



Parents
Helping Parents

#GIVINGTUESDAY™

Donate Now

In this heartfelt testimonial, Alba Vilas, a parent who received services from Parents Helping Parents (PHP), shares her life-changing experience with PHP. She shares how PHP provides crucial support for her through her challenges as she navigates the education system for her 8 year old daughter with autism.

Watch this video and learn more about how Parents Helping Parents empowers parents of loved ones with any disability or diagnosis to navigate their journeys with confidence and hope.



Join the movement & give back



This holiday season, give a meaningful gift by shopping for someone special on your list and making a donation to Parents Helping Parents in their honor.

Your generosity will directly support vital programs like our FREE support groups including our Anxiety and Mood Disorder Support Group and our many autism support groups.

[Donate Now](#)

Your Support Matters

Parents Helping Parents is a non-profit organization that provides FREE crucial support to families with children who have disabilities. These families often face isolation and lose hope as their lives change drastically when a child is born with or receives a disability diagnosis. PHP runs various support groups that connect these parents and help them navigate their challenges together.

“

When newcomers attend...they often have body language that looks shut down. Then they hear stories that resemble what's happening in their households, making them feel more comfortable opening up about their family situations. It's a peer-to-peer, no judgment zone, and we laugh a lot because it's healing.

”

The support groups become a peer-to-peer no-judgement zone where parents can find community and healing among people that often become lifelong friends.

With your generous donation, PHP can expand this program and other crucial resources to reach more parents that desperately need our help. *Please consider donating to PHP to help us continue the vital work we do.*

Thank you for your kindness and for making a real difference in the lives of people in our community with loved ones with disabilities.

Your thoughtful, tax-deductible gift today can make a real difference.

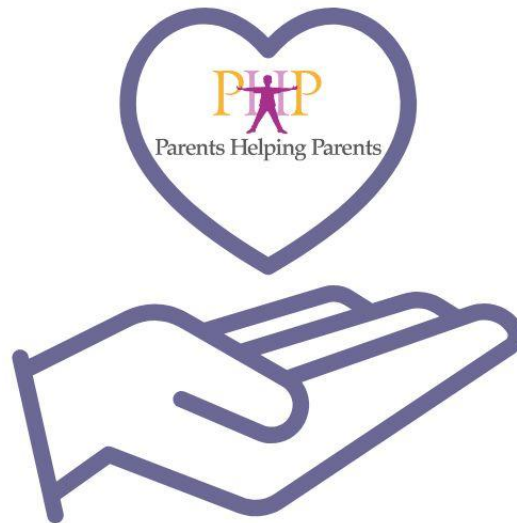
“

Thank you for creating a community where I originally came to be educated but also ended up being understood, acknowledged, inspired, energized and fortified for the fight to make sure my son's needs were met by those in the position to help meet them.

”

97% of PHP Support for Caregivers Participants report learning useful skills in parenting their loved one with a disability.

Over 6000 families received support from PHP via 1:1 consultations, phone calls, webinars and support groups in fiscal year 2023-2024.



***Supporting Parents Helping Parents
is an investment in stronger, healthier families and
communities.***

Thank You!

Donate Now



Parents Helping Parents | Sobrato Center for Nonprofits 1400 Parkmoor Avenue Suite 100 |
San Jose, CA 95126 US

[Unsubscribe](#) | [Our Privacy Policy](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!