

Westside Regional Center

It is Westside Regional Center's mission to empower people with developmental disabilities and their families to choose and access community services that facilitate a quality of life comparable to persons without disabilities.

The Parent Mentor Program is administered by Westside Regional Center in partnership with the Westside Family Resource and Empowerment Center.

This program is funded by the Mental Health Service Act (MHSA) in partnership with the Department of Developmental Services.



The Westside Family Resource and Empowerment Center is dedicated to building a strong community that provides information, resources and support to parents, families, professionals and members of the community leading them to create successful partnerships that enhance the lives of infants, children, youth and adults with special needs.

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THE PARENT MENTOR PROGRAM

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PARENT MENTOR PROGRAM

The Parent Mentor Program is a new support program for parents of Westside Regional Center clients ages 14-26. This is a critical age where children are transitioning to adulthood and may begin to show mental health symptoms and to seek more independence. The Parent Mentor Program will connect families with parent mentors who may offer emotional and informational support. Our main goal is to support families of youth and young adults with developmental disabilities who are or may be at-risk for co-occurring mental health conditions.

Where is the Parent Mentor Program?

The Parent Mentor Program is a new addition to the Westside Regional Center and Westside Family Resource and Empowerment Center (WFREC). Parent mentors will be available to provide support at the WFREC in addition to home or phone support.

What does the Parent Mentor Program Offer?

- Parent-to-parent emotional and informational support
- Matches between parents who have similar needs and experiences
- Provides a safe place for parents to discuss their journey with special health care needs (all information is kept confidential)
- Training for parents who would like to become parent mentors

Who are Parent Mentors?

- Parents who want to give back to the community
- Parents who have a child with a developmental disability
- Parents with experience accessing mental health services
- Parents who have availability and flexibility to provide support to other parents



For more information, please contact:

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