



# South Sound Parent to Parent

## Helping Parent Program

Peer support from people who have walked the path before you

### **You don't have to navigate this alone**

Our Helping Parent Program connects you with trained volunteers, parents, and caregivers who have lived experience raising a child with a developmental delay, disability, or special health care needs. They understand the questions, emotions, and challenges because they've been there too.

### **We offer:**

- One-on-one peer support from someone who understands
- Educational trainings and webinars
- Connection to a community of families
- FREE fun inclusive family events and activities
- Virtual and in person support groups
- Support however your family looks - single parents, couples, grandparents, kinship caregivers, all are welcome.



[www.ssp2p.org](http://www.ssp2p.org)

### **Why Peer Support matters**

Families consistently share that connecting with someone who truly understands brings comfort, hope, and confidence. You are not alone. There is a whole community ready to walk alongside you!

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