

# Want to Be a Parent Mentor?

Parent Mentor Program is a training and support program for family caregivers who want to mentor parents caring for youth and young adults with developmental disabilities and mental health conditions (like anxiety and depression).

## This program includes:

- Training to become a parent mentor
- Working with other families
- Monthly continuing education
- Mentor stipends
- Training topics: mental health conditions, parent support, managing stress, system navigation, and many, many more!

## Become a Parent Mentor to:

- Help others in identifying their concerns and priorities
- Assist in matching families with appropriate supports and resources
- Be a support to another family
- Increase your own knowledge and skills about systems of care for individuals with dual diagnosis

»JOIN US!«

**DAY:** June 13th, June 20th, and June 27th  
**TIME:** 9.30am till 3.30pm  
**LOCATION:** Westside Regional Center, 5901 Green Valley Circle,  
3rd floor boardroom, Culver City, CA 90230

To sign up, please contact Jonae Perez at [jonaep@westsiderc.org](mailto:jonaep@westsiderc.org) or 310-258-4047

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