

Proud Parents

Leadership & Encouragement
for ALL Parents.

proudparents.info



**LEADERSHIP - ENCOURAGEMENT - RESPECT
DIGNITY - PEER SUPPORT - COMPASSION**

Who We Are

**EMPOWERMENT - KINDNESS - FRIENDSHIP
INSPIRATION - EDUCATION - ADVOCACY**

We are a group of parents, grandparents, and step-parents from Connecticut who got together in 2018. We have 2-parent homes, single-parent homes, and LGBTQ+ homes. We continue to grow and we have members from other states.

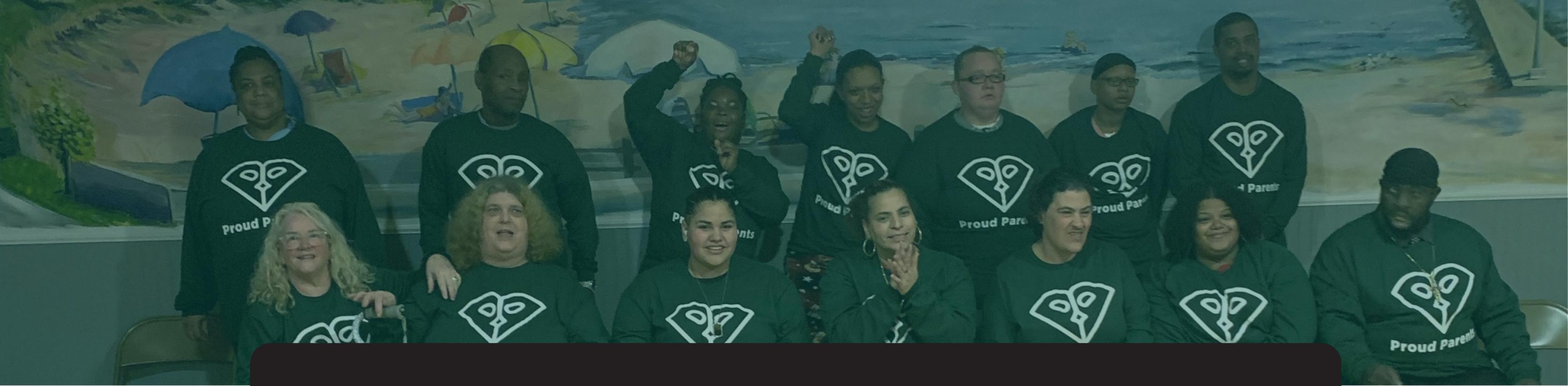


We meet on Zoom 2 times a month. We meet in person 4 times a year or more.

Our team includes 2 co-chairs, a vice chair, a secretary, an advisor, peer support specialists, resource coordinator, and an outreach coordinator.

The Arc of Connecticut is our fiscal sponsor.

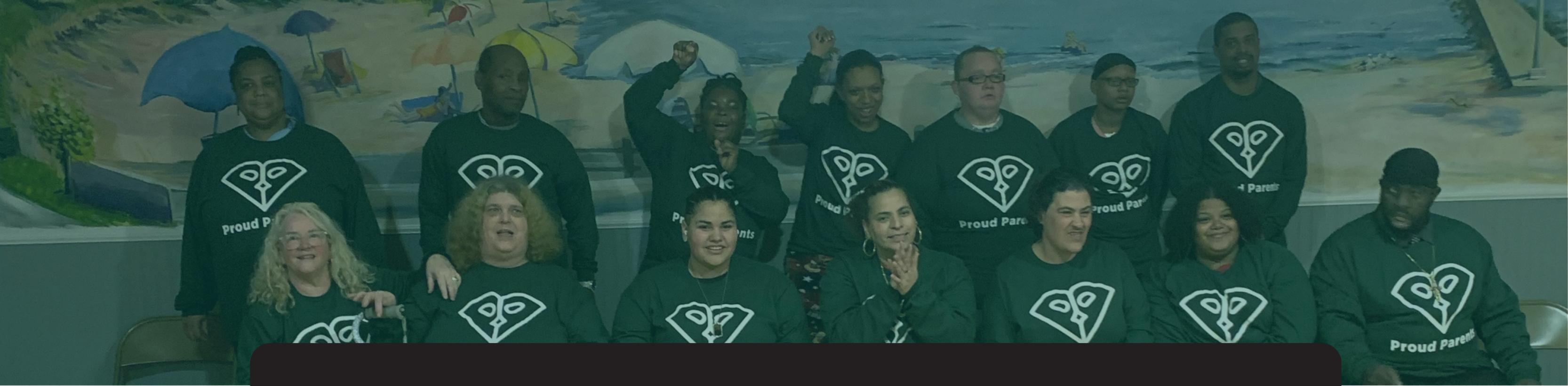




OUR VISION

For families to stay together with the support they want and need, and for children to grow up in safe, loving homes.





OUR MISSION

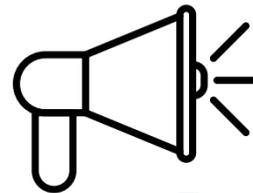
To be leaders and strong self-advocates for parents with disabilities.



OUR MISSION



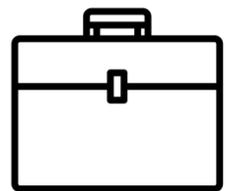
To have parents empower, encourage, and learn from each other through peer support.



To strengthen self-advocacy skills so parents can influence decisions made about them and about other parents with disabilities.



To maintain a plain language, user-friendly website so that parents and families can find help and resources.



To advise professionals, like doctors, how to best help parents with disabilities by providing diversity training.



To use plain language, to teach plain language, and to spread awareness about using plain language.



To use strong self-advocacy skills to join advisory committees for DCF, DDS, the judicial system, advocacy groups, and local and statewide agencies to make needed changes.



To fight against discrimination and unfair practices, while getting parents the help they want and need to keep families together.



To be leaders in decision-making to ensure "nothing about us without us."

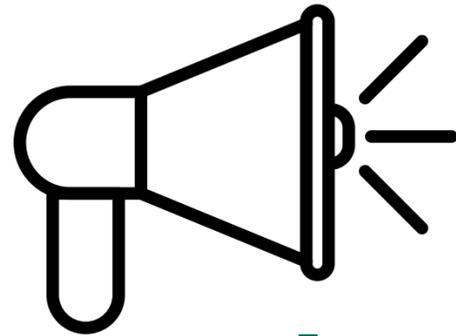
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To join our meetings on zoom or to contact us click here.
proudparentsct@gmail.com

We are parents in Connecticut, but welcome other states.



On Facebook: Proud Parents - Leadership & Encouragement for ALL Parents

On each page, you will click on buttons like these:



for videos



for websites



for information



for phone numbers
(click to call on cell)

I Need Support or Someone to Talk To



There are many different types of support that can help

[Click here](#)

Health



Medical, mental health, insurance

[Click here](#)

Basic Goods & Services



Food, clothes, housing, rides

[Click here](#)

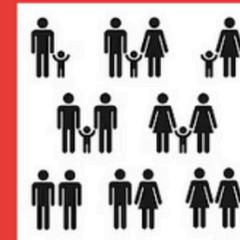
Safety



Home, personal, children

[Click here](#)

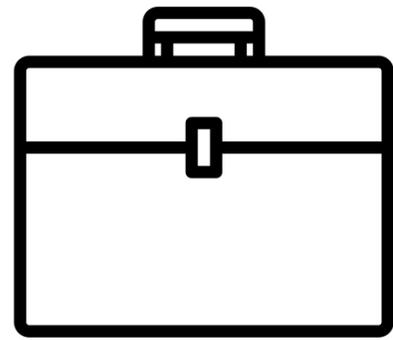
Help with Good Parenting



Parenting advice, tips, self-care

[Click here](#)

OUR MISSION

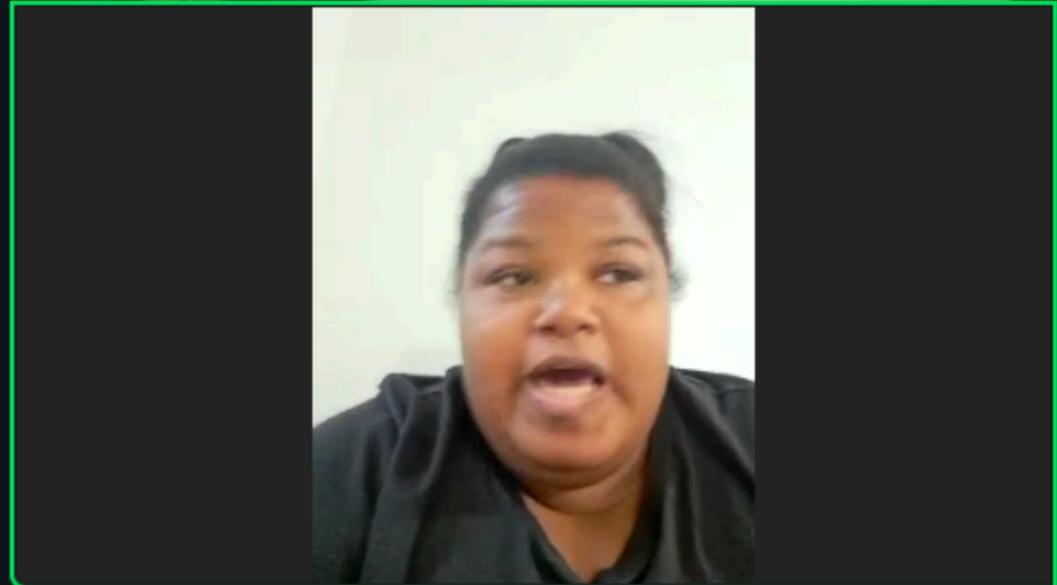


To advise professionals, like doctors, how to best help parents with disabilities by providing diversity training.

Zoom Training for MA General Hospital Final Year Medical Students, 2024

This meeting is being recorded. ⓘ

OK



OUR MISSION

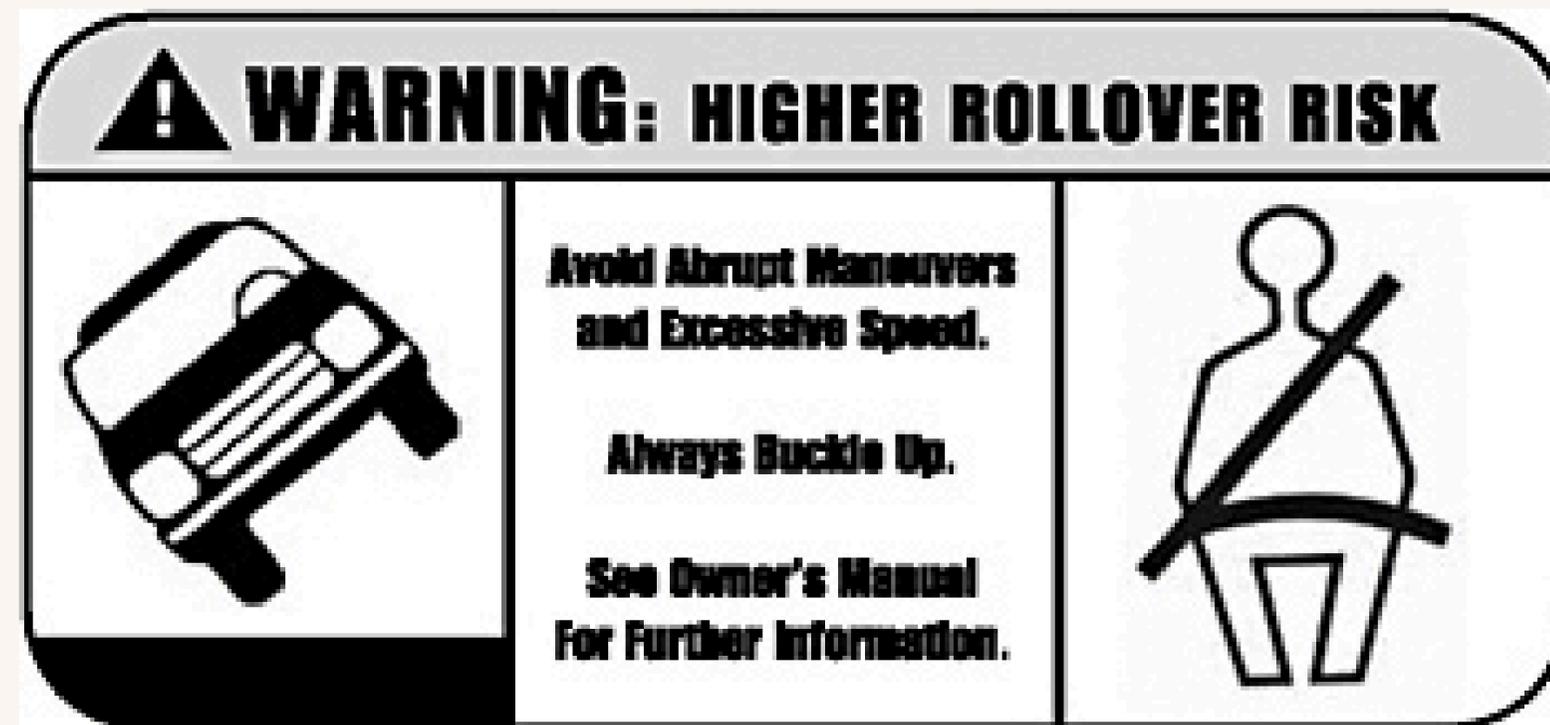


To use plain language, to teach plain language, and to spread awareness about using plain language.

Before Plain Language:

This is a multipurpose passenger vehicle which will handle and maneuver differently from an ordinary passenger car, in driving conditions which may occur on streets and highways and off road. As with other vehicles of this type, if you make sharp turns or abrupt maneuvers, the vehicle may roll over or may go out of control and crash. You should read driving guidelines and instructions in the Owner's Manual, and WEAR YOUR SEAT BELTS AT ALL TIMES.

After Plain Language:



OUR MISSION



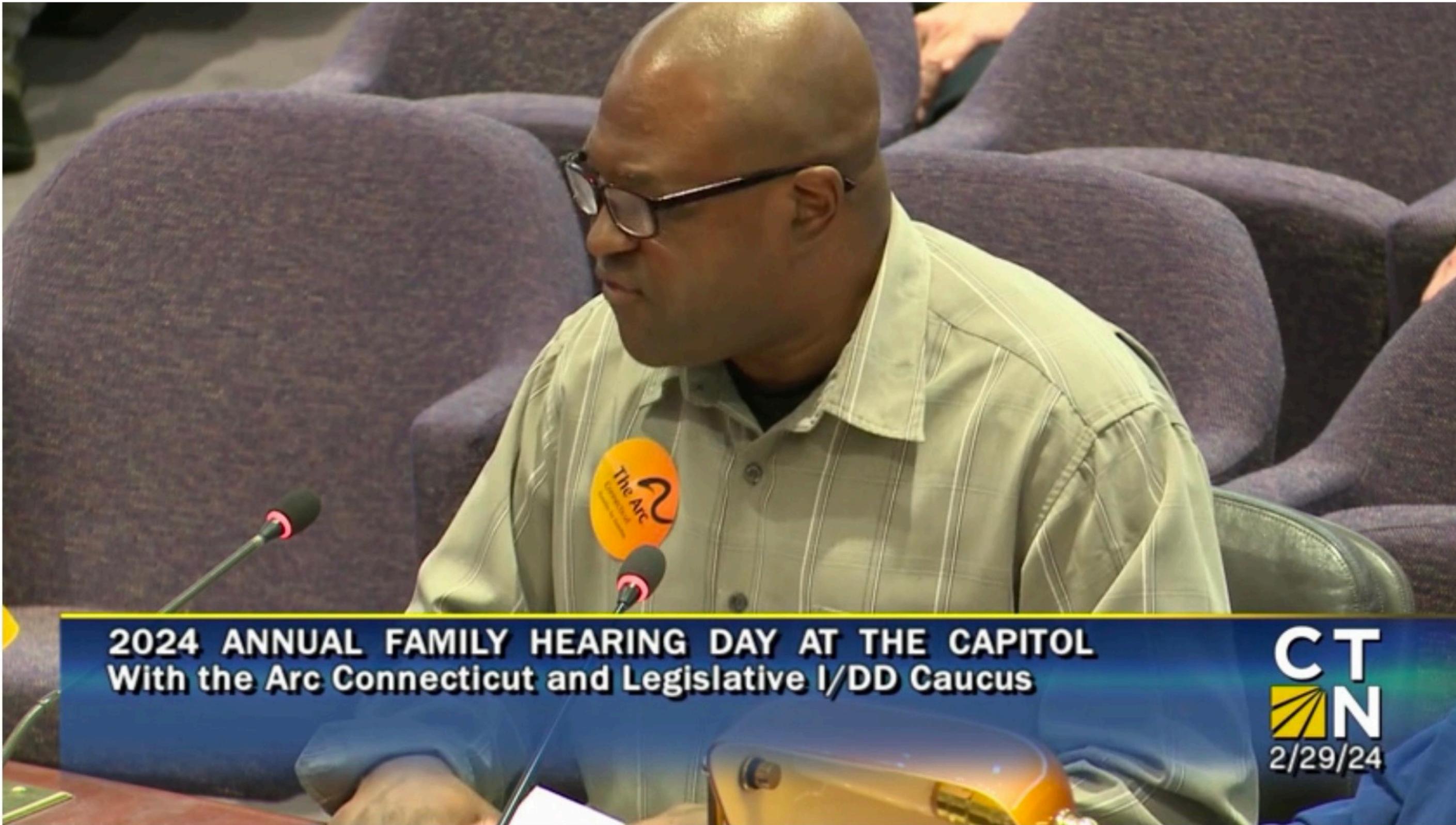
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2024 ANNUAL FAMILY HEARING DAY AT THE CAPITOL
With the Arc Connecticut and Legislative I/DD Caucus

CT
N
2/29/24



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What We Do

Peer Support

We support each other through encouragement, empowerment, respect, dignity, inspiration, education, kindness, advocacy, and friendship.



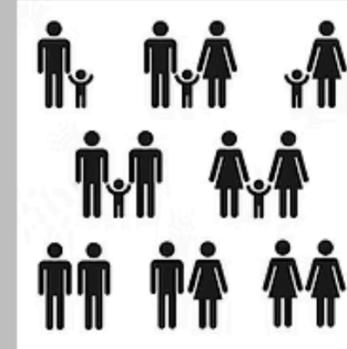
proudparents.info

We created and maintain a plain language, user-friendly website.

Users can easily find free resources for:

- Support
- Good parenting
- Disability rights
- Health & safety

and much more.



Good Parenting

[Click here](#)



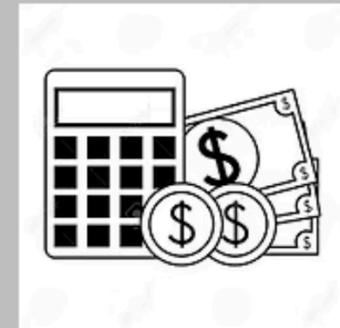
Parenting by age groups

[Click here](#)



Training & Tips

[Click here](#)



General Life Tips

[Click here](#)

Diversity & Disability Trainings

We train agencies and professionals to effectively work with different types of people. Topics include:

- Plain Language
- Disability Awareness
- Help and Support for DCF Involved Families
- Help, Compassion, and Respect



Collaborate with Community Agencies

- We share resources and events to help families
- We work with organizations to enhance services and support
- We are informed about community resources



Legislative Advocacy

- We meet with representatives and senators to advocate for equal rights
- We testify at the State Capitol
- We send letters to legislators about topics that affect us



FAMILY HEARING DAY AT THE CAPITOL
and Legislative I/DD Caucus



Attend Trainings and Educational Programs

We attend trainings on many topics, such as:

- First Aid and CPR
- Self Advocacy
- Budgeting
- Emergency Planning
- Education



Collaboration with DCF

The Department of Children and Families has met with us to improve their diversity and disability training. We have provided feedback and videos for them to use.

Our goals are to:

- Advocate for plain language
- Provide knowledge about specific disabilities
- Identify supports to keep families together
- Promote equality, equity, and non-discrimination

Awards & Grants



**CT Council on
Developmental
Disabilities
Grants**



**SABE Vaccine
Outreach Grant**



**CT Parents with
Differing
Cognitive
Abilities
Workgroup
Advocacy Award**



**AAPD Paul G.
Hearne
Emerging
Leaders Award**



**ASAN Self
Advocates
Transforming
Equitable
Policy Grant**



THANK YOU

- To join us
- For information or resources
- To support us in any way

Visit proudparents.info

