

When your child is diagnosed with a disability, it is normal to have questions about what that means and what supports are out there for your child and for you. Disability services exist but it can take time to get connected to what is right for you. **So what do you do during that gap between diagnosis and service?**

Starbridge can help!

Mind the Gap

FREE coaching for families of children with a new diagnosis

Each family is paired with a peer navigator for up to 12 coaching sessions. The curriculum is flexible and focused on your goals. Topics can include:

- understanding a child's diagnosis or delay
- navigating the service system (Early Intervention, schools, regional center)
- accessing social support
- managing stress
- talking to family and friends about delays
- supporting communication development
- and addressing challenging behaviors

Our peer navigators are all parents of children with disabilities.

Any families who have a child with a developmental disability are welcome to participate. The information in Mind the Gap is mostly geared toward families of younger children (below age 8), but some components of the program may be helpful for families of older children.

Contact us at 585-224-7359 or
www.starbridgeinc.org/contact-us

