

## CTFSN PARENT MENTOR PROGRAM



**THE CTFSN ASSISTS PARENTS BY PROVIDING A CONNECTION TO ANOTHER PARENT WHO IS RAISING A CHILD WITH A SIMILAR DISABILITY, RELATED DIAGNOSIS OR MEDICAL CONDITION THROUGH OUR PARENT MENTOR PROGRAM:**

Parent Mentors offer social/emotional support, information, shared experiences and networking. The CTFSN maintains a database of "Mentor" parents and provides support to those parents in their efforts to mentor others. We encourage use of our referral system to get more parents connected to a mentor parent, and to increase our base of mentor parents. For more information about the CTFSN Parent Mentor Program, or to make a referral, please call 1-877-376-2329.

### CTFSN TRAINING PROGRAMS:

The CTFSN offers training to parents and to professionals who work with parents of children with special needs. Our training programs include: positive communication, advocacy, navigating Connecticut resources, recreation/summer camps, challenging situations, supporting families and more. For information or to request a training, call 1-877-376-2329.

## OUR MISSION

The Connecticut Family Support Network (CTFSN) exists to help families raising children with disabilities and special healthcare needs.

### GOALS

1. Provide family support in the way of direct 1:1 advocacy and support, support groups, email distribution lists, educational training and workshops across Connecticut to families in the communities where they live.
2. Collaborate with state agencies and advocacy organizations to ensure families have access to and use of programs and services in Connecticut that help families raising children with disabilities and special health care needs.
3. Participate in systems change, ensuring that state policy is designed in a way that meets the needs of these children and their families.

### BECOME A MEMBER! JOIN OUR EMAIL DISTRIBUTION LIST

**IT OFFERS A GREAT OPPORTUNITY TO SHARE AND ACCESS INFORMATION AND RESOURCES FOR FAMILIES, ADVOCATES AND PROVIDERS**

To sign up contact Tesha Imperati at 1-877-FSN-2DAY (877-376-2329) or via email at [timperati@ctfsn.org](mailto:timperati@ctfsn.org)



**CONNECTICUT FAMILY SUPPORT NETWORK**

**Tel: 1-877-FSN-2DAY  
(1-877-376-2329)**

**www.ctfsn.org & visit us on** 



## CONNECTICUT FAMILY SUPPORT NETWORK

Help for families raising children with disabilities and special healthcare needs.

- Information
- Resources
- Support
- Advocacy
- Training



**BECOME YOUR CHILD'S BEST ADVOCATE!**

**www.ctfsn.org**

# THE CONNECTICUT FAMILY SUPPORT NETWORK

## HOW WE CAN HELP

## ONE VOICE!

### ABOUT US

The CT Family Support Network is a statewide network of families who have children with disabilities and special healthcare needs. We are parents interested in helping other parents to find the supports they need to become their child's best advocate. We assist parents directly, connect parents to each other for parent-to-parent support, offer help with navigating CT's state service systems, provide training and offer information to parents and professionals regularly through email distribution lists.

### MAP OF CTFNS REGIONS



- Northwest Region
- North Central Region
- Northeast Region
- Southwest Region
- South Central Region
- Southeast Region



### WHAT SUPPORTS CAN I FIND THROUGH MY LOCAL FAMILY SUPPORT NETWORK?

The CT Family Support Network helps families to obtain supports and resources specific to their individual and family needs. We have been successful in offering the following:

- **Direct Support via Telephone and Email**
- **Support Groups**
- **Email Distribution Lists**
- **Referrals to Needed Programs and Services**
- **Links to Community and Recreation Resources**
- **IFSP and PPT/IEP Guidance**
- **Workshops and Training on Relevant Issues**
- **Parent Faculty to Assist in Training**
- **Parent Mentoring Program**

### GET INVOLVED – YOUR VOICE MATTERS!

The CT Family Support Network facilitates parent involvement in the design, development and implementation of programs and services impacting their children and families.

**Local Level:** join a community group, support group, school-based parent group or faith-based organization. You can also become a Parent Mentor!

**State Level:** become an active participant in state policy by being appointed to a state agency council, advisory board or advocacy group.

**Legislative Level:** learn how to communicate effectively with legislators in your home town and at the Capitol, provide testimony and participate at a public hearing.

## CT FAMILY SUPPORT NETWORK CONTACT INFORMATION

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