



## Is this for me?

Parents have many questions and concerns in coping with their child's needs and their own feelings. Personal support from another parent, who has a child with similar needs, can be helpful in coping with these challenging experiences and feelings. You are not alone. We have been there. Volunteer Helping Parents are available to provide support and information.



**Joyce L. Sobel**  
**Family Resource Center**  
Changing Lives

## Contact Us

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# Parent to Parent



Supporting and  
connecting parents of  
Special Needs Children



Providing emotional support to families of children with special needs and/or disabilities.



## What is Parent to Parent?

Learning that your child has a disability can be an overwhelming experience. Parents have many questions and concerns about coping with their child's special needs and their own feelings.

Whether you are just learning of your child's disability or complex healthcare challenge, seeking new information, or navigating life transitions with your child, our program is here to help you find the resources and advocacy you need to get the best care possible for your child and your family.

As a local chapter of the national Parent to Parent program, Parent to Parent San Juans can also connect you with other local families who have similar experiences. Our program's Helping Parents (volunteer peer mentors) are available to provide compassionate listening, encouragement and helpful information because we know that living on an island can create additional barriers to receiving the special resources you need for your child. Talking with another parent who has a child with similar needs can also be helpful in reducing social isolation, coping with fatigue and working through difficult feelings.

Parent to Parent Support Programs of Washington State is a member of the Parent to Parent USA Alliance. Washington State Parent to Parent (P2P) maintains confidentiality and does not discriminate on the basis of color, race, creed, sex, or national origin.



## What Parent to Parent Offers

- Matching parents in one-to-one relationships with trained, experienced parents, based on similar diagnoses and family issues.
- Providing personal support & advocacy.
- Information and education about disabilities, illness or special health care needs.
- Referral to services and resources in the community and beyond.
- Training for parents who want to become Helping Parent peer mentor volunteers.

## How do we start?

Reach out to our Parent to Parent program coordinator, Jeanine Larson at [p2p.sjifrc@gmail.com](mailto:p2p.sjifrc@gmail.com) or call (360) 378-5246.