

# You are not alone!



## SAN JUAN COUNTY PARENT TO PARENT (P2P)

### Parents Helping Parents

Learning that your child has a disability or chronic health care need is life-changing.

San Juan Island P2P believes that often the most useful supports come from other parents who have walked the path before you.

We understand the emotions, myths, and realities of caring for a loved one with a disability or chronic health care need.

We look forward to meeting you and learning how we can best support you and your family!

Jen DeShon, P2P Coordinator

- Emotional Support for parents of children with special needs
- Information and referrals to community resources
- Trained Helping Parents whose parenting experience matches yours as closely as possible
- Social and recreational events
- Current information on disabilities, medical conditions, and community resources

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