

# Resources for families who have a member with Down syndrome

## National Support

### National Down Syndrome Congress

[www.ndscenter.org](http://www.ndscenter.org)  
[info@ndscenter.org](mailto:info@ndscenter.org)  
800-232-6372  
Chris Newlon

### National Down Syndrome Society

<https://ndss.org>  
[info@ndss.org](mailto:info@ndss.org)  
800-221-4602

### Parent to Parent USA

<https://www.p2pusa.org>  
[memberinfo@p2pusa.org](mailto:memberinfo@p2pusa.org)  
253-256-3467  
Marsha Quinn

### Sibling Support Project

<https://siblingsupport.org>  
contact-us  
425-362-6421  
Emily Holl

## Statewide Support

### Family Voices of Washington

[www.familyvoicesofwa.org](http://www.familyvoicesofwa.org)  
[pave@wapave.org](mailto:pave@wapave.org)  
[jmccormick@wapave.org](mailto:jmccormick@wapave.org)

800-572-7368  
Jill McCormick

### Informing Families

[www.informingfamilies.org](http://www.informingfamilies.org)  
contact-us  
800-634-4473

### PAVE

<https://wapave.org/get-help/>  
[pave@wapave.org](mailto:pave@wapave.org)  
253-565-2266  
Jill McCormick

### The Arc of Washington State

<http://arcwa.org>  
<https://arcwa.org/resource-library/>  
[info@arcwa.org](mailto:info@arcwa.org)  
360-357-5595  
Stacy Dym, ED

### Washington State Fathers Network

<https://fathersnetwork.org>  
contact-us

### Washington State Parent to Parent Programs

<http://arcwa.org/parent-to-parent/>  
[parent2parentwa@arcwa.org](mailto:parent2parentwa@arcwa.org)  
360-357-5596 opt 2  
Tracie Hoppis

### WithinReach

<https://www.parenthelp123.org/>  
[help123@withinreachwa.org](mailto:help123@withinreachwa.org)  
800-322-2588  
Help Me Grow Hotline

## Regional Support

### Central Washington

#### Down Syndrome Association of the Mid-Columbia

<https://www.dsamc.org/>  
[contact@dsamc.org](mailto:contact@dsamc.org)  
509-440-1889  
Julie Gould

#### Down Syndrome Society of Grant County

[https://www.facebook.com/DSSG C/](https://www.facebook.com/DSSG-C/)  
[cbuddywalk@gmail.com](mailto:cbuddywalk@gmail.com)  
209-760-5814

### Eastern Washington & Idaho

#### Down Syndrome Connections NW

<https://dsconnections nw.org/>  
[info@dsconnections nw.org](mailto:info@dsconnections nw.org)  
877-733-3955  
Megan Yen

### Olympic Peninsula Clallam Mosaic

<https://www.clallammosaic.org/>  
[info@clallammosaic.org](mailto:info@clallammosaic.org)  
360-681-8642  
Catherine McKinney

### Clallam Parent to Parent

<https://www.clallammosaic.org/p2p/>  
[p2p@clallammosaic.org](mailto:p2p@clallammosaic.org)

360-406-1215  
Catherine McKinney

### Puget Sound & Northwestern Region Down Syndrome Association of Snohomish County

<http://dsasc.org/>  
[info@dsasc.org](mailto:info@dsasc.org)  
425-610-8226  
Lori Schmieder

### Down Syndrome Center of Puget Sound

<https://www.dscpugetsound.org/>  
[contact@dscpugetsound.org](mailto:contact@dscpugetsound.org)  
206-257-7191

### Down Syndrome Outreach of Whatcom County

<https://arcwhatcom.org/>  
[DsO@arcwhatcom.org](mailto:DsO@arcwhatcom.org)  
360-715-0170 ext.307

### South Puget Sound Up with Down Syndrome-Olympia

[lhmitche1177@comcast.net](mailto:lhmitche1177@comcast.net)  
360-2598647  
Liya and Tom Mitchell

### UPSIDE Parent Support Group of Kitsap County Washington

Facebook: Upside Down syndrome Group of Kitsap County  
[upsidepnw@gmail.com](mailto:upsidepnw@gmail.com)  
360-434-8729  
Julie Smoley

### Whatcom Taking Action – Single Entry Access to Services (SEAS)

<https://www.seaswhatcom.org/>  
contact a navigator  
[seas@oppco.org](mailto:seas@oppco.org)  
360-715-7485



*Alexa, born with Down syndrome, working in the hospitality division of corporate Starbucks.*