



Your experiences

can ease another parent's journey on the path

“Being mentored by an experienced family gave us hope, strength and courage to get through the tough days. In time, we gained the confidence to become mentors. My husband Marty and I have mentored several families over the years. The ability to give hope to others makes every difficult day we experienced worth it.”

- Celeste Mitten



Nationally over 80% of parents of children with disabilities who were mentored by an experienced parent reported it to be the most helpful source of information on coping with the challenges of raising a child with special needs.

Mentored parents report that the support of a fellow parent was so unique and personalized that it could not come from any other source.

As the mother or father of a child with developmental disabilities, you have unique parenting experiences. Through time, training, and trial and error, you have gained valuable skills. Use your knowledge to help another parent on the journey by becoming a mentor.

Parent to Parent (P2P) programs link parents of children, adolescents and adults with developmental disabilities with experienced and informed veteran parents who understand the day-to-day experiences of raising a child with special needs. Parent to Parent Omaha is offered by Ollie Webb Center, Inc., a local nonprofit agency.

We are seeking parent mentors who are coping well with their child's situation and view him or her as a valuable and developing person. Consider becoming a mentor if you'd like to help parents cope with the joys and challenges of having a child (of any age) with special needs. The time commitment involves contacting another parent (in person,

e-mail or telephone) once every two weeks within the first 8 weeks and as mutually agreed thereafter.

You have the knowledge and experience. We provide training as a framework to share your wisdom. The next training will be held soon and will include:

- Guidelines for Helping Families
- Creative Coping Skills and Resiliency
- Survival Tactics for Parents of Children with Special Needs
- What Helps Families in High Stress Situations and Crisis
- Tips for Extended Family Members and Siblings
- Tips for locating Community Services
- Information on Parent to Parent USA
- Cultural Competence and Family Centered Care
- Principles of Family-Professional Collaboration

To talk with someone about becoming a mentor, please contact Annie Anderson at 346-5220 ext. 23 or aanderson@olliewebbinc.org or mail your name, address, phone number and e-mail to: