



Do you remember when you first got your child's diagnosis? Who provided you support? Remember how important and helpful that was?

WE NEED YOUR EXPERTISE!

CONSIDER BECOMING A 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 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
- You decide how often you want to mentor another parent. It doesn't take much time on your part!

INTERESTED?

Come to our training on Friday, October 19, from 9:00 am to 2:30 p.m. in Laredo, Texas to learn more about becoming a parent mentor!

Contact Martha C. Aguilar at 866-896-6001 or (512)458-8600 for more information. Online registration at www.txp2p.org

We will provide free breakfast and lunch!

Call us ASAP