



*Having a child who is born too soon or has special medical needs is a traumatic and difficult experience. Sharing feelings, questions and experiences with a knowledgeable parent who has walked in your shoes can be invaluable.*

### **WE NEED YOUR EXPERTISE!**

If you have experienced having a baby in the NICU you are the ideal parent mentor! Both moms and dads are needed. It is important that the volunteer be able to identify and empathize with the parents seeking support. Talking with someone else may bring back painful feelings and memories so it is a good idea to be “down the road” from the NICU stay so that your own emotions won’t be difficult for you to handle. Only you can decide if enough time has passed for you to be able to support another parent.

## ***Become a NICU Network Parent Mentor!***

### ***Free Training***

Join us to learn about:

- The emotional processes and stages we go through as parents of children with disabilities, chronic illness, NICU time and other health care needs
- Listening skills
- Taking care of yourself as the caregiver
- How talking to another parent can often bring **clarity** and the **support** you need by learning that you are not alone

Connecting with other families does not take a lot of time.  
You decide when and how to do this!!

## **INTERESTED?**

Come to our training on Saturday June 2nd from 9:00 am to 3:30 p.m. in Mission, TX to learn more about becoming a parent mentor!

Contact Martha Aguilar or Sherry Santa at 866-896-6001 or (512)458-8600 for more information or register online at [NICU Network Mentor Registration](#).

We will provide free lunch!  
**Call us ASAP!**

