

# Peer Support Program

Would you like to talk with a peer parent who can provide a safe place to share your experience of having a child with special needs?

Would you like to talk with a parent who has "been there"?

## Peer support involves:



- One-to-one support
- Emotional availability of a parent with similar concerns
- Strict confidentiality

## Peer support helps to:

- Decrease feelings of isolation
- Increase your sense of empowerment and your coping skills



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We invite you to contact us and request a match with one of our peer support parents.

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**We can link you with another parent**  
based on your child's special needs or age, your geographic location, language or other commonalities you identify.

◀ **Call CARE Parent Network**  
**(800) 281-3023 x101** ▶



CARE Parent Network, [www.CAREParentNetwork.org](http://www.CAREParentNetwork.org)  
With funding from First 5 Contra Costa

