



## One-on-One *Mentoring* Program

The NICU journey can be an overwhelming experience for parents, and sometimes having a relationship with a peer who is intimately familiar with the path you are walking can provide the hope that you need.

Let NICU Helping Hands provide you with an experienced parent mentor through our One-on-One Mentoring Program. We will match you with a parent who can provide encouragement, understanding and a hand to hold during the good days, and a shoulder to lean on during the more difficult days. **You are not alone.** Whether you are the parent or grandparent of a current NICU baby, a graduate NICU parent or the parent of an angel baby, this program will provide you with a mentor that is equipped with special understanding and awareness of what you are experiencing on a daily basis because they have made this journey ahead of you.

To request a mentor, visit [www.nicuhelpinghands.org](http://www.nicuhelpinghands.org) and click “One-on-One Mentoring.”