



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](http://www.4sosw.org)

## FOR MORE INFORMATION CONTACT:

The Lead Parent Coordinator  
[info@4sosw.org](mailto:info@4sosw.org)  
or scan the code