

What Parent to Parent offers?

- Connections to families with similar needs and experiences.
- Information on local, state and national resources and organizations.
- Workshops for parents who would like to become volunteers.
- Presentations for professionals, parent groups and other community organizations.

Would you like to volunteer?

During your journey with your child, you have had the opportunity to learn a great deal. You probably have come to understand the emotions related to the challenges you have faced, deepened your values with regard to your child. You have learned about community resources have and strengthened relationships with others. Parents can be helped by other parents who have adjusted well to their own child's special challenges. Parents with the capacity and willingness to help other parents by sharing their feelings, experiences and information can make a difference.

Would you like to share what you have learned with other parents? Parent to Parent is looking for parents who are interested in reaching out to others. Parents who are willing to participate in workshops to learn to effectively support other parents and parents who want to make a difference. We invite you to become a volunteer for parent to parent. Please contact us and we would be glad to discuss how to become involved.

Parents connect for a variety of reasons

- To discuss ideas, concerns, information or questions.
- To share information on school, play groups, childcare or parenting.
- To get support group information.
- To ask about therapy, equipment, programs or medication.
- To share community resources.
- To seek friendship & support.

Who do we connect?

- **Moms / Dads / Step-parents**
- **Foster / Adoptive parents**
- **Teen parents**
- **Divorced / Single parents**
- **Parents of**
 - teens
 - newborns
 - children with chronic illnesses
 - children with disabilities
 - children with rare disorders
 - children with mental health/ behavior issues
- **Parents in the military with children with special needs**
- **Parents coping with grief**
- **Parents new to New Mexico**
- **Grandparents**
- **Siblings**

All information is kept confidential.

Parents Reaching Out

1920 B Columbia Dr SE
Albuquerque, NM 87106
505-247-0192
1-800-524-5176
eweisner@parentsreachingout.org
www.parentsreachingout.org

Connecting Families with Families

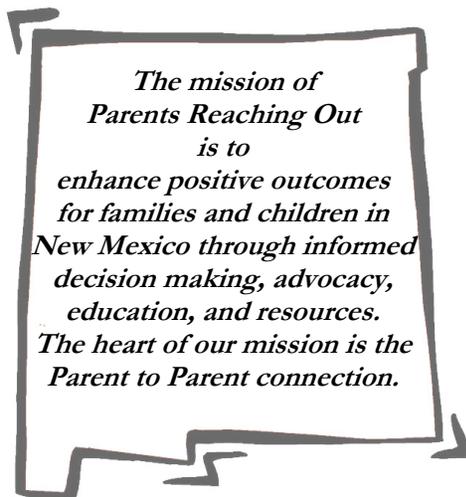


Parent to Parent



Parents Reaching Out

Your One Stop Resource for a Stronger Family



What is Parent to Parent?

Parent to Parent is a statewide network of families willing to share their experiences and information. We connect parents with other parents through parent to parent matches. Parents whose children are in similar situations are matched based on various needs – age of child, community, issues or concerns, school or grade, diagnosis, disability or chronic illness.

We are a resource for families as they journey through all phases of their lives. Many parents discover how important it is to connect with another parent who knows first hand the feelings they are experiencing. Through parent to parent, opportunities are created for a unique bond of mutual support and sharing of information. By connecting parents with each other we empower families and put them in touch with the resources and information available for their child.

*"I finally have someone
who understands what I'm going through.
A lot of my family members just don't understand."
– Los Lunas parent*

What happens during a match?

Parents call us or are referred to us through a variety of sources: medical staff, service coordinators, parents, disability groups, or others.



When you contact us to request a match, we will spend some time on the phone finding out about your needs and what would make the best match. The match between a volunteer parent and a referred parent is usually based on similarities of concerns or disability, age of child, location, and similar family experiences.

We check our database of volunteers and contact the volunteer that is the best match. Our volunteer will contact the parent requesting a match as soon as possible. Once the initial contact has occurred, the on-going relationship develops according to the needs and preferences of the referred parent. Some matches are short-term, consisting of only 2 or 3 contacts, others evolve into lasting friendships. Parents often emerge from their parent to parent connection feeling less alone and more confident.

A parent to parent match does not replace physicians, therapists or other professionals. We believe that many families' needs go beyond the boundaries of formal services.

What we can offer each other is uniquely ours. We have all been there.



**When you are ready
to be matched with
another parent,
contact us and we
will help you connect
with a parent in a
similar situation.**

Parent to Parent

Please call us at
1-800-524-5176 or 505-247-0192
or mail this form to:
Parents Reaching Out
Attention: Erin Weisner
1920 B Columbia Dr SE
Albuquerque, NM 87106

Please check all that apply:

- I would like to be matched with another parent.
- I am interested in becoming a volunteer.
- I would like to start a support group in my area.
- I would like to learn about Parent to Parent.
- I would like you to provide an overview of Parent to Parent to a group in my community.

Name: _____

Address: _____

City: _____

State: NM Zip: _____

County: _____

Phone: () _____

E-mail: _____