

Family Support

Seeking Emotional Support



Reaching out to seek emotional support can be one of the most powerful gifts and healing experiences you can give yourself. When a parent or caregiver connects with a support group or another parent who has faced similar challenges, it offers powerful assurance that you are not alone.

Feeling supported, even in small ways can help to lighten your feelings. It can help you to think differently about the everyday struggles you may have being a parent or caregiver for someone with special needs. You may get new ideas about parenting or how to take care of yourself. Best of all, you may find a sense of peace and the strength to handle challenges that can arise at any time.

Emotional support can come from many sources. Family and friends know you best. Doctors, therapists, and religious organizations can help address unanswered questions. There is also a community of people who have much in common with you, available through support groups, online forums, conferences, workshops, and parent-to-parent connections.

If you are looking for emotional support, Family TIES can help. Your Regional Coordinator can help you find a support group or give you information about the Parent-to-Parent Program. The Parent-to-Parent Program brings together families who want to talk with someone who understands their situation. We will arrange for a trained volunteer to call you. Contact your Regional Coordinator to learn more about the program.

Family TIES of Massachusetts provides information, referral, and parent to parent support for families of children with special health needs or disability and their professional partners. We also provide information about Early Intervention (EI) and maintain a complete list of EI Programs in Massachusetts.

The information provided on the back page of this sheet is not a complete list of the resources that may be available. For information about community based programs, resources and local support groups, please call your Regional Coordinator or our toll-free line 800-905-TIES (8437).

We publish an annual *Directory of Resources for Families of Children and Youth with Special Needs*. The Directory is always listed as the first place to look for resources on our Topic Sheets!

Call us if you would like a copy of the directory mailed to you. A pdf version of the directory is available to download on our website www.massfamilyties.org. You can also find the phone number for the Family TIES Regional Coordinator for your area on our website.



Information and Resources

Family TIES Resource Directory:

- Under *Respite, Family Support and Skilled Nursing Program*

Statewide:

- Family TIES of Massachusetts
<https://www.massfamilyties.org/parent-to-parent-program/>
- MA Down Syndrome Congress Parent's First Call
<https://mdsc.org/programs/ParentsFirstCall.cfm>
- Parents Helping Parents
<https://www.parentshelpingparents.org/>

National:

- National P2P USA (Parent-to-Parent)
<http://www.p2pusa.org/>