



Connections

for families touched by special needs

Parent to Parent Support *by Nicole Schomberg*

When parents of young children with disabilities are asked who can best support them emotionally, they most often mention other parents who are sharing their experiences. Sharing family experiences with others in similar circumstances is an important source of social support. Literally hundreds, if not thousands of parent support groups have been started by parents wishing to talk with other parents about similar disability issues.

Parent to Parent support rounds out this continuum of support - providing parents with one-to-one emotional and informational support from another parent who has been there.

Support Parents are a key support to families of individuals with special needs. Through our parent-to-parent matching program, Family TIES of Nevada offers parents/caregivers the opportunity to connect one-to-one with a parent/caregiver of an individual with the same or similar disability or special health care need. A Support Parent is a parent of a child with a disability who is beyond the crisis period and ready to reach out and help someone else. They provide emotional support and information to help the family along the road to adjustment and independence.

Support Parents are never expected to have "all the answers". None of us want to be told what to do, but it can be helpful to learn about possible ideas to try when you are completely out of ideas yourself. Our Support Parents are there to listen and encourage, like the friendly neighbor having a cup of coffee with you at the kitchen table.

Support Parents can be helpful for situations like these:

- The parent whose child has just been diagnosed
- The parent who needs a friend who lives in a similar world
- The parent who could use the insight of a "veteran" in trying to navigate the network of community resources available
- The parent who has run into a difficult situation and needs the wisdom of someone who has "been there"

If you are the parent or primary caregiver of an individual with special needs, we can match you with a trained Support Parent who also has a child with similar special needs or disability.

One of the primary services Family TIES of Nevada offers is emotional support in the form of one to one parent matches, using volunteers who have been trained to provide a listening ear to other parents. Family TIES will offer free training classes for potential Support Parents.

Reno: Saturday, July 18, 2009

Las Vegas: Saturday, August 22, 2009

Mesquite: Friday, August 21, 2009

Elko: Saturday, September 18, 2009

These classes will give volunteers the skills they need to feel comfortable in providing one to one support. Participants learn the basics of parent to parent support, the different stages in the grieving process and practice active listening skills. Child care reimbursement will be provided.

**To register, contact Melissa Krutsinger at 866-326-8437 or
go to www.familytiesnv.org/training/events**

Apoyo De Padre a Padre *by Nicole Schomberg*

Cuando se les pregunta a los padres de niños pequeños con discapacidad quien pudiera darles el mayor apoyo emocional, con frecuencia mencionan que otros padres que comparten sus mismas experiencias. Compartir experiencias con otras familias en circunstancias similares, es un recurso importante de apoyo social. Literalmente cientos, si no miles, de grupos de apoyo para padres han sido iniciados por padres que desean hablar con otros padres sobre temas o preocupaciones de discapacidad similares.

El apoyo de Padre a Padre contempla este apoyo continuo - proporcionando a los padres con apoyo emocional de uno a uno y apoyo informativo de otro padre que ha pasado por las mismas situaciones. El apoyo a los Padres es la llave para apoyar a los Padres de individuos con discapacidades. Atraves de nuestro programa de De Padre-a-Padre, Family Ties de Nevada ofrece a los Padres o proveedores de cuidado, la oportunidad de conectarse de uno-a-uno con otro padre o proveedor de cuidado de un individual con la misma o similar discapacidad o necesidad de atención de salud.

Un Padre de Apoyo es un padre de un niño con una discapacidad que está más allá del período de crisis y listo para llegar y ayudar a alguien más. Ofrecen apoyo emocional e información para ayudar a la familia sobre el camino hacia el juste e independencia.

Nunca se espera que los Padres de Apoyo tengan "todas las respuestas". Ninguno de nosotros le gusta que le digas que es lo que tiene que hacer, pero puede ser útil para obtener más información sobre posibles ideas para intentar cuando uno no tenga mas opciones.. Nuestros Padres de Apoyo están allí para escuchar y animarlo, como el vecino amigable compartiendo una taza de café con usted en la mesa de la cocina.

Apoyar a los padres puede ser útil para situaciones como estas:

- El padre o la madre cuyo hijo ha sido recientemente diagnosticado
- El padre o la madre que necesita un amigo que vive en un mundo similar
- El padre que podría utilizar la idea de un "veterano" en el intento de navegar por la red de recursos comunitarios disponibles
- El padre que se encuentra en una situación difícil y necesita la sabiduría de alguien que "ha pasado por eso"

Si usted es el padre o el proveedor del cuidado principal de un individuo con necesidades especiales, podemos encontrar a otro Padre que tenga un niño con las mismas o similares discapacidades.

Uno de los principales servicios que Familia de TIES de Nevada ofrece es apoyo emocional en forma de uno a uno, usando voluntarios que han sido entrenados para escuchar a los padres. Family TIES ofrecera clases de entrenamiento gratis a Padres De Apoyo potenciales

Reno: Sábado, 18 de julio de 2009

Las Vegas: Sábado, 22 de agosto de 2009

Mesquite: Viernes, 21 de agosto de 2009

Elko: Sábado, 18 de septiembre de 2009

Estas clases le daran a los voluntarios las habilidades que necesitan para sentirse comfortable in proveer apoyo de uno-a-uno. Participantes aprender los basicos de Apoyo de Padre-Padre, los pasos diferentes del proceso de afliccion, dolor y pena, y practicar la habilidad de escuchar activamente. Reembolso de cuidado de niños será proporcionado.

**Para inscribirse, comuníquese con Melissa Krutsinger al 866-326-8437
o vaya a www.familytiesnv.org/formación/eventos**

Ways to Connect

Northern Nevada Region

Southern Nevada Region

Northern Nevada International Center's—Summer Camp

July 6 - 10, 2009

University of Nevada, Reno

Scholarships available in limited numbers

Contact: Natasha Majewski

Phone: (775) 784-7515 ext. 225

Email: nmajewski@nnic.org

www.nnic.org

Keaton Raphael Memorial and the High Sierra Fly

Casters

July 11 & 12, 2009

Second Annual Reel

Kids, Real Living Fly-

Fishing Retreat for

families touched by childhood cancer.

Phone: (775) 327-6275

www.childcancer.org



Epilepsy Support Group

Renown Institute for Neuroscience

These support group meetings are

offered for people living with

epilepsy and their caregivers.

When: 1st Wednesday of every month

Time: 6-7 p.m.

Location: Renown Institute for

Neurosciences

10085 Double R Blvd., Ste. 325

Phone: (775) 982-7310

www.renown.org/body.cfm?id=7

"Imagine the Possibilities"

Family First

Conference 2009

October 2-3, 2009

For families of

children and young adults with disabilities.

Phone: (800) 522-0066



2009 North American Craniofacial Family Conference

July 19-22, 2009

Contact: Debbie Oliver

Toll Free: (888) 486-1209

Email: debbie@ameriface.org

Las Vegas Diabetic Children and Families

Dedicated to the education and

support of children and families

living with diabetes.

When: 1st Thursday of every month

@ 7:00pm

Location: Southwest Medical

Associates at 2300 West Charleston

Childcare is provided

Phone: (702) 732-4795

Nevada Association for the Handicapped (NAH)

The Nevada Association for the

Handicapped (NAH) offers services

for the disabled. No restrictions

regarding age or degree of disability.

Location: 6200 W. Oakey Blvd.

Phone: (702) 870-7050

TTY: (702) 870-7050

Southern Nevada Sightless

Las Vegas Blind Center

Southern Nevada Sightless is an

organization that offers support and

special activities for the blind or

visually-impaired. Call to find out if

they provide transportation from

your area.

Location: 1001 N. Bruce Street

Phone: (702) 642-6000

www.blindcenter.org

Little Hands Big Hands

Parents and caregivers of children

with special needs

united in support of

the families and

staff of Nevada

Early Intervention

Services.

Location: 1161 S. Valley View

Contact: Jennifer Ramiscal

Phone: (702) 486-9254

www.littlehandsforneis.org



IEP Clinics

Family Support Groups

Is Your Child a Target of Bullying?

Transition Trainings You Can Do It!

Starting Early to Prepare

for College

Solving the Employment Puzzle

Preparation for Post-High

School Employment

Rural Supports

Nevada PEP

Statewide: 800-216-5188

pepinfo@nvpep.org

www.nvpep.org

Hidden Miracles Support Group Milagros Escondidos

Hispanic Group for Parents of

Children with Special Needs

Grupo Hispano para Padres de Niños

con Necesidades Especiales

Location: 1161 S Valley View

Contact: Norma Gomez (702)286-2838

or Sylvia Thomas (702) 486-9824

Email: milagrosescondidos@yahoo.com

Southern Nevada Center for Independent Living

For those, 18-years-old or more, who

have severe mental or physical

disabilities, *Southern*

Nevada Center for

Independent Living

Offers legal services and

other support.

Location: 3100 E. Lake Mead Blvd.,

Suite 4A

Phone: (702) 649-3822

Toll free: (800) 398-0760

Email: info@sncil.org

www.sncil.org



For more
Ways to Connect

go to:

www.familytiesnv.org/calendar



Main Office

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Fax: 775-323-2205

Satellite Office

6830 W. Oquendo Road, Suite #100
Las Vegas, NV 89118
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Fax: 702-385-4586

Toll-Free: 866-326-8437

Email: info@familytiesnv.org

Web: www.familytiesnv.org

Staff: www.familytiesnv.org/aboutus/staff

The Fathers Network mission is to celebrate and support fathers and families raising children with special health care needs and developmental disabilities. The Fathers Network provides current information and resources to assist all families and care providers involved in the lives of children with special needs.



www.fathersnetwork.org