

CUSD PARENT SUPPORT NETWORK PARENT-TO-PARENT CONNECTION

Parent Support Network is designed to match parents of children with similar special needs one-to-one in order to provide information and emotional support.

The procedure for making a Parent to Parent connection:

- 1.) Call the Parent Support Network at (949) 234-9228 and ask for the coordinator, Rachael Lewis for a Parent Partner.
- 2.) Rachael will request the family's name and other necessary information.
- 3.) Parent Support Network then searches their data file for a match (aka "Parent Partner").
- 4.) The Parent Partner then receives the contact information and contacts the requesting family as quickly as possible.
- 5.) The Parent Partner will schedule more contacts with the family within a 2 month period.

The PSN volunteer Parent Partners understand what parents in similar situations are going through. They are there to provide support. It doesn't matter whether you just want someone to listen or you are seeking information, the Parent Partners are there for YOU! Please pick up the phone and call the Parent Support Network if you wish to make a connection with a Parent Partner.

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CAPISTRANO UNIFIED SCHOOL
DISTRICT

Parent Support Network (PSN)

A district wide Parent-to-Parent support network created to better support families of children with special needs



You are not alone!

CUSD Parent Support Network
Can Help You

Call Us

Talk to our Coordinator
Rachael Lewis
(949) 234-9228

Parents helping parents...it's a simple
concept that works!

What is the CUSD Parent Support Network?

A parent to parent network dedicated to supporting families with special needs children. We are not advocates, counselors nor therapists. We are experienced parents who understand the emotional challenges that come with raising children with special needs. Therefore, we would like to offer support and encouragement to families to feel comfortable and optimistic about the future.

Parents helping parents...it's a simple concept that works!

What is Our Mission?

To improve the lives of children with special needs and their families by:

- providing parents with support from another parent with similar experiences;
- connecting families to the community groups and resources;
- building positive partnerships among families and the school community.

What is our Philosophy?

We believe that parents who are informed, connected, and supported by other experienced parents are better able to meet the challenges that arise. We believe that one of the most meaningful sources of support and information come from other parents who have experienced parenting a child with a special need.

What does Parent Support Network Offer?

- ✓ A safe, non-judgmental environment for parents to share their concerns and questions with other parents.
- ✓ Networking opportunities through Parent partner support, workshops, support groups, and events.
- ✓ One-to-one match with a parent who may share similar experiences.
- ✓ Emotional support and understanding for parents when they first discover their child has special needs.
- ✓ Guidance on building successful partnerships and communicating more effectively with school staff.
- ✓ Current information about various disabilities and health issues.
- ✓ Training for parents who would like to become a **Parent Partner**.

INFORMATION IS KEPT CONFIDENTIAL

To Whom Does Parent Support Network Provide Assistance?

- Parents who have a child recently diagnosed with special need.
- Parents who are experiencing a difficult situation or have a concern about their child with a special need.
- Parents who are new to the school district or are unfamiliar with special education programs.
- Parents seeking the opportunity to share experiences with other parents.

Who Makes Referrals to the Parents Support Network?

- Parent/family
- School Staff
- Nurses
- Friends
- Service Providers