

## About The Arc of Snohomish County



The Arc of Snohomish County is a family driven organization that recognizes each family is diverse and their supports and needs are unique to each family. The Arc is an information hub for individuals with developmental disabilities and their families and offers ongoing monthly support groups, parent meetings and information regarding community services and resources available in the community. 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.



### Parent to Parent

Learning your child has special medical needs or a disability can be a traumatic experience. You may have questions or concerns regarding how to deal with your child's needs and/or your personal feelings. Parent to Parent offers emotional support, insight and understanding to parents who learn their child has special needs or whose child is going through a transitional period.

### Connecting Families

The Arc of Snohomish County fosters healthy families by offering many events throughout the year. The social events create opportunities for families to become engaged with their communities, meet others and have fun! For more information and upcoming events visit the website.

[www.arcsno.org](http://www.arcsno.org)  
425-258-2459

## MONTHLY SUPPORT GROUPS

### Mother's Network

Mother's Network is a group of moms raising children with developmental disabilities who meet, share resource information and offer one another support and encouragement. Meetings are the first Saturday of the month, 10am-12pm at Mill Creek Foursquare Church, 1415-164th St. SW, Lynnwood.

Jessie Atkins [Jessie@arcsno.org](mailto:Jessie@arcsno.org)  
425-258-2459 x 105

### Mom and Me

*(Dads, Caregivers and Siblings Welcome)*

If you are the mom of a child age birth-to-5 who receives Early Intervention Services or your child has a developmental disability, this is the place for you! Join Mom and Me and experience a sense of community and receive support, encouragement and hope. Mom and Me meets twice each month.

Jessie Atkins [Jessie@arcsno.org](mailto:Jessie@arcsno.org)  
Jamie Coonts [Jamie@arcsno.org](mailto:Jamie@arcsno.org)  
425-258-2459

### Father's Network

Father's Network is a group of dads raising children with developmental disabilities who meet to share resource information, ideas and concerns. The group meets the fourth Thursday of the month, 7:00pm-9:00pm at The Arc office, 2500 Hewitt Ave Suite 300 in Everett. Father's Network also features quarterly events; encouraging dads to get out of the house, have fun and be guys.

Jeff Atkins [atkii913@yahoo.com](mailto:atkii913@yahoo.com)  
425-258-2459 x 105



Sibshops provide opportunities for brothers and sisters of children with special health care needs to obtain peer support and education while participating in recreational activities. Siblings have an opportunity to share joys, concerns, problem solve and have a better understanding of their sibling's disability.

Jessie Atkins [Jessie@arcsno.org](mailto:Jessie@arcsno.org)  
425-258-2459 x 105

## MONTHLY PARENT MEETINGS

### Parent Connections

Parents share concerns, information and resources during interactive meetings with featured speakers. Meetings occur the second Monday of the month, 7:00pm-8:30pm at The Arc office, 2500 Hewitt Ave. Suite 300, Everett.

Jessie Atkins [Jessie@arcsno.org](mailto:Jessie@arcsno.org)  
425-258-2459 x 105

### 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. Though most topics are autism spectrum-related, meetings cross over to many other types of developmental disabilities and are open to all. SASSIE meetings occur the fourth Monday of the month, 7:00pm-8:30pm at The Arc office, 2500 Hewitt Ave. Suite 300 in Everett.

Tracie Diemert [Tracie@arcsno.org](mailto:Tracie@arcsno.org)  
425-258-2459 x 111

### Adult Caregiver Support Group

For families who have an adult son or daughter with developmental disabilities to share concerns, information and resources during interactive meetings with featured speakers.

Jamie Coonts [Jamie@arcsno.org](mailto:Jamie@arcsno.org)  
425-258-2459



### Lego® Club

A FREE, fun recreational opportunity for children with or without disabilities, their siblings, friends, grandparents and neighbors to meet and socialize while enjoying the timeless activity of building with Lego's®. All supplies are provided at no cost. Just show up and have fun! Lego® Club meets the third Sunday of the month from 1:00pm-3:00pm at the Everett Firefighters Hall (across from the Arc office); 2411 Hewitt Avenue in Everett.

Tracie Diemert [Tracie@arcsno.org](mailto:Tracie@arcsno.org)  
425-258-2459 x 111

## HELPING PARENT

### **What is a Helping Parent?**

A Helping Parent is the parent/guardian of a child with a disability who completed training with the Parent to Parent Program. A Helping Parent is matched with a parent of a child with similar experiences, needs or disability.

Helping Parents are non-judgmental and will actively listen, provide emotional support, maintain confidentiality and share ideas and resources.



### **Who can benefit?**

Whether your child has recently been diagnosed with a special need 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?**

Contact the Arc of Snohomish County to learn more about the program and request a match. Based on your individual situation, the Arc will connect you to a Helping Parent and provide support to assure you have a successful match.

Jessie Atkins [Jessie@arcsno.org](mailto:Jessie@arcsno.org)  
Jamie Coonts [Jamie@arcsno.org](mailto:Jamie@arcsno.org)

**425-258-2459**



## WHAT FAMILIES SAY ABOUT THE ARC

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

*"The Arc offers many events and activities appropriate for kids with disabilities and their families and it is a safe environment where my son is learning how to socialize. I haven't found this anywhere else in the community."* Fabiola T.



*"We meet families who are in the same boat we are and established friendships that will last a lifetime. With Parent to Parent, we enjoy family activities and don't feel as though the world is staring at us."* Rebecca C.

*"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.

### **The Arc of Snohomish County**

2500 Hewitt Ave, Suite 300

Everett, WA 98201

[info@arcsno.org](mailto:info@arcsno.org)

[www.arcsno.org](http://www.arcsno.org)

**425-258-2459**

Shayne Nagel, Executive Director

[Shayne@arcsno.org](mailto:Shayne@arcsno.org)



Of Snohomish County  
Advocates for the Rights of  
Citizens with Developmental Disabilities

## Support and Information for Families



### **Mission Statement**

*"To empower persons with developmental disabilities to increase their independence and quality of life, while offering encouragement and support to their families."*