

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.

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

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 196th 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 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

Shayne@arcsno.org



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Membership



**Advocating for and serving
people with intellectual and
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About Us

Founded in 1943, the Arc of Snohomish County was comprised of a small group of concerned and passionate parents and community members who would be catalyst for changing the public perception of children with disabilities. For the past 60+ years, The Arc has continued to grow and evolve along with the changing needs and issues people with disabilities and their families face.

Governed by a volunteer board of directors and managed by key staff of the Arc of Snohomish County we work passionately to uphold our vision that every individual and family living with an intellectual or developmental disability in the Snohomish County has access to the information, advocacy and skills they need to participate as active citizens and active members of their community.

At the Arc we believe in putting people first, equality, community involvement, self-determination and diversity.

Become a part of our mission and get involved with our local chapter today!

Connecting Families

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

- Monthly parent support groups/speakers
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Leadership & Self-Advocacy

The Arc supports individuals with developmental disabilities and their families to be knowledgeable and to have the necessary skills and information to advocate and to educate the community about issues that affect individuals with developmental disabilities.

Never doubt that a small group of thoughtful committed citizens can change the world; indeed it's the only thing that ever does"
Margaret Mead

The Arc of Snohomish County is affiliated with the Arc of Washington State and the Arc of the United States. Programs are designed to foster inclusion and self-advocacy.

The Arc self-advocacy program provides leadership development, training, mentoring, education and support to self-advocates' and self-advocacy groups. The Coalition educates individuals about their rights as participating members of their community and how that participation in turn, promotes inclusion of individuals with developmental disabilities.

Become a part of our mission!

Membership includes: priority applications to stipends, opportunities to effect growth and changes in your community, representation in Olympia & access to current information to help make informed choices as well as it helps support ongoing Arc events/activities.

Please accept my membership application for Arc of Snohomish County.

- Paid by check in the amount of \$25.00
 Please charge my credit card for \$25.00

Name on Card _____

Card Number _____

Expiration Date ____/____/____

Signature _____

Today's Date _____

Please accept my application or renewal for membership. **Circle one: New Renewal**

Name: _____

Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Do you have a child with a disability?

Yes No

If you answered "yes" what is your child's date of birth? _____

Are you an individual with a disability?

Yes No

Are you a sibling of someone with a disability? Yes No

If this is a gift membership do you want your name on the gift card? Yes No

Please indicate your area(s) of interest:

- Parent/Family Coalition
- Legislative Information & Advocacy
- Parent to Parent / Family Connections
- Sibshops & Sibling Support
- Self-Advocacy
- Independent Living / Housing
- Other _____

Would you like to be contacted regarding:

- Fundraising
- Volunteer Opportunities
- Board Membership
- Other _____

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Membresía



**Abogando y sirviendo personas
con discapacidades intelectuales
y de desarrollo, así como a sus
familias.**

Misión:

The Arc fomenta el respeto y acceso para personas con discapacidades intelectuales y de desarrollo, así como para sus familias, dándoles el poder para lograr una vida plena y satisfactoria.

Lógrelo con nosotros.

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Acerca de Nosotros

Fundado en 1943, the Arc of Snohomish County fue comprendido por un grupo pequeño de padres apasionados y preocupados, así como miembros de la comunidad quienes cambiaron la percepción del público acerca de los niños con discapacidades. Por los últimos 60+ años, The Arc ha continuado creciendo y evolucionando con las necesidades cambiantes y con los temas de importancia para la gente con discapacidades y que la familia afronta.

Gobernado por una junta directiva de voluntarios y manejada por personal clave en the Arc of Snohomish County trabajamos apasionadamente para mantener nuestra visión de que cada individuo con alguna discapacidad intelectual o de desarrollo y su familia viviendo en el condado de Snohomish tiene que tener acceso a la información, Abogar y tener los conocimientos necesarios para participar como ciudadanos activos y miembros activos de su comunidad.

En the Arc creemos en poner a la gente primero, igualdad, participación de la comunidad, determinación propia y diversidad.

¡Forma parte de nuestra misión e involúcrate con nuestra organización hoy!

Conectando Familias

Los Programas Familiares proveen conexiones a recursos y apoyo de la comunidad, construye comunidades inclusivas, incrementa la concientización de las discapacidades y promueve la propia representación y abogacía.

- Grupos de apoyo mensuales para padres y presentadores
- Información y asistencia en la navegación de servicios y recursos de la comunidad
- Actividades y eventos familiares inclusivos
- “Padre Asistente” & IEP apoyo entre compañeros
- Biblioteca la esperanza de Jameson
- Subsidios para conferencias regionales
- Ayuda económica limitada de emergencia

The Arc promueve comunidades cordiales, inclusivas y accesibles, fomenta familias saludables a través de grupos de apoyo y eventos sociales; brindando la oportunidad de conocer a otras personas, ganar perspectiva y ¡divertirse!

Para mas información sobre los recursos de Arc, eventos o ideas de como incrementar la conciencia sobre la discapacidad y la creación de oportunidades de inclusión en la comunidad, llame al **425-258-2459** o visite nuestro sitio en www.arcsno.org.

Liderazgo y Abogacía

The Arc apoya a individuos con discapacidades de desarrollo y sus familias para que tengan los conocimientos, las habilidades y la información necesarias para abogar y educar a la comunidad acerca de los asuntos que afectan a individuos con discapacidades de desarrollo.

“Nunca dudes que un pequeño grupo de ciudadanos conscientes y comprometidos pueden cambiar el mundo; de hecho, son los únicos que lo han logrado”
Margaret Mead

The Arc del condado de Snohomish está afiliada con the Arc del Estado de Washington y a su vez a the Arc de los Estados Unidos. Los programas están diseñados a fomentar inclusión y representación propia.

El programa de propia representación en Abogacía provee desarrollo en liderazgo, entrenamiento, tutoría, apoyo y educación a los propios representantes y grupos de abogacía personal. La Coalición educa individuos acerca de sus derechos participando como miembros de la comunidad, como resulta ésta participación y promueve inclusión de individuos con discapacidades de desarrollo.

¡Se parte de nuestra misión!

La membresía incluye: prioridad en las aplicaciones de remuneración, oportunidades que afectan el crecimiento y cambios en tu comunidad, representación en Olympia y acceso a la información actual para ayudar a hacer decisiones informadas, así como gracias a tu ayuda podremos mantener las actividades y eventos continuos de The Arc.

Por favor acepten mi aplicación de membresía para The Arc of Snohomish County.

- Pagado con cheque por la cantidad \$25.00
 Cárguelo a mi tarjeta de crédito por \$25.00

Nombre en la tarjeta

Número de tarjeta

Fecha de Expiración ____/____

Firma _____

Fecha de Hoy _____

Por favor acepte mi aplicación o renovación de membresía.

Circule una: Nueva Renovación

Nombre:

Teléfono:

Dirección:

Ciudad: Estado: Código:

Correo electrónico:

¿Tienes un hijo/a con alguna Discapacidad?

Sí No

Si tu respuesta es "sí" ¿Cuál es la fecha de nacimiento de tu hijo/a? _____

¿Eres tú un individuo con discapacidad?

Sí No

¿Tienes un hermano o a alguien con una discapacidad?

Sí No

Si esta es una membresía de regalo ¿quieres que aparezca tu nombre en la tarjeta de regalo?

Si No

Si respondió "sí" por favor escribe su nombre aquí: _____

Por favor indica tu(s) área(s) de interés:

- Coalición de Padre/Familia
- Información/ Abogacía Legislativa
- Padre a Padre / Conexiones Familiares
- Sibshops & Apoyo de Hermanos
- Propia representación
- Vivienda independiente/ Hogar
- Otro _____

Te gustaría ser contactado referente a:

- Recaudación de fondos
- Oportunidades para ser voluntario
- Membresía de la junta
- Otro _____

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