

## Tips from Parent Allies

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- ◆ Document accomplishments and obstacles.
- ◆ Keep a calendar with appointments.
- ◆ Call to reschedule appointments sooner than later.
- ◆ Contact attorney and caseworker regularly; at least once a week.
- ◆ Participate everyday: Daily goal setting helps with tracking your efforts.
- ◆ Ask for help. If you have question reach out for support.
- ◆ Self-care: Remember to take care of yourself. *Your wellbeing is a priority.*
- ◆ Family Time visitations are most important.
- ◆ Plan for visits: bring healthy snacks and age appropriate activities.
- ◆ Build a positive support system.
- ◆ Get involved with your community for resources and positive networking.
- ◆ Stay involved with Parents for Parents as a positive support.
- ◆ Positive affirmation helps with positive thinking e.g., I am capable and I am worthy.

Parents for Parents is here: Parents Allies will talk with you and share how these tips can support you during your child welfare case.

### People Change, Families Reunite!



“I learned that I needed to engage in services now, not let my anger stop me from getting my child back.”

-Parent after attending the H.O.P.E class

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**Parents**   
**for Parents**  
Supporting families in the child welfare system

Offering support and mentorship to parents who are navigating the Child Welfare system Dependency court case .

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*Spokane and Lincoln  
Counties  
Parents for Parents program  
is here for you.*

# Parents Supporting Parents

## Notes



Children's Home Society of Washington  
Parent for Parents program  
Hosted by:  
Catholic Charities of Eastern Washington

## Parents for Parents Programs:

Parents for Parents (P4P) is a parent mentoring program designed to educate parents on how to navigate the Dependency System. This program offers continuing support like electronic mentoring, connecting parents to community resources, tips from parents who have lived Child welfare experience.

## Parents for Parents Intake:

Parents Allies typically reach out by the 72-hour Shelter Care court hearing. This provides the parent a positive support, as the dependency process may cause a parent to feel scared, confused, angry, and alone.

## Mentoring Program:

Offers parents an understanding support person as they navigate thru their child welfare process. The mentor gives support and is a confidant who shares their experience and walks beside parents on their journey. Parents have an opportunity to share their experiences, frustrations, and concerns with one another in a safe space.

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H.O.P.E: Helping Other Parents Engage  
Certificate's upon completion of H.O.P.E Classes

## H.O.P.E Class: One certificate after completion of two hour class.

The **H.O.P.E. class** is a one-time, 2-hour class designed to educate parents about how to navigate the child welfare system as well as provide tools and resources that help empower parents to be successful during their Dependency case and beyond.

## Building H.O.P.E: One certificate per completion of each class topic.

Topics can include Navigating Dependency, Communication, Family Time (Visitations), Resourcing, and Goal Setting. **Building H.O.P.E classes help parents by providing education and resources for improving life skills and building support systems to more successfully navigate through the Dependency process.**