

Resources for Families Impacted by Immigration-Related Separation

Many families in Washington state are facing challenges because of immigration detention or deportation. The following resources can help families who are dealing with separation or are worried it might happen.



FOR CAREGIVERS

When families are separated, it can change how children act and feel. These resources can help caregivers support children through stressful times.

Helping Children Through Traumatic Separation

This guide gives tips for caregivers and service providers on how to support children who have gone through difficult separations from their families.



www.nctsn.org/resources/traumatic-separation-and-refugee-and-immigrant-children-tips-current-caregivers

Guide For Immigrant Parents

This guide was created for immigrant parents and includes real stories and advice from families who have experienced immigration-related separation.



Available in English and Spanish
<https://childrenthriveaction.org/2025/10/staying-whole-a-love-letter-to-immigrant-parents>

Understanding Trauma in Children with Disabilities

This fact sheet explains how trauma can affect children with intellectual or developmental disabilities. It also helps caregivers notice signs of stress and know when to ask for help.



www.nctsn.org/sites/default/files/resources/fact-sheet/understanding-trauma-responses-in-children-with-intellectual-and-developmental-disabilities-and-when-to-seek-help.pdf

Planning guides and other resources for families worried about separation due to detention or deportation are available.



www.dcyf.wa.gov/publications-library/PA_0018

FOR CHILDREN AND YOUTH

Healing and Resilience Workbook for Children

This activity book helps children who have felt anxious or scared because a parent or guardian was detained or deported.

English



www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/Healing-and-Resilience%E2%80%94Activity-Book-for-Latino-Children-Impacted-by-Deportation%E2%80%94English.pdf

Spanish



www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/Recuperacio%CC%81n-y-Resiliencia%E2%80%94Un-Libro-de-Actividades-para-Nin%CC%83os-Latinos-Impactados-por-la-Deportacio%CC%81n%E2%80%94Espan%CC%83ol.pdf



Washington State Department of
CHILDREN, YOUTH & FAMILIES

“All About Me” Worksheet

This worksheet helps children share information about themselves, such as their routines, feelings, and interests. It can help caregivers understand and connect with them better.



www.socialworkerstoolbox.com/wp-content/uploads/2020/10/All-about-me-direct-work-sheets-and-activities.pdf

Youth Information Sheet on Separation

This handout explains what separation distress is, why young people may feel strong emotions, and what they can do to feel better.



https://www.nctsn.org/sites/default/files/resources/fact-sheet/childhood_traumatic_separation_youth_information_sheet.pdf

FAMILY SUPPORTS

Family Resource Centers

Family Resource Centers across Washington help families during times of change. They can provide parenting support, basic needs assistance, and community connections.

Call 211 or Help Me Grow WA to find a center near you. Help Me Grow WA offers information about child development, health care, and food assistance. Call for help: 1-800-322-2588.



<https://helpmegrowwa.org/?ref=parenthelp123.org>

Washington Connection

Washington Connection makes it easy to apply for public benefits such as food, cash, child care, long-term care, Medicare savings, and medical assistance.



washingtonconnection.org/home

211 Hotline

Call 211 any time, day or night, for help finding resources like housing, food, mental health support, or utility assistance.

LEGAL RESOURCES

Legal Help for Kinship Caregivers

Free legal advice is available for kinship caregivers, relatives, or family friends caring for children whose parents cannot.



<https://www.kcba.org/?pg=LAARK>

Immigrant Safety Plan

The Legal Counsel for Youth and Children created this plan to help parents prepare for their children's care if they are detained or deported. Available in multiple languages.



<https://lcywa.org/isp>

Help with a Federal Agency

Get help with issues involving Social Security, Medicare, military or veterans' benefits, immigration, or passports.



<https://jayapal.house.gov/services/help-with-a-federal-agency>

EDUCATION RIGHTS AND RESOURCES

Students in Washington state—from kindergarten through college—have the right to go to school, no matter their immigration status. Learn more below.



Immigrant Students' Rights to Attend Public Schools

<https://ospi.k12.wa.us/policy-funding/equity-and-civil-rights/immigrant-students-rights-attend-public-schools>



Financial Aid and Resident Tuition

<https://wsac.wa.gov/immigrants>