

# FAMILY CONNECTIONS

## Parent Mentor FAQ's

### WHAT DOES A PARENT MENTOR DO?

Parent mentors offer an empathetic ear and provide mentees the opportunity to share their concerns and feelings. Parent mentors share information and resources, and provide emotional support and guidance in order to assist mentee parents in meeting their own family's unique needs and challenges.



### WHO CAN BE A PARENT MENTOR?

A parent who has been through Birth to Three and has had the experience of raising a young child with developmental delay or a disability with the ability and availability to help others is a good candidate.

### HOW DO I BECOME A PARENT MENTOR?

Fill out the online parent mentor application form. Once received, we will provide you with a brief training. Parents requesting support will be matched with you based on common goals, experiences and availability.



### WHEN DO I HAVE TO CONTACT MY MENTEE?

When a parent with a situation similar to yours requests a parent mentor, we will call you to see if you are available. You will then call the new mentee parent within 1-3 days. The two of you will decide together how much contact will work for you both.

**"THE MOST REWARDING ASPECT OF CONNECTING WITH ANOTHER FAMILY IS HELPING THEM FEEL THEY'RE NOT ALONE"**

--FAMILY CONNECTIONS PARENT MENTOR

[Fill out the online application here](#)