

## Parent Story

My daughter was born with a rare condition. She struggles daily with what should be natural body functions. In addition to being overwhelmed with her complex medical care, I found myself barely coping with sleep deprivation, grief and multiple trips to emergency rooms – I was in a desperate state of mind.

I was fortunate to connect with an amazing woman who changed my perspective on life and living. This woman had a large family and one of her daughters had multiple disabilities, yet they all enjoyed life. I was inspired by the confidence of this woman and thought, “If she can do it, then I can too.” I have learned that I must make adjustments in the way that my family lives but that we do not have to give up on living. Another mom’s experience and strength gave me the courage to move past my grief and learn to smile through my tears.



## Location

Family to Family Connections is located in the Family and Community Resource Centre (FCRC) on the second floor of the Alberta Children’s Hospital at 2888 Shaganappi Trail NW, Calgary, Alberta Canada T3B 6A8.

## Contact

Family and Youth Engagement Coordinator  
Phone: (403) 955-2456  
Toll Free: 1-877-943-3272 (FCRC), ext 3

[www.fcrc.sacyhn.ca](http://www.fcrc.sacyhn.ca)



## Family to Family Connections

*“...another family’s experience and strength gave me the courage...”*



## What we do...

Families tell us that they want to connect with other families. Family to Family Connections helps to make that happen.

Supportive family members receive orientation, support and encouragement to connect with a requesting family member who needs to talk, ask questions and receive support regarding the health and well being of a child or youth.

## Who benefits...

Families with children under 18 years who want to:

- get information about a new diagnosis, procedure or family experience.
- talk about child health, mental health or disability needs with someone who has been through similar circumstances.
- learn about connecting with supportive resources in the hospital or community.

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## Become a Supportive Family

You want to share your experience about your child and listen to other family members' stories. You are knowledgeable about resources and are interested in learning more about supporting other families. The coordinator and other volunteers will provide support and encouragement to you. This volunteer opportunity offers flexibility for busy families.

## To volunteer...

- Call the Coordinator and set up a meeting.
- Complete the volunteer application and participate in orientation.
- Connect with a Requesting Family.
- Give us your feedback.



## Become a Requesting Family

You want to talk to someone who has been through a similar family experience. Many families want to find out what has been helpful, what the future may hold and where to access support.

Call the Coordinator and set up a time to talk about your family and your need for information and support.

- The Coordinator will match you with a Supportive Family Volunteer who will call you.
- Typically, families and volunteers will connect through one to four phone calls over two months, but this can vary.
- You can ask to close the match, or to connect with more than one volunteer, depending on your needs.

