



### **PAMI Padres Apoyando Motivando Informando**



Grupo de apoyo en Español para familias de niños con necesidades especiales. **Primer Martes** de cada mes. Laiza (787)529-6788

### **People First**

Adults with disabilities that want to meet others with disabilities, build friendships, and promote inclusion in their community. Contact Call/text for more info (360)720-4918.

### **Flying Fingers**

Deaf and Hard of Hearing Social. Contact Susan for more details. (360)221-0383

### **Circle of Friends**

A group of adults with disabilities enjoying each others company, socializing. Movies, dinner, activities, etc. Details and contact info on their Facebook Page



Easiest way to connect to Parent to Parent and/or other families is through our Events Gatherings & Facebook Page.

<https://www.facebook.com/islandcountyparent2parent>



Check out the “Resources for Autism Families” in Island County website:  
<https://www.pilotage.org/>

## Parent to Parent is Here for You!



### **Island County Parent to Parent presented by Island County Developmental Disabilities and Island County Human Services**

Tiffany Wheeler-Thompson  
105 NW 1st Street Coupeville, WA 98239  
(360)632-7539 (Call or Text)  
Email:  
[t.wheeler-thompson@islandcountywa.gov](mailto:t.wheeler-thompson@islandcountywa.gov)

Like us on Facebook for the latest information and events in Island County and our region.

Check out our website for our Island County Disability Resource Guide, ASD Resource Guide, Special Education Resources, Behavior Health Resource Guide, & more.

<https://www.islandcountywa.gov/198/Parent-to-Parent>

# Island County Parent to Parent



### ***Disability Resources, Support, Information, Trainings & Family Connections***

<https://www.islandcountywa.gov/198/Parent-to-Parent>

## Mission

We walk alongside those parenting children with developmental disabilities and/or special health care needs, connecting them with peer support and information so they can take the next step.

*"A Hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles"*

## Vision

All families of children with developmental disabilities and/or special health care needs deserve encouragement, inclusion and meaningful connections that support family well-being.



Parents may have questions and concerns as they learn about new information and services that can help their child and family. Parents also need time and support to navigate their own emotions and adjust to raising a child with special needs. Personal support from another parent, who has a child with similar needs, can help. You are not alone. We have been there.

## Parent to Parent Services

### No Cost Services:

- Support
- Resources
- Newsletters
- Support Meetings
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community



### Island County Parent to Parent offers:

Island County Parent to Parent Resource Toolkit

Island County Disability Resource Guide

Island County Autism Spectrum Disorder (ASD) Resource Guide

Island County Behavioral Health Resource Directory

Island County Transition Guide-In Depth

Island County Special Education-Quick Guide



All of these guides are available on our website. You can also email us and we will send you a hard copy.

t.wheeler-thompson@islandcountywa.gov

<https://www.islandcountywa.gov/198/Parent-to-Parent>

## How Can Parent to Parent Help You?

Parent to Parent offers community resources, support in a variety of different ways, help navigating systems and connections with other families with special needs. All ages, and stages. From learning your child has a disability through the adult years, the journey takes many different turns and twists.

Parent to Parent is a nationwide organization that began here in Washington State. Parents have many questions and concerns in coping with their child's needs and their own feelings. Personal support from another parent, who has a child with

similar needs, can be helpful in coping with these challenging experiences and feelings. Helping Parents (volunteer peer mentors) are available to provide support and information. To keep



up to date, join our **monthly newsletter** list. Send us an email and let us know if you want a hard copy or email version.

I am a stranger to you now, let me walk with you for awhile. Because I have been where you are, and where you are about to go. I have no answers. I offer instead my hand, my heart, my listening ear, my time, and my experience.... So that one day, you can turn to another and say:

I am a stranger to you now...."  
By Alice, New Hampshire Parent  
Parents Helping Parents.