



## Parent Matches

Vermont Family Network connects families of children with special needs with other families for caring and support.

Learning that your child has a special health care need or developmental disability can bring with it feelings of grief, isolation, fear, anxiety and sadness. Talking with a parent who has “been there” can offer a source of empathetic listening, hope, strength and encouragement. Parents should never feel alone!

We offer at no cost to you, 1:1 parent matches in Vermont and nationally through [Parent to Parent USA](#).

A few phone calls connecting with another parent can help with:

- Emotional support
- New diagnosis information
- Problem solving
- Community resources

Vermont Family Network staff are parents of children with special needs. We are here to help!

For more information on being matched with another parent or supporting another family, please contact us.

[Vermont Family Network](#)  
1-800-800-4005 or (802) 876-5315  
[info@vtn.org](mailto:info@vtn.org)  
[www.VermontFamilyNetwork.org](http://www.VermontFamilyNetwork.org)

*Vermont Family Network's mission is to empower and support all Vermont families of children with special needs.*