

Top Ten Facts You Should Know About Care Parent Network...

#10 **Care Parent Network** has been serving **families of children** ages **0-22 years old** (and even beyond!) in Contra Costa County for over 20 years!
We offer **continuous support** to you and your family regardless of your child's age!

#9 **Care Parent Network** can talk with you if you have concerns about your child's development and help you find ways to address your concerns. We can help you **navigate the system** from **Early Start** to **school district services** to **teen transition** and **adult services**. We can help you access services through the Regional Center of the East Bay, your school district, California Children Services, and other agencies and organizations in Contra Costa County.

#8 **Care Parent Network** has an extensive library of **resource sheets** about **Early Start**, special education services and the **Individualized Education Program (IEP)**, family support, **advocacy**, community resources, **teen transition** and **adult services**. Contact us to let us know your needs, and we will send you a **customized resource packet**.

#7 **Care Parent Network** can provide one-to-one support related to your child's **Individualized Family Services Plan (IFSP)**, **Individualized Education Program (IEP)**, or **Individual Program Plan (IPP)**.

#6 **Care Parent Network** can provide you with a **Care Notebook** and help you use it to organize your child's medical, educational and other records.

#5 **Care Parent Network** sponsors a **variety of workshops** on topics related to children with special needs: quarterly **IEP** workshops, bimonthly workshops on **transition to adulthood**, bimonthly **meetings for professionals** who work with children with special needs, and workshops on a variety of topics including **positive parenting**, creating support groups, and talking with healthcare providers.

#3 **Care Parent Network** staff provides **emotional support** and information **from the moment a family calls** us or is referred to us by partner agencies. We also have trained peer mentors, parents trained in active listening skills and who volunteer their time to provide emotional support to other parents and primary caregivers. Please contact us if you would like to be linked with a peer mentor or if you would like to become one.

#4 **Care Parent Network** is an **active part of the community** in Contra Costa County. We **partner with many agencies** and organizations, and our contacts throughout the community help us **to support families**. We serve on a number of advisory councils and committees including: Contra Costa Developmental Disabilities Council, Family Advisory Council for Children's Hospital and Research Center Oakland, Congreso Familiar, Early Childhood Leadership Alliance, Contra Costa Local Planning Council for Child Care and Development, Kaiser Autism Research Division's Community Advisory Board, Medical Home Project, Children's Regional Integrated Service System (CRISS). We sponsor and help organize the STAR Parent Conference on Autism. We meet families at numerous resource fairs and community venues. We do presentations about children with special needs for over 500 early education professionals and community college students each year.

#2 **Care Parent Network** offers peer-facilitated **support groups** in English and in Spanish to meet parents' needs for emotional support and information **across the many transitions** you and your family experience as your child grows and develops. Our groups are safe, non-judgmental places to **share your experiences of parenting a child with special needs**.



#1 **Care Parent Network staff** is a dedicated group of **professionals who are parents of children with special needs**. We give you the information and support to **help you be the best advocate that you can be** for your child.

And all of our services are free!

Call 800-281-3023

