



## SUPPORTED PARENTING PROGRAM *Growing Together*



A program for  
parents with  
intellectual  
disabilities

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?

### About PACT: Helping Children with Special Needs

PACT was established in 1981 as a private, nonprofit organization and became an affiliate of the Kennedy Krieger Institute in 1998. PACT retains its own 501(c)(3) status, a separate board of directors, and is responsible for securing funding for its programs.

The mission of PACT is to promote the development of young children with special needs and their families through specialized child care, early intervention services, family support services, parent education, counseling, and professional training.

Through ongoing staff training and continuous interactions with other providers, PACT keeps abreast of the latest techniques for helping children with complex needs. PACT has taken a leadership role in the field by designing and implementing programs not available anywhere in the Baltimore metropolitan region.



PACT: Helping Children with Special Needs is a partner agency of the United Way of Central Maryland.



7000 Tudsbury Road  
Baltimore, Maryland 21244  
[www.PACT.kennedykrieger.org](http://www.PACT.kennedykrieger.org)





*“I have learned so much about how to feed my child. Mealtimes can be fun. I’m learning to pick out toys that will help my child grow. I now know that play is important for my child. I look forward to them coming to my house. They help me a lot.”*

-Growing Together parent

## Our Program

Parenting isn’t easy for anyone, but parents with intellectual disabilities need special support and guidance. Growing Together is here to provide that. Growing Together is Maryland’s only home- and center-based program that supports parents with an intellectual disability who have a child younger than three years of age. We offer service coordination, parent-child activities, and center- and home-based training to enhance parenting skills. Growing Together’s mission is to help parents create safe, nurturing, and stimulating environments for their children.

## Services We Offer

Growing Together has over twenty five years of experience supporting parents with intellectual disabilities and offers the following services:

- Parent-child play activities designed to promote the developmental growth of children
- Parent groups focusing on parenting and independent living skills
- Center-based family meals that include training in nutrition and food safety
- Community outings to support socialization and community integration
- Referral and coordination of services
- Assistance securing early intervention services, including physical, occupational, and speech/language therapy for the child, if needed (therapy services available on-site during the center-based program)
- Home-based training and support
- Transportation to and from the center-based program

Our center-based program meets weekly from 10 a.m. to 2 p.m. Home-based parent training sessions are scheduled between 9 a.m. to 5 p.m.

In addition, Growing Together has developed the **Building Foundations Curriculum Guide for Supported Parenting**. Staff are available to provide training and consultation to other organizations serving parents with intellectual disabilities.

## Partnerships and Program Funding

Growing Together is funded by the State Department of Health and Mental Hygiene, Developmental Disabilities Administration and is a member of The Association for Successful Parenting (TASP), an international coalition of professionals working to enhance the lives of families when parents have learning difficulties. The program is also a member of The Maryland Food Bank and is a partner with the Maryland Cooperative Extension through the University of Maryland.

## Eligibility

To participate in Growing Together, parents must

- Be 20 years of age or older
- Have a child under age three
- Have an identified intellectual disability with supporting documentation
- Be non-substance abusing and not currently in treatment for substance abuse
- Live in Baltimore City or certain areas of Baltimore County to be eligible for transportation

There are no parent fees for participation in the program.

Referrals may be made by any agency or clinician involved with the parent or family, such as Departments of Social Services, the Developmental Disabilities Administration, healthcare providers, social workers, teachers, etc.

## Contact Information

**PACT: Helping Children with Special Needs**  
7000 Tudsbury Road  
Baltimore, Maryland 21244

Phone: **410-298-7000**

Fax: **410-298-9288**

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