



PARENTING CAN BE A CHALLENGE EVEN AT THE BEST OF TIMES.

Families raising children with special health care needs can face many added challenges.

The Division of Maternal, Child & Family Health at the Philadelphia Department of Public Health has a Parent Advocate who is also the parent of a child with special health care needs.

The Parent Advocate knows what it's like to hear about a child's diagnosis. She understands the challenges of finding the right help at the right time.

Do you sometimes feel **overwhelmed** as a parent? Could you use some **extra support** to help you use the systems that can help your child?



OUR PARENT ADVOCATE CAN:

Help you work through the sometimes confusing systems that can help families of a child with special needs.

Offer you a listening ear when times get tough. When she says, "I know what you're going through," she really means it.

Help you find the resources to get your family through a hard time.

Stay in touch with you to make sure you get the help you need.



OTHER HELPFUL RESOURCES

THE CHILDREN'S ADVOCACY PROJECT

www.cap4kids.org/philadelphia

JEWISH FAMILY & CHILDREN'S SERVICES

www.specialneedsphilly.org

THE SPECIAL KIDS NETWORK

www.gotoskn.state.pa.us

or call: (800) 986-4550

PHILADELPHIA SPECIAL NEEDS CONSORTIUM

www.phila.gov/health/mcfh/specialneeds

CONTACT OUR PARENT ADVOCATE TODAY!

215-685-5246

9 am–2:30 pm, Monday–Friday

email: kheli.muhammad@phila.gov



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PARENT ADVOCATE

FOR PARENTS OF CHILDREN WITH
SPECIAL HEALTH CARE NEEDS

