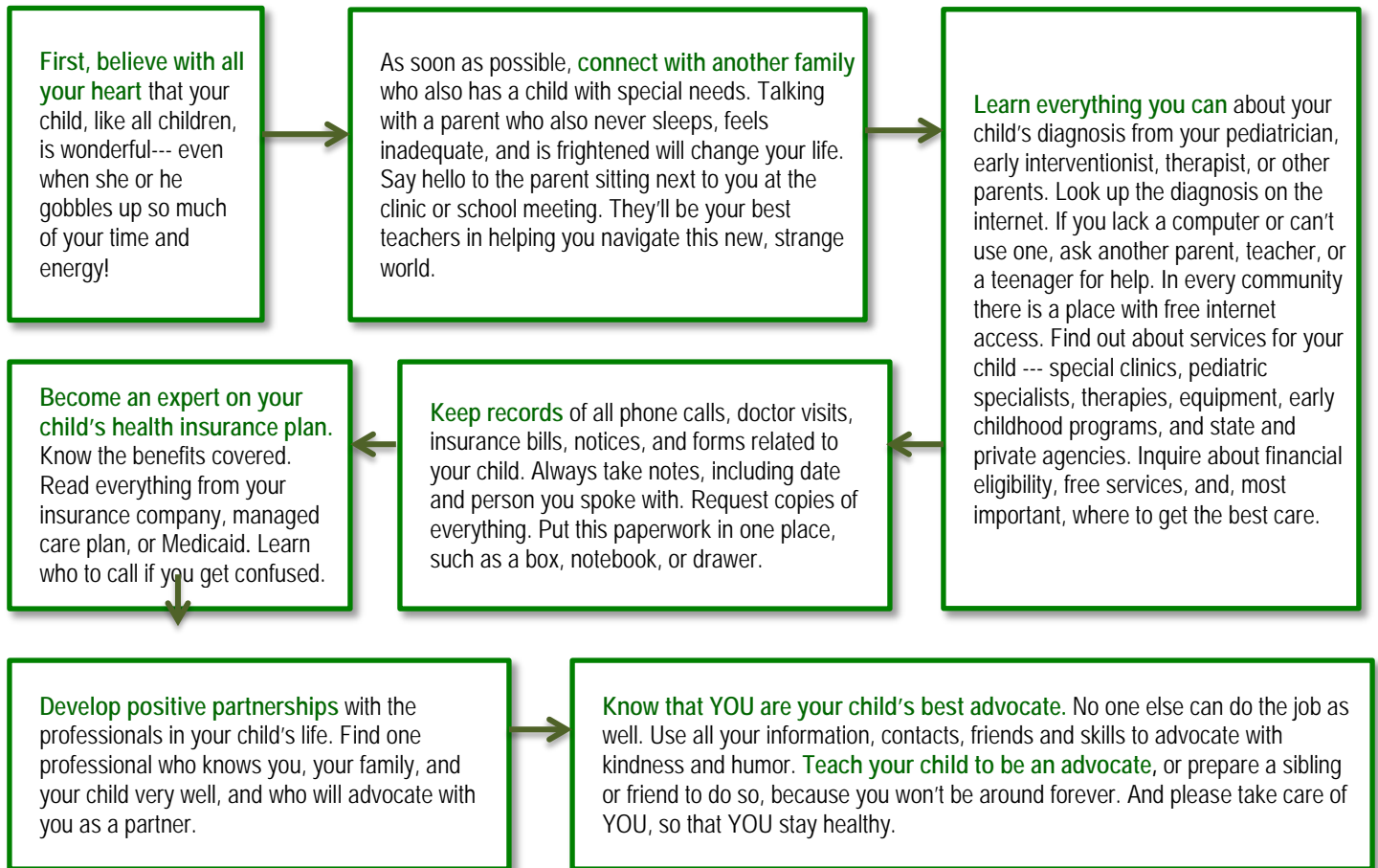


# CONGRATULATIONS!

## *You are an advocate for your child with special health needs!*

Parenting a child with special health needs is not easy. The 40,000 members of Family Voices, most of us parents, want you to know that you're not alone on this challenging journey. And we've learned that the sooner we become advocates --- informed, strong voices for our children --- the smoother life becomes. The following tips are based on years of experience from hundreds of families.



## *Then, help another family.*

Work with other families and professionals to improve care for all children. Look to the Oregon Family to Family Health information Center or Family Voices for more information on parent leadership opportunities in your community.



1-855-323-6744

[contact@oregonfamilytofamily.org](mailto:contact@oregonfamilytofamily.org)



1-888-835-5669

<http://www.familyvoices.org>

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