

Building Bridges-was established under the Building Bridges in Children's Mental Health initiative of Blue Cross Blue Shield of Massachusetts and developed in collaboration with

- North Shore Education Consortium
- Beverly Public Schools
- Peabody Public Schools
- Salem Public Schools
- Health and Education Services
- North Shore Medical Center
- Lisa Riley and Michelle Tortora, Parent Representatives



About Children's Friend

One of the oldest charities in the country, Children's Friend was founded as the Salem Seamen's Orphans Society in 1837, as a home for youth whose fathers were lost at sea. Over the last 20 years, the agency has changed

in response to the needs of youth and families. But throughout its 170 year history, our mission, strengthening children and families, has remained unchanged. We offer programs and services in:

- Mental Health Counseling
- Mentoring
- Court Services for Youth
- Community Consultation
- Teen-Parent Program
- Child Care and Family Support Services

Children's Friend and Family Services
Building Bridges-Parent to Parent Program
48 Bridge Street
Salem, MA 01970
Phone: 978-744-7905 x 263
Fax: 978-740-9145
Email: parenttoparent@childrensfriend.net
www.childrensfriend.net



Children's Friend and Family Services
Building Bridges-Parent to Parent Program
48 Bridge Street
Salem, MA 01970



Children's Friend
and Family Services.

Building Bridges



Parent to Parent Program

Our program emphasizes child and family strengths for children and families that face multiple challenges with emotional and behavioral problems.

Connect with Other Parents



We will listen to you and your family

Are you:

- Getting mental health services for the first time?
- Having trouble finding or obtaining the services your child needs?
- Confused by the labels that are applied to your child?
- Trying to deal with multiple agencies or providers who don't communicate?

Do you sometimes feel:

- Judged by others because your child has problems?
- Without a voice in your child's planning?
- Down on yourself as a parent?
- Tired or burned out from the job of raising a child who has special needs?

Our Building Bridges-Parent to Parent Program can help you! Our Parent Coordinators are parents who have raised special needs children and who have had special training in guiding and empowering other parents. Our Parent Coordinators have "been there" and know the services that are available to help you and your child.



Our Parent Coordinators can help you to:

- Decode the technical language and labels the experts are using to describe your child.
- Understand services, find out how to get them.
- Help you to navigate the maze of children's services and work effectively with service providers.
- Identify and build upon important strengths in your child and family

Our Parent Coordinators will:

- Listen to you and your family.
- Help you make plans that will support your child's success.
- Coach you on working with providers and on advocating for your child.
- Connect you with informational resources of all kinds.
- Help you find a parent support group or parent network if you wish.
- Share insights and practical advice from their experiences as a parent and give you encouragement when you need it.



Frequently Asked Questions:

Do I have to pay for this service?

No, this service is FREE for all of our families thanks to the generous support of the Linden Foundation and Blue Cross/Blue Shield of Massachusetts Foundation.

Is this a kind of counseling?

No. A Parent Coordinator is not a counselor, but a trained guide to help you identify and obtain the supports that you and your family need. Contact with a coordinator can be as short as a single phone call or may involve a series of face-to-face meetings. You decide how much contact you will have.

My child needs expert help. Why would I want to talk to another parent?

The parent to parent service doesn't replace mental health services that your child or family may need. It provides a different kind of support for parents: someone to talk with who has been in the same situation and knows the stumbling blocks of parenting a child with challenges. Our program is modeled after successful programs in other areas which parents have described as extremely helpful.

How can I find out more?

For information call (978) 744-7905 x 263 or Email: ParentToParent@childrensfriend.net

