgrounds in Autism treatment provide information and knowledge on advocacy, development and behavior challenges. Although topics are autism spectrum-related, meetings cross over to many other types of developmental disabilities and are open to all. SASSIE meetings are the fourth Monday of the month, 7-8:30pm at The Arc office.

**425-258-2459 x106**

### Sibshops

Sibshops provide opportunities for siblings of children with special needs to enjoy peer support while participating in recreational activities. Participants share joys, concerns and solutions, and develop a better understanding of their sibling's disability.

**425-258-2459 x106**

### Adult Siblings

Adult Siblings provides opportunities for adult siblings of individuals with special needs to enjoy peer support while gaining the tools to better understand and support their sibling's disability. Watch for upcoming events in our monthly calendar.

**425-258-2459 x107**

### Lego® Club

**FREE:** Fun inclusive recreational opportunity for children with or without disabilities, their friends and families to socialize and enjoy building with Lego's®. Club meets the second Sunday of the month, 1-3 pm at The Arc office.

**425-258-2459 x108**



## PARENT TO PARENT



### Parent to Parent

Learning your child has a disability or special medical needs may be overwhelming, and raise questions and concerns on how to manage your child's needs as well as your own.

Whether your child is newly diagnosed, or going through a difficult transition, **Parent to Parent** offers insightful emotional support through trained **Helping Parent** volunteers, support groups, and information on local resources and services.

## HELPING PARENT

### Who is a Helping Parent?

A volunteer **Helping Parent** is a parent/guardian of a child with a disability who has been trained in the **Parent to Parent Program**. **Helping Parents** assist other parents through active listening, emotional support, and sharing ideas and resources, while maintaining confidentiality with an accepting, non-judgmental approach.

### Who can benefit?

Whether your child has recently been diagnosed or you would like to connect with another parent who has a child with similar experiences or circumstances, a **Helping Parent** can be a great resource for you.

### How is a Helping Parent Match made?

Based on your needs, The Arc will connect you to a **Helping Parent** and provide support to assure you have a successful match. Contact The Arc's Parent to Parent Coordinator to request a match.

425-258-2459 x111; Spanish: x114

## SPECIAL EDUCATION SUPPORT

The Arc endorses inclusive education practices, partnering with families, schools and parent/teacher groups to provide assistance and resources to parents/caregivers navigating their child's education and related services.

Services include seminars for parents on 504 plans and IEPs (Individual Education Plans), emotional support, and referrals to community resources. Parents seeking personal 504/IEP meeting prep and note-taking may be matched with a trained **IEP Parent Partner** volunteer.  
425-258-2459 x110

## FAMILY TESTIMONIALS



*"The Arc has been a great place for me to meet families. It has provided the opportunity to talk about my son and gather ideas. Receiving this support has changed my family for the better." – Jeff A.*

*"When my son was diagnosed with autism, The Arc supplied indispensable information and support. I was able to connect with other parents I could relate to."  
- Trisha S.*

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Shayne Nagel, Executive Director

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# Support & Information



### Mission Statement

*The Arc fosters respect and access for individuals with intellectual and developmental disabilities and their families, giving them the power to achieve a full and satisfying life.*

**Achieve with us.**