

# OUR SERVICES



Support for parents before and after dependency court hearings



Help navigating court ordered services



Free two-hour courses with certificates



Individual guidance throughout the Dependency process



Connections to family-friendly services and resources



Empathy, understanding, and proactive perspectives



Hope

Parent Allies and parents with lived child welfare experience are here to support you through this difficult time.

*Contact us today to begin your journey back to hope.*

## ASHLYNN PARKS

Program Coordinator

King County

(253) 766 - 9070

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Parents For Parents is a free program run by parents just like you. We were once where you are now. We went through child dependency, had a successful case outcome, and our cases were closed. That is what it means to be a Parent Ally. We want to show that there is a light at the end of the tunnel and hope for your family.



### Write down your case information:

**Attorney Name & Contact:**

**Child Welfare Worker Name & Contact:**

**Child Advocate Name & Contact:**

**Important Dates:**

*In a dependency?  
Need cash?*

# Attend Our FREE Dependency 101 Class

Join us for a FREE dependency 101 class with information, resources, and support to help you understand Child Welfare Dependency Court!

\*Gift Cards and Certificates provided after class\*



## DEPENDENCY 101

Dependency 101 is designed to educate parents about how to navigate the dependency system and provide tools and resources to help empower parents during their case.

### Earn while you learn about the Dependency process!



- Participation is voluntary
- No referral is necessary to participate
- Must have an open dependency case
- Gift cards are available to participants

### During the class you will...

- Fill out a "before" and "after" survey to measure class effectiveness
- Receive a folder with additional information about the dependency process and child welfare terminology, community resource, and insider tips for a successful dependency process
- Listen to Parent Allies sharing their stories
- Watch an educational video about the experience of going through the system
- Hear stakeholders share their roles and responsibilities in cases, including: a judge, a child advocate, a state agency attorney, a CPS social worker, and a parent's attorney
- Receive a class completion certificate

## TIPS FROM PARENT ALLIES

- Stay in contact with your attorney and your child welfare worker
- Visits are most important
- Remember self-care is important too
- Reach out and build a support network
- Utilize community resources
- Thinking positively helps build positivity into your life
- It's ok to ask for what you need
- Know your appointments
- Document all your amazing efforts
- Find some way, each day, to move your case forward
- Having a plan for visits reduces stress
- Utilize peer support

*If you need help doing some of these things or want more information, please contact us. We are here to help!*

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## PARENT ALLIES

A Parent Ally (PA) provides support and encouragement, strengthening hope.

With lived experience of being involved in the child welfare system, parent allies share their firsthand knowledge to prove that family preservation is possible.

Through the Parents for Parents Program, reigniting hope is easier to achieve with an advocate by your side.



### A Parent Ally offers support by:

- Coordinating an intake process
- Assisting parents in attending the Dependency 101 class to gain knowledge on the dependency process
- Meeting with parents before and after they go into court
- Providing guidance on community resources



Program Host