



# 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](mailto: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

