



Parent Resources Program

To Whom It May Concern:

I am the new Parent Leader for the *Parent Resource Program* at NAMI Minnesota. I help families in Dakota County connect with resources, and understand and navigate the children's mental health system by providing peer support to ensure families have the support and tools to help their child succeed.

I am available to assist parents or caregivers with children who do not have a case worker:

- Identify needs and resources
- Help navigate diagnosis
- Provide service coordination
- Attend meetings with school staff (i.e. IEP) and providers
- Assist and support with children's mental health system paperwork and/or applications for services
- Provide one-on-one peer caregiver support
- Provide information and referrals

Feel free to contact me with any questions you may have about the *Parent Resource Program* or other ways NAMI can help. We hope that you will publicize this program to families in need.

I can be contacted at NAMI Minnesota at 651-645-2948 Ext 130 or cjuarez@namimn.org.

Kind Regards,

Cari Juarez

NAMI Minnesota, 800 Transfer Road, Suite 31, S. Paul, MN 55114, www.namihelps.org

YOU ARE NOT ALONE