

Parent-to-Parent of Maine is a statewide network that is part of a national network. We are families who are willing to share experiences and resources.

If you are a parent of a child with short or long-term challenges, speaking with another parent whose child has similar needs (*someone who really understands your day-to-day life*) can help you feel that you are not alone.

#### *Why Are We Here?*

- ◆ to connect you to other families with similar challenges
- ◆ to reduced isolation and assist you in finding resources
- ◆ to provide an opportunity for you to share your experiences in a non-judgmental setting

#### *How Can We Help You?*

- ◆ by providing support from a parent who has “been there”
- ◆ by identifying a parent for you to support
- ◆ by offering workshops and trainings
- ◆ by offering access to our free mailbag lending library and newsletter
- ◆ by providing resources and making referrals

For more information or to be connected to the Regional Coordinator in your county, please contact us!

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### **Maine Parent Federation**

PO Box 2067, Augusta, ME 04338

1-800-870-7746 (Statewide)

207-588-1933

Email: [parentconnect@mpf.org](mailto:parentconnect@mpf.org)

[www.mpf.org](http://www.mpf.org)

[www.startingpointsforme.org](http://www.startingpointsforme.org)