

# Seattle Children's Parent Support Program

## Support Caregiver Training

Are you interested in offering peer support to families? Have you ever thought, *"I would have loved to talk to another parent or caregiver when my kiddo was first diagnosed"*?

Caregivers of children with ongoing medical conditions often mention how helpful it is to talk with another caregiver as they deal with unique issues not commonly shared by all.

Seattle Children's is excited to offer a **free** training for caregivers interested in providing peer support to others. This workshop is open to those brand new to this role and those who are already experienced and looking to hone their skills. The training will include time for reflecting on your own experiences, building self awareness, exploring the range of emotions encountered by caregivers of children with health needs, enhancing listening skills and discussing communication pitfalls - all while sharing and learning from one another.

**Join us!**  
**Saturday, May 19, 2018**  
**9:30 a.m. to 1 p.m.**

Lunch will be provided

Workshop facilitators:

Maria Cervantes, Parent Support Program coordinator  
Colleen LaBelle, current support parent and family advisor

For more information or to RSVP please contact:  
Maria Cervantes, Family Support Specialist  
[parentsupportprogram@seattlechildrens.org](mailto:parentsupportprogram@seattlechildrens.org)  
(206) 987-1119