



SHARING OUR STRENGTHS

PEER SUPPORT

*"We feel like we are on an island ...
having a mentor helps us feel like we are not alone.
It makes life more manageable."*

Sharing Our Strengths is a **FREE** program that connects you to another parent or family member who knows what it is like to care for and raise a child who has the same disability or special health care needs as your child.

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PEER SUPPORT

A PROGRAM OF MISSOURI FAMILY TO FAMILY RESOURCE CENTER | UMKC INSTITUTE FOR HUMAN DEVELOPMENT | UCEDD

SUPPORT | CONNECT | STRENGTHEN

HOW TO FIND US:

- Contact your local **Sharing Our Strengths** affiliate listed on the front of this card.
- Contact the statewide **Sharing Our Strengths** office toll free at 1-800-444-0821
- Visit www.mofamilytofamily.org for more information

WHO WE ARE:

Sharing Our Strengths is a program of the Missouri Family-to-Family Disability & Health Resource Center housed within UMKC-Institute for Human Development (UCEDD) located at 215 W. Pershing Road, 6th Floor in Kansas City, MO 64108.

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SOS is a member of
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