



***Text4Caregivers, a new project from Parent to Parent of NYS, with funding from the New York State Developmental Disabilities Planning Council (DDPC).***

Parent to Parent of New York State builds a supportive network of families to reduce isolation and empower those who care for people with developmental disabilities or special healthcare needs.

At Parent to Parent we understand that being a special needs caregiver is learning about strengths you didn't know you had, and dealing with fears you didn't know existed. Caring for a special needs child can feel overwhelming at times, leaving little or no time for the caregiver.

Our Text4Caregivers program will help. Parent to Parent of NYS, with funding from the Developmental Disabilities Planning Council, is creating a free support service that will distribute timely and relevant self-care and stress-management support through text messaging.

As a caregiver, you take care of others; this service exists to remind you to take care of you.

Available in English and Spanish, the goal of Text4caregivers is to offer special need caregivers easy access to a wide variety of information and resources.

To find out more about this free service and other resources that Parent to Parent of NYS provides, visit our website at [www.ptopnys.org](http://www.ptopnys.org) or contact Valerie Colavecchio, Project Director at 1-800-559-1729 or 631-434-6196 ext. 12. Valerie can also be reached by email at [vcolavecchio@ptopnys.org](mailto:vcolavecchio@ptopnys.org).