

Resources for families who have a member with Down syndrome

STATEWIDE Support Programs

Parent and Family Support

Contact your local chapter of:

The Arc of Washington State

www.arcwa.org

WA State Parent to Parent Programs (P2P)

arcwa.org/index.php/getsupport/parent_to_parent_p2p_programs
1-800-821-5927

Family Voices of Washington

www.familyvoicesofwashington.com
1-800-572-7368

WithinReach

parenthelp123.org
Parent help hotline: 1-800-322-2588

Exceptional Families Network

www.exceptional-families.org/
253-830-4368

Families Together

www.familiestogether.org
866-326-4864

Father's Support

Washington State Father's Network

fathersnetwork.org/
425-653-4286

Washington Dads

www.washingtondads.com

Sibling Support

Sibling Support Project

www.siblingsupport.org/
206-297-6368



Alexa Atkins, working at Starbucks

REGIONAL Support Networks

Puget Sound and Northwestern Region

Down syndrome Community

www.downsyndromecommunity.org
206-257-7191

Down syndrome Association of Snohomish County

www.DSASC.org
425-610-8226

South Puget Sound Up with Down syndrome

www.southsoundupwithdowns.com
360-915-6276

Down syndrome Outreach of Whatcom County

arcwhatcom.org/wp/programs/down-syndrome-outreach/
360-715-0170 ext 304

Whatcom Taking Action

www.whatcomtakingaction.org

Project Little Dude

www.projectlittledude.com

Central Washington

Down syndrome Society of Grant County

www.dssgc.org/
509-855-2152

Down syndrome Association of the Mid-Columbia

www.dsamc.org
DSAMC@outlook.com
509-440-1889

Olympic Peninsula

Upside!

www.telebyte.com/upside/upside.html

Southwestern Region and Portland, OR

Northwest Down syndrome Association – Southwest WA, Portland OR

www.nwdsa.org
503-238-0522

Eastern Washington and Idaho:

Down syndrome Connections Northwest

www.dsconnectionsww.org
877-733-3955