

For Parents Raising Children with Challenges



An Invitation to Join Our Parent-to-Parent Program through Maine Parent Federation's Support Parent Training

**Saturday, Nov. 13, 10AM-2PM
(Location to be announced)**

At this training, parents learn how to become mentors to parents of children & youth who are experiencing cognitive, emotional-behavioral, mental and/or physical challenges. We call these trained mentors support parents. They join a list of 200 parents from around the state and volunteer to talk with a parent who needs help in some way. This is not a crisis line service or a mental health helpline at all. We simply match mentors and parents seeking help by diagnosis, first, and go from there.

We believe that parents know how to talk to each other best and that shared experiences can help break isolation, fear, and bring resources into a family's life most gently. These are not families in crisis. Contacts are made at your convenient time--by phone, email or in person over coffee or a walk, whatever. Friendships can form. And some of our support parents become very active advocates with legislation for youth and adults or on state policy committees. It just happens!

The training offers a \$50 stipend, mileage reimbursement (.44/mile), a good, nourishing lunch, skill building, and connection to others.

FMI contact Beth Jones at 622-2787 or bjones@mpf.org. Or go to our website: www.mpf.org and look at Family Support Program then Parent to Parent.)