



Are you a person with a disability who is feeling  
lonely, isolated or stuck at home  
with no one to talk to?

The Arc of King County is here  
and we want to help.

Call and leave us a message at 206-829-7053  
or email us at [ask@arcofkingcounty.org](mailto:ask@arcofkingcounty.org) and  
we'll connect you with someone to talk to via  
phone, email, text or webinar.

