4 County Systems of Support & Wellness

Seneca • Ottawa • Sandusky • Wyandot

# FAMILY, PARENT AND CAREGIVER PEER SUPPORT IN BEHAVIORAL HEALTH



## PARENT SUPPORT PROVIDERS OFFER:

***Emotional connection*** of people who have "been there"

***Informational & educational support*** on systems and strategies

***Support for parents*** as they develop positive approaches and methods for addressing their family's day-to-day needs, including their own needs for self-care

***Concrete support,*** such as help arranging child care or transportation

***Living proof*** of resilience and recovery



www.4sosw.org

## FOR MORE INFORMATION CONTACT:

The Lead Parent Coordinator
info@4sosw.org
or scan the code

Harbor

NORTH CENTRAL BEHAVIORAL HEALTH BOARD
SENECA • HURON • OTTAWA • SANDUSKY • WYANDOT

SAMHSA
Substance Abuse and Mental Health Services Administration

6/26