



# Parents Helping Parents

Providing Peer Support  
After the Loss of a Child



## Parents Helping Parents Support Groups

**First and third Wednesday of every month**

**9:30am – 11:00am**

Parents Helping Parents was founded in 2022 by a group of local parents who experienced the loss of a child. Although their children died at different ages under varying circumstances, they share a common bond and understand the unique challenges parents face after loss.

The support group members:

- Offer encouragement and comfort
- Talk openly about personal experiences
- Discuss topics relevant to grief and loss
- Explore ways to grow in our personal journeys
- Provide information and helpful resources

The in person support groups are held at the VOICES office at  
80 Main Street in New Canaan, CT.

If you are interested in attending, visit  
[VoicesCenter.org](https://VoicesCenter.org), call 203.966.3911,  
or scan the QR code to register.

