Who We Are

Parents Helping Parents provides support, information, and training to help families raise loved ones of any age with any disability or diagnosis.

Parents Helping Parents is present for families through life transitions, from birth, to early intervention and school, to adulthood and independent living. PHP helps families understand and navigate complex systems of care for their loved one of any age with any disability or diagnosis.

The great majority of PHP program staff are parents of a loved one with a disability, making PHP uniquely qualified to serve families.

How We Help

SPECIAL EDUCATION
PHP teaches families about their educational rights and the special education process, including complex Individualized Education (IEP) and 504 plans.

CONNECTION & SUPPORT
PHP offers multiple support groups for parents and caregivers of loved ones with a disability. PHP also provides opportunities for parents to connect with and learn from each other.

Diagnoses Supported
- Autism
- ADD/ADHD
- Dyslexia and other learning differences
- Chronic illness
- Mental health conditions
- Developmental & intellectual disabilities
- Physical disabilities
- And more!

Services Provided
- Webinars
- 24/7 access online
- E-Learning Library
- Resource Directory
- 1:1 consultations
- Support groups
- Neighborhood offices
- Multilingual support
- And more!

INFORMATION & RESOURCES
PHP provides information based on an individual’s disability, diagnosis or concern, age, and grade in school. Topics range from financial assistance and early intervention, to transition to adulthood and caregiver support.

MILESTONES
PHP explains important transitions in a person’s life and the best ways to navigate them.

ASSISTIVE TECHNOLOGY
PHP understands the benefits of assistive technology and is a premiere provider of AT support and information.

Parents Helping Parents provides support, information, and training to help families raise loved ones of any age with any disability or diagnosis.

Parents Helping Parents is present for families through life transitions, from birth, to early intervention and school, to adulthood and independent living. PHP helps families understand and navigate complex systems of care for their loved one of any age with any disability or diagnosis.

The great majority of PHP program staff are parents of a loved one with a disability, making PHP uniquely qualified to serve families.

SPECIAL EDUCATION
PHP teaches families about their educational rights and the special education process, including complex Individualized Education (IEP) and 504 plans.

CONNECTION & SUPPORT
PHP offers multiple support groups for parents and caregivers of loved ones with a disability. PHP also provides opportunities for parents to connect with and learn from each other.

Diagnoses Supported
- Autism
- ADD/ADHD
- Dyslexia and other learning differences
- Chronic illness
- Mental health conditions
- Developmental & intellectual disabilities
- Physical disabilities
- And more!

Services Provided
- Webinars
- 24/7 access online
- E-Learning Library
- Resource Directory
- 1:1 consultations
- Support groups
- Neighborhood offices
- Multilingual support
- And more!

INFORMATION & RESOURCES
PHP provides information based on an individual’s disability, diagnosis or concern, age, and grade in school. Topics range from financial assistance and early intervention, to transition to adulthood and caregiver support.

MILESTONES
PHP explains important transitions in a person’s life and the best ways to navigate them.

ASSISTIVE TECHNOLOGY
PHP understands the benefits of assistive technology and is a premiere provider of AT support and information.
1976: Two mothers of children with Down syndrome organize a support group.

1980: PHP incorporates as a non-profit organization.

1985: PHP receives funding and hires its first employee.

1988: The US Department of Education provides funding to PHP.

1992: PHP creates the first support group for professionals.

1995: PHP expands Vietnamese and Hispanic community outreach.

1996: The iTECH Center for assistive technology opens.

2001-2005: PHP collaborates with the CA Department of Education on projects to improve special education.

2006: PHP celebrates 30 years of improving the lives of individuals with disabilities! Budget is $1.6M.

2009-2015: PHP expands its reach and collaboration with state agencies and organizational partners.

2016: Mary Ellen Peterson retires after 20 years; Maria Daane is hired as new Executive Director!

2018: PHP launches a new website featuring the E-Learning Library! The annual budget is now $2.3M.

2019-2020: Office in Gilroy is opened and all services pivot to address the COVID pandemic.

2021: PHP is recognized as Nonprofit of the Year!

2022: Connections California is launched to support families with transition-aged youth and adults.

2023: PHP provides 1 MILLION minutes of support to families!