



Helping Parent Match

What is a “Helping Parent?”

A Helping Parent is the parent/guardian of a child with a disability, developmental delay, or ongoing medical need who completed training through the Parent to Parent (P2P) Program. A Helping Parent is matched with a parent of a child with similar experiences, needs or disability. A Helping Parent is willing to share their feelings and journey with other parents, providing one-to-one emotional and informational support to families who have a child with similar needs. It is a relationship based on “I know and I understand.”



Who Can Benefit?

Whether your child has been recently diagnosed with a special need or you would like to connect with another parent who has a child with a similar experience or circumstances, a Helping Parent can be a great resource for you. You are not alone.

“Connecting helped us to dive deeper into our family situations. What we know we can’t change but we can try to seek understanding.”
-Helping Parent

How Do I Get a Parent Match?

Parents or Guardians can contact P2P at (360) 715-0170 ext. 302 or email p2p@arcwhatcom.org and request a Helping Parent Match.

P2P staff will talk with you about your child and the issues your family may be facing. We will take the time to find a match for you. If we cannot find a Helping Parent within our community, we have the ability to look throughout the state, and nation-wide for a suitable match.



“One of the most valuable things we can do to heal one another is to listen to each other’s stories.”
-Rebecca Falls

