

Have you ever wanted to talk with  
another parent who understands?



## CONNECTING PARENTS TO PARENTS

When you have a child or youth who has extra needs or disabilities you often feel scared, anxious and alone.

CONNECTED is a free MN statewide parent-to-parent peer support program for families whose children have extra medical, physical, behavioral, developmental or mental health needs.

**GET CONNECTED NOW!**

talk/text: **612-440-1609**

toll free: **866.334.8444, ext. 0**

[Connected@familyvoicesmn.org](mailto:Connected@familyvoicesmn.org)

[www.familyvoicesmn.org](http://www.familyvoicesmn.org)



There are so many ways to get **CONNECTED:**

- **1 to 1 with another parent** who has similar experiences or a child with similar needs
- **Parent groups** for networking, emotional support, and acceptance
- **Resource-rich website** where you can *chat live* with savvy veteran parents
- **Educational webinars** to stay "in the know"
- Family leadership and volunteer support parent **trainings to grow as an advocate**



**CONNECTED**  
PARENT-TO-PARENT  
NETWORKING

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CONNECTED is a program supported by Family Voices of MN  
[Connected@familyvoicesmn.org](mailto:Connected@familyvoicesmn.org)

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