

*Linking families of children and adults with disabilities or special needs*

1-888-727-2706

[www.parenttoparent.org](http://www.parenttoparent.org)

Hello,

Parent to Parent of Pennsylvania provides emotional support to families who have a child with a special need by matching them to a mentor family called a Peer Supporter. Peer Supporters are families who have experienced the joys and challenges of raising a child with a special need. They are willing to listen, share their experiences, their time and their hearts. We can match for conditions or concerns, which could include:

- ♥ Physical Disabilities
- ♥ Special Health Care Needs
- ♥ Behavioral/Mental Health Concerns
- ♥ Foster Care or Adoption
- ♥ Educational Issues *(please note: the list is not inclusive)*

A Nationwide Survey shows that Parent to Parent programs:

- ♥ Increases parents sense of empowerment
- ♥ Increases parents adjustment to their situation
- ♥ Increases parent's sense of their own capacity to cope.

Because everyone that works for Parent to Parent of PA is a parent of a child or adult with a disability or special need, we know first-hand how beneficial it was to speak to another parent about our concerns and our hopes for our children's future.

We can be contacted in many ways. You can reach us at the state office at 717-540-4722 or on the website at [www.parenttoparent.org](http://www.parenttoparent.org) and fill in the "get matched" form under Matches or contact your local Regional Coordinator, Amy Fisher at 717-947-2298.

Sincerely,  
Fiona Patrick  
Program Director

# *When to Introduce Parent to Parent of Pennsylvania*



*When you hear the parent/guardian say...*

♥ *"I have never spoken to another family whose child has the same condition or issues."*

♥ *"I feel isolated."*



♥ *No one understands, not even my family."*



♥ *"I feel hopeless."*

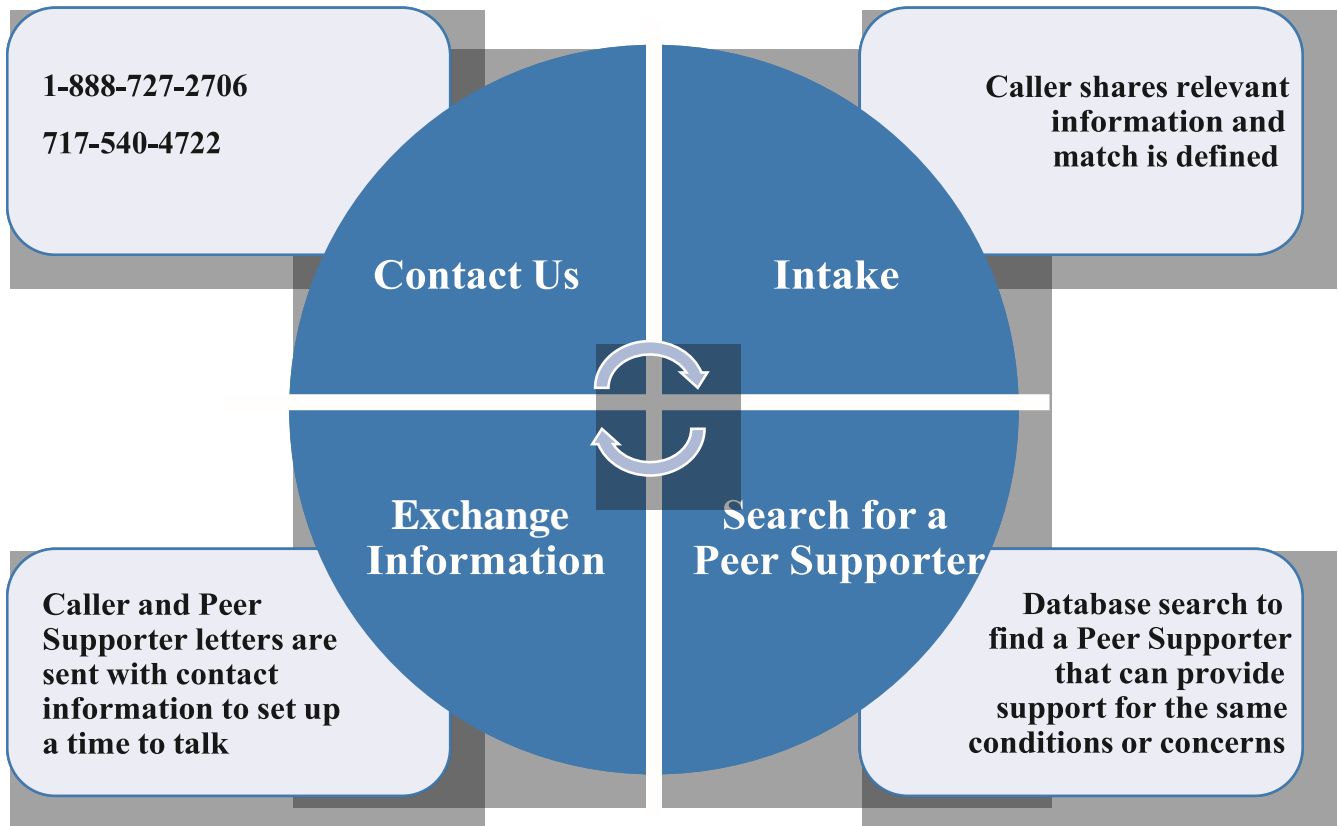


♥ *I feel overwhelmed."*

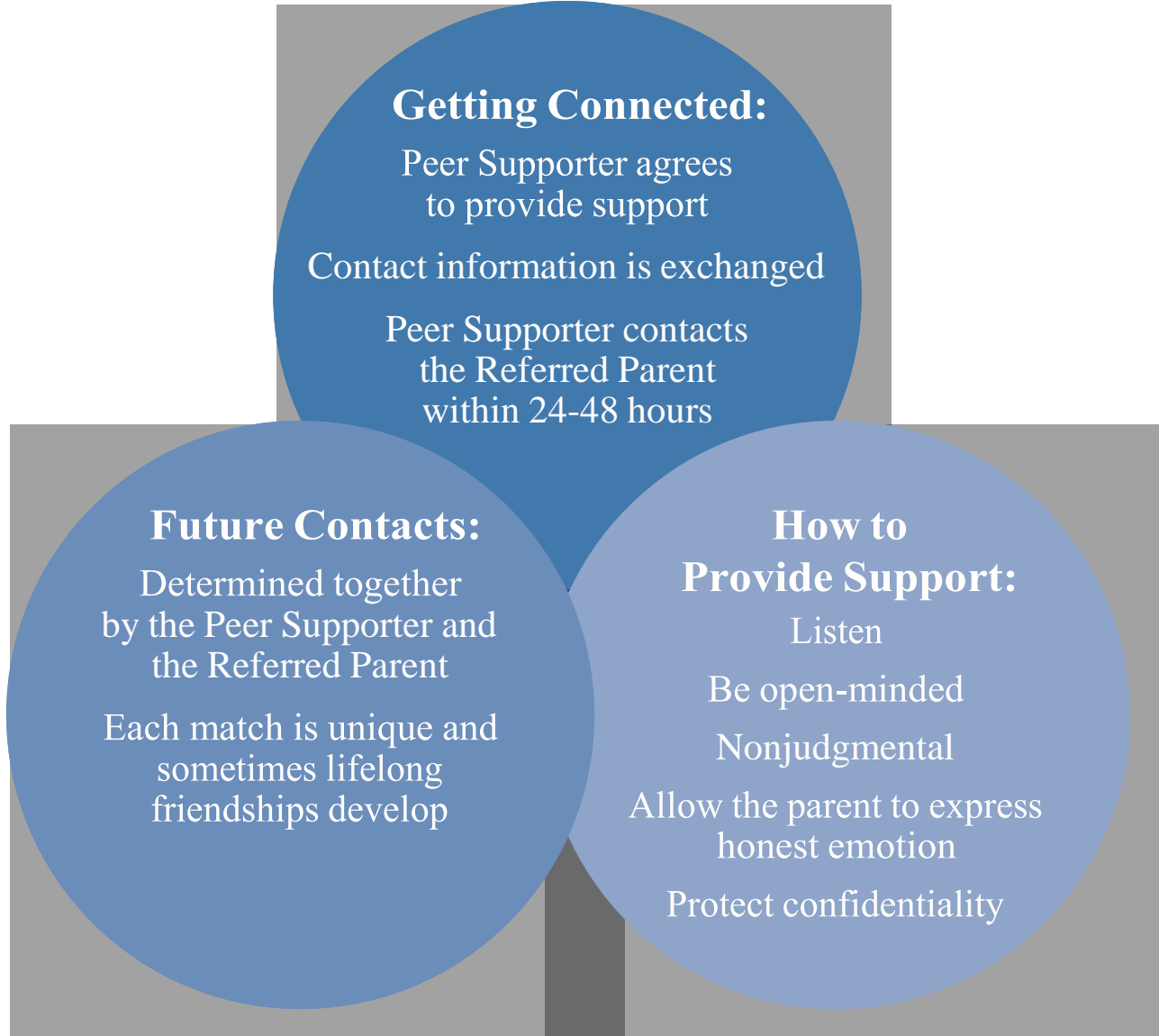


♥ *"I need help or support."*

# How Are Matches Made?



# What Does a Peer Supporter Do?



Occasionally, a Referred Parent may ask the volunteer Peer Supporter to talk about issues that should be handled by a professional. If this occurs, please call your local Regional Coordinator or call the state office at **717-540-4722**.

*"I became a Peer Supporter because I know what it is like to have a child with a special need. I found it helpful to talk to another parent. I wanted to share that experience with others. I don't necessarily solve a family's problems, but I listen and share my own experiences."*

*Carol Booth, Cambria County*



# Thank You

*From our Referred Parents*

- ♥ *"Just talked with [Peer Supporter] - I'm in tears now...just so happy to have talked with someone who "gets" us and what we're struggling with, what we've accomplished, what our "norms" are and thoughts for the future! It truly is one thing to hear this stuff from a doctor, but it isn't anything like talking to another parent who's been in the trenches with their kids and fights for them daily just so they have that normalcy we all crave."*

*Thank you for what you do & thanks for a perfect match for us! [Peer Supporter] was great!*

- ♥ *[Mom] tells [Regional Coordinator] that a million dollars could not compare to the peace of mind that [Peer Supporter] provided to her. Everything she said or described was exactly how I felt.*
- ♥ *"I knew what the doctors were saying about my daughter's surgery but I wanted a parent's perspective and how to prepare for surgery, what to expect after and the progression through it." [Mom] also like the fact that her PS shared with her a children's book about surgery that she can share with her daughter to prepare for it. [Mom] said, "She was great!"*
- ♥ *"To gain a new friend who understands some of the daily struggles I go through and someone who can help me through situations they have been in before that I have yet to face."*



***"Angels live among us. Sometimes they hide their wings but there is no disguising the peace and hope they bring". (unknown)***

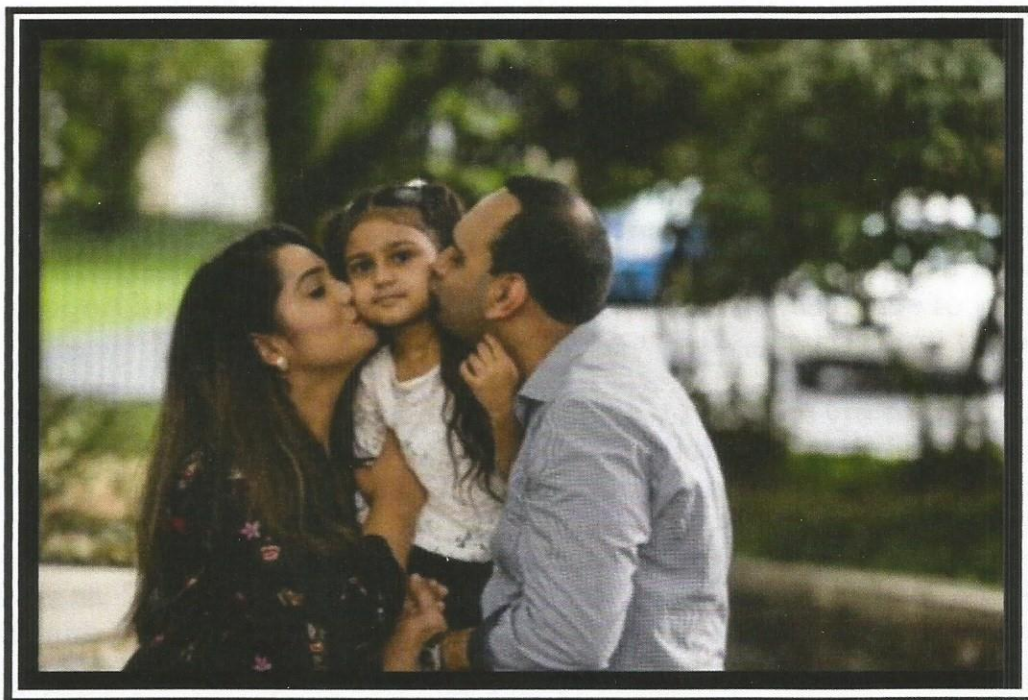
I feel very blessed to have found my angels in the form of some wonderful parents that became my peer supporters when I first started my journey as a parent of a child with Autism. Not only did those parents help me navigate the system of services, but also gave me strength, courage and hope to be the parent I am today.

With the help of my angels, I was able to get through some really tough times in life and then decided to become a peer supporter myself. I believe we as members of this community of special needs have a legacy to follow and it is our responsibility to help the ones who come after us by sharing our experiences, transferring information and resources that we have learned in our journey and offer emotional support. In my role as a peer supporter, I myself learn a lot from the families that I talk to. It enables me to make new friends. I think one of the great things about this program is that it connects people who not only truly understand each other's issues but also offers a non-judgmental zone to really pour your heart out.



*Sadia, Ehlaam, and Syed*

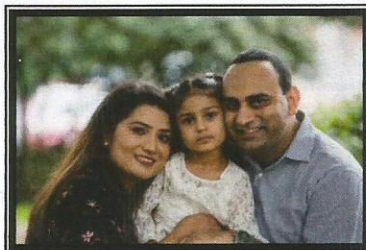




*Sadia, Ehlaam and Syed*

**Being a peer supporter at Parent to Parent of PA is an honor and privilege for me, as I know, from personal experience, how it feels when in times of need you come in contact with someone who truly understands your needs and worries because he/she has been there. My peer supporters became the family and friends that I needed to support me to get through the process of accepting the diagnosis of Autism for my daughter and navigate the system of services.**

**I had the privilege of meeting Ms. Fiona Patrick, the director of Parent to Parent of PA. I could see her passion and dedication in helping families, which is also reflected every time I receive a call from the incredibly compassionate regional coordinators. I consider Parent to Parent of PA a blessing for both the peer supporters and the families receiving support and I wish that Parent to Parent of PA keeps spreading their ray of hope for families.**







1-888-727-2706

**AUTHORIZATION TO RELEASE INFORMATION FORM**

Date: \_\_\_\_\_

REFERRING AGENCY /COUNTY: \_\_\_\_\_

*If participating in the Early Intervention Direct Referral program, please check one of the boxes below:*

☐ Provide Service Coordination for the Infant Toddler Program

☐ Provide Service Coordination for the Preschool Program

REFERRING PERSON / CONTACT NUMBER \_\_\_\_\_

Parent/ Caregiver: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ County \_\_\_\_\_

Primary Number: \_\_\_\_\_; Best time to call: \_\_\_\_\_

Email Address: (required, if available) \_\_\_\_\_

*If you would like one of our Parent to Parent-Regional Coordinators to contact you, please share your information and area of interest.*

☐ I am interested in a Parent to Parent of PA match; introductory "Hello" video will be sent by email.

☐ I am interested in becoming a volunteer Peer Supporter.

☐ I would like to receive Parent to Parent of PA mailings.

**By signing this Authorization to Release Information Form, you agree to allow your information to be released to the Parent to Parent of PA program for further contact.**

Parent to Parent of Pennsylvania  
6340 Flank Drive  
Harrisburg, PA 17112  
Fax- 717-657-5895  
Email: [fpatrik@parenttoparent.org](mailto:fpatrik@parenttoparent.org)

**Signature required:**

*Thank you for your interest in Parent to Parent of Pennsylvania*



**Because I have been  
where you are...  
I offer...**

**My listening ears...**



**My experience...**



**My time...**



**My heart...**

**Linking families of  
children and adults with  
disabilities or special needs**

**Call Us...**

**Our services  
are free and  
confidential.**



**1-888-727-2706**

**[www.parenttoparent.org](http://www.parenttoparent.org)**

**How can  
we make  
a difference?**

Parent to Parent of Pennsylvania links parents and family members of children and adults with disabilities or special needs on a one-to-one basis according to conditions or concerns.

- Parent to Parent of Pennsylvania can connect you to one of the Affiliate Parent Support Programs that we administer: see listings on website
- Parent to Parent of Pennsylvania helps parents or family members locate a support group that meets their needs.
- Parent to Parent of Pennsylvania provides technical assistance to local support and mentor groups.
- Parent to Parent of Pennsylvania currently has over 1900 volunteer Peer Supporters (mentors).

Parent to Parent of Pennsylvania is funded by the Pennsylvania Department of Education and Department of Human Services; Office of Child Development and Early Learning.



Member of the Parent to Parent Alliance, Committed to Parent to Parent USA-Endorsed Practices

A program of the Tuscarora Intermediate Unit 11.

**[www.parenttoparent.org](http://www.parenttoparent.org)**

Parents and Family members of children and adults with disabilities or special needs may be matched for the following conditions or concerns: *(please note: list is not inclusive)*

- Physical disabilities
- Developmental disabilities
- Special health care needs
- Behavioral/mental health concerns
- Foster care or adoption
- Educational issues





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Conectando a las familias de niños y adultos con discapacidades y necesidades especiales

## FORMATO DE AUTORIZACIÓN PARA COMPARTIR INFORMACIÓN

Fecha: \_\_\_\_\_

Agencia que refiere / Condado: \_\_\_\_\_

Persona que refiere / Tel. contacto: \_\_\_\_\_

Padre/Guardián: \_\_\_\_\_

Dirección: \_\_\_\_\_

Ciudad: \_\_\_\_\_ Zona Postal: \_\_\_\_\_

Condado: \_\_\_\_\_ Estado: \_\_\_\_\_

No. telefónico: \_\_\_\_\_ Mejor hora para llamarle: \_\_\_\_\_

Correo electrónico: \_\_\_\_\_

Si le gustaría que uno de los coordinadores del programa de *Parent to Parent* se pusiera en contacto con usted, por favor marque el área en que está interesado(a):

\_\_\_\_\_ Estoy interesado (a) en que me pongan en contacto con otro padre/madre.

\_\_\_\_\_ Estoy interesado (a) en ser una Persona de Apoyo voluntario(a).

\_\_\_\_\_ Me gustaría recibir noticias sobre el programa *Parent to Parent of PA*.

Al firmar esta forma usted da su autorización para que su información sea proporcionada al Programa *Parent to Parent of PA* para que ellos se pongan en contacto con usted.

Parent to Parent of Pennsylvania  
6340 Flank Drive  
Harrisburg, PA 17112  
Fax- 717-657-5895  
Email: [fpatrick@parenttoparent.org](mailto:fpatrick@parenttoparent.org)

Firma (requerida)



# Porque he estado donde tu estás... Te ofrezco...

Mis oídos que escuchan...



Mi experiencia...



Mi tiempo...



Mi corazón...



**Enlazando familias de niños  
y adultos con discapacidades  
o necesidades especiales.**

## ¿Podemos hacer una diferencia?

De Padre a Padre de Pennsylvania enlaza a padres y familiares de niños y adultos con discapacidades o necesidades especiales de forma personal de acuerdo con las condiciones y preocupaciones.

- De Padre a Padre de Pennsylvania ayuda a los padres o familiares a localizar a un grupo de apoyo que cumple con sus necesidades.
- De Padre a Padre de Pennsylvania provee asistencia técnica al apoyo local y grupos de mentores.
- Padre a Padre puede conectar a padres con uno de los Programas de Apoyo para Padres Afiliados que administrar: vea listados en el sitio web.
- De Padre a Padre de Pennsylvania tiene más de 1,900 personas voluntarias de apoyo.

*De Padre a Padre de Pennsylvania es financiado por el Departamento de Educación de Pennsylvania y el Departamento de Servicios Humanos; Oficina de Desarrollo Infantil y Aprendizaje Temprano.*

*Un programa de la Unidad Intermedia #11 de Tuscarora.*



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Llámenos...

**Nuestros servicios  
son gratuitos y  
confidenciales**



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Los padres y familiares de niños y adultos con discapacidades o necesidades especiales pueden ser enlazados por las siguientes condiciones o preocupaciones: *(Por favor note que la lista no está completa)*

- Incapacidad física
- Discapacidades de desarrollo
- Necesidades de cuidado de salud especiales
- Preocupaciones de salud mental/ de comportamiento
- Cuidado de crianza o adopción
- Temas educacionales