



Phoenix
Children's®



Barrow
Neurological Institute

2023-2024 Patient and Family Resource Guide



2023-2024 Patient and Family Resource Guide

Receiving a new diagnosis for your child can often be stressful or overwhelming for parents. However, you are not alone and thankfully, support and resources are available! Use this guide for local and national parent resources and support groups. If you have additional questions or did not find what you are looking for, please reach out to Raising Special Kids at **602-242-4366** or Phoenix Children's Social Work Department at **602-933-0750**.

This information has been compiled with care by families and our team to help provide a starting point for resources. If you have any questions regarding your child's specific care, please be sure to ask your provider.



Disclaimer

Phoenix Children's does not endorse, approve, or recommend any organization and makes no representations as to their programs or services. This information is being provided as a convenience and for informational purposes only.

** Many organizations are operating on special guidelines due to the COVID-19 pandemic. Please be sure to contact or check the website of any organization to see their updated guidelines.*



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Disability/Diagnosis Specific Resources

Epilepsy

Epilepsy Foundation

The Foundation has developed public education programs that foster community awareness to improve the health care, and have made community support programs available to all persons affected by epilepsy free of charge.

Phone: 602-282-3515

Website: <https://www.epilepsy.com/local/arizona>

Chelsea Hutchison Foundation Granting Comfort and Hope

The Chelsea Hutchison Foundation is a non-profit corporation formed to provide help and support to individuals, particularly children and young adults, who have epilepsy.

Toll Free: 800-332-1000

Email: info@chelseahutchisonfoundation.org

Website: <https://chelseahutchisonfoundation.org>

Danny Did Foundation

To advance public awareness of epilepsy and the risk of Sudden Unexpected Death in Epilepsy (SUDEP), to protect people with epilepsy, and to prevent deaths caused by seizures.

Toll Free: 800-278-6101

Website: <https://www.dannydid.org>

Neuromuscular

Muscular Dystrophy Association

MDA is dedicated to finding treatments and cures for muscular dystrophy, ALS and numerous related muscle-debilitating diseases that take away physical strength and mobility. To see a list of diseases and learn more about each, visit our disease directory.

Phone: 480-753-9084

Website: <https://www.mda.org>

Myotonic Dystrophy Foundation

The mission of the Myotonic Dystrophy Foundation is Community, Care, and a Cure.

Toll Free (U.S.): 866-968-6642

Phone: 415-800-7777

Website: <https://www.myotonic.org>

Charcot-Marie-Tooth Association

The CMTA was started by patients, and to this day is powered by a community of patients who are engaged in helping carry out and support our mission. From its inception, the NFPMA, now the CMTA, has continued that twofold concern by supporting research on the causes and possible cures for CMT and by focusing on patient education and support.

Toll Free: 800-606-2682

Email: info@cmtausa.org

Website: <http://cmtausa.org>

Parent Project Muscular Dystrophy

Parent Project Muscular Dystrophy (PPMD) fights to end Duchenne. We accelerate research, raise our voices to impact policy, demand optimal care for every single family, and strive to ensure access to approved therapies.

Phone: 201-250-8440

Email: info@parentprojectmd.org

Toll Free: 800-714-5437

Website: <https://www.parentprojectmd.org>

Cure Duchenne

We are committed to improving the lives of everyone affected by Duchenne through accelerating research to find the cure, improving care and empowering the Duchenne community.

Phone: 949-872-2552

Email: info@cureduchenne.org

Website: <https://www.cureduchenne.org>

Neuromuscular

JETT Foundation

Jett Foundation empowers people and families impacted by Duchenne muscular dystrophy through the development of transformative programming, educational opportunities, and ongoing support for every stage of a Duchenne journey.

Phone: 781-585-5566

Email: info@jettfoundation.org

Website: <https://www.jettfoundation.org>

Cure Spinal Muscular Atrophy (SMA) “The Cure SMA Care Center Network”

Local, evidenced-based care centers, designed to develop an evidence-based standard of care to improve the lives of all those affected by SMA. The goal of the Cure SMA Care Center Network is to educate healthcare providers and develop an evidence-based standard of care that will improve the lives of all those with SMA.

Toll Free: 800-886-1762

Email: info@curesma.org

Website: <https://www.curesma.org>

Cerebral Palsy

United Cerebral Palsy of Central Arizona

UCP of Central Arizona provides comprehensive services to individuals with disabilities and their families by providing physical and developmental support as well as educational growth which is the foundation for independent living.

Phone: 602-943-5472

Toll Free: 888-943-5472

Email: info@ucpofcentralaz.org

Website: <https://ucpofcentralaz.org>

United Cerebral Palsy

To be the indispensable resource for individuals with cerebral palsy and other disabilities, their families, and their communities.

Toll Free: 800-872-5827

Email: info@ucp.org

Website: <https://ucpofcentralaz.org>

Cerebral Palsy Foundation

We work to better understand how to effect change and implement it. We seek out the best thinkers to form collaborative networks which work together to bring about transformation.

Phone: 212-520-1686

Email: info@yourcpf.org

Website: <https://www.yourcpf.org>

Cerebral Palsy Family Network

The CP Family Network is the world's largest online community for connection and supporting families like theirs in partnership with Howard Janet founder of the CP Family Lawyers. This provides families with access to educational, emotional, and financial resources they need to care for their loved ones.

Toll Free: 866-929-5839

Email: families@cpfamilynetwork.org

Website: <https://cpfamilynetwork.org>

Autism

Autism Society of Greater Phoenix

Our mission is to create connections, empowering everyone in the Autism community with the resources needed to live fully. We offer education, training, social events, and support to our members.

Phone: 480-779-0899

Email: info@PHXautism.org

Website: <https://phxautism.org>

Autism Society of Southern Arizona

Creating connections, empowering everyone in the Autism community with the resources needed to live fully.

Phone: 520-770-1541

Email: info@as-az.org

Website: <https://www.as-az.org>

Arizona Autism Coalition

The Arizona Autism Coalition improves the lives of individuals with autism spectrum disorder and their families in Arizona by sharing resources and affecting autism systems reform through state-wide collaboration and advocacy.

Website: <https://www.azautism.org/support-groups>

Autism Research Institute

They provide education and support to parents and those on the spectrum. ARI has a wealth of research for most topics related to Autism. They also have regular, free, webinars on a variety of helpful topics.

Toll Free: 833-281-7165

Email: info@autism.org

Website: <https://autism.org>

ADHD

Children & Adults with Attention- Deficit/Hyperactivity Disorder

In working towards our mission, the behavior of the CHADD staff and volunteer leadership is determined by all the core values.

Phone: 301-306-7070

Email: customerservice@chadd.org

Website: <https://chadd.org>

National Alliance on Mental Illness

Offered in thousands of communities across the United States NAMI Affiliates, our education programs ensure hundreds of thousands of requests are heard each year to Provide free information and support.

Phone AZ: 480-994-4407

Email: jimdunnaz@msn.com

Website: <https://nami.org/About-Mental-Illness/Mental-Health-Conditions/ADHD/Support>

Impact Parents – Helping Parents Help Kids

When we met each other as parents and coaching professionals attending an international conference in Atlanta, GA, we discovered quickly that we shared a common experience: using a coach-approach in parenting had transformed both of our families in ways we never thought possible!

Toll Free: 888-535-6507

Email: TheTeam@ImpactParents.com

Website: <https://impactparents.com>

Traumatic Brain Injury

Brain Injury Alliance of Arizona

To improve the quality of life for everyone impacted by brain injury by providing advocacy, education, information, support, and resources, while promoting brain injury prevention.

Phone: 602-508-8024

Toll Free: 888-500-8285

Website: <https://biaaz.org>

Brain Injury Association of America

To advance awareness, research, treatment, and education and to improve the quality of life for all people affected by brain injury.

Toll Free: 800-761-0750

Email: info@blausa.org

Website: <https://www.biausa.org>

Migraine

American Migraine Foundation

The American Migraine Foundation (AMF) is a non-profit organization dedicated to the advancement of research and awareness surrounding migraine, a disabling condition that impacts more than 39 million men, women, and children in the United States.

Phone: 646-722-2876

Email: info@americanmigrainefoundation.org

Website: <https://americanmigrainefoundation.org>

American Headache Society

The Core Goal of the American Headache Society (AHS) is to improve the lives of people impacted by migraine and other headache disorders. Educating physicians, health professionals, and the public and encouraging scientific research are the primary functions of our Society.

Toll Free: 1-856-423-0082

Email: ashshq@talley.com

Website: <https://americanheadachesociety.org>

Miles for Migraine

Miles for Migraine is a registered 501(c)(3) nonprofit organization with the mission of improving the lives of people with migraine and other headache disorders, and their families, by raising public awareness about this disease, and helping to find a cure.

Phone: 484-534-8786

Email: info@milesformigraine.org

Website: <https://www.milesformigraine.org>

Mental Health Diagnoses

Child Mind Institute

We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need.

Toll Free: 800-273-8255

Email: info@childmind.org

Website: <https://childmind.org>

Mind 24-7

We bring you innovative clinical processes and workflows that focus on the patient experience and high-quality care. In addition, social determinants of care are part of every discharge process.

Toll Free: 844-646-3247

Email: customerexperience@mind24-7.com

Website: <https://www.mind24-7.com>

Phoenix Children's Mental Health Resource Guide

Our PFACs and PPWGs continue to develop resource guides for families based on their immediate and future needs which can be found on our website.

Website: <https://phoenixchildrens.org/resources-accomplishments>

National Alliance of Mental Illness

NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Phone: 703-524-7600

Website: <https://namivalleyofthesun.org>

Health Care and Disability Programs

Multi-Specialty Interdisciplinary Phoenix Pediatrics Clinic

At District Medical Group Children's Rehabilitative Services (DMG CRS), you will find a caring, comforting and stimulating environment for not only your child but your whole family.

Phone: 602-914-1520

Website: <https://www.dmgcrs.org>

Arizona Early Intervention

The Department of Economic Security makes Arizona stronger by helping Arizonans reach their potential through temporary assistance for those in need, and care for the vulnerable.

Website: <https://des.az.gov/search/node/services%20disabilities%20developmental%20infant>

Division of Developmental Disabilities

The Division of Developmental Disabilities empowers individuals with developmental disabilities to lead self-directed, healthy, and meaningful lives. DDD provides supports and services for eligible Arizonans.

Toll Free: 844-770-9500

Website: <https://des.az.gov/ddd>

Arizona Long Term Care

Arizona Long Term Care System (ALTCS, pronounced ALL-Tecs) is health insurance for individuals who are age 65 or older, or who have a disability, and who require nursing facility level of care. Services may be provided in an institution or in a home or community-based setting. For individuals who are DDD eligible, eligibility for ALTCS is necessary as well to receive home and community-based services as ALTCS is the funding source.

Phone: 602-417-4000

Website: <https://azahcccs.gov/Members/GetCovered/Categories/nursinghome.html>

AHCCCS

Arizona Health Care Cost Containment System (AHCCCS) is Arizona's Medicaid agency that offers health care programs to serve Arizona residents. Individuals must meet certain income and other requirements to obtain services.

Toll Free: 800-654-8713

Phone: 602-417-4000

Website: <https://azahcccs.gov>

Phoenix Children's Resources

The Emily Center

The Emily Center provides education and evidence based information that's individualized to meet your needs.

Phone: 602-933-1400

Email: emilycenter@phoenixchildrens.com

Website: <https://phoenixchildrens.org/patient-visitor-information/educational-resources/emily-education-center/about-emily-center>

Social Work and Spiritual Care

The Social work and Spiritual care departments at Phoenix Children's understands that hospitalization affects the whole family. We offer a wide range of services and programs to help support the family.

Chaplain Phone: 602-933-0751

Social Work Phone: 602-933-0750

Website: <https://phoenixchildrens.org/patient-visitor-information/support-programs/pastoral-social-work-services>

Mental Health Awareness

Phoenix Children's wants to ensure that children and families across the region have access to mental health care and support - when and where they need it.

Toll Free: 800-273-8255 (National Suicide Prevention Lifeline)

Toll Free: 800-248-8336 Arizona Teen Lifeline (Staffed by Teens for Teens)

Website: <https://www.phoenixchildrens.org/conditions/mental-health> (mental health resources guide)

Website:

<https://phoenixchildrens.org/files/inline-files/2022%20Mental%20Health%20Guide%20Final.pdf>

Additional Disability Related Resources

Social Security Disability

The Supplemental Security Income (SSI) & Social Security programs provide monthly payments to adults and children with a disability or blindness who have income and resources below specific financial limits.

Toll Free: 800-772-1213

Website: <https://www.ssa.gov/ssi/>

Ryan House

To realize our cause and mission, we offer a variety of services to support the needs of both the children in our care and their families. Our team is composed of certified specialists and trained volunteers who know how to offer the support our families need.

Phone: 602-962-4481

Email: info@ryanhouse.org

Website: <https://ryanhouse.org>

Ability360

A Center for Independent Living, otherwise known as a CIL, is a 501(c)(3) nonprofit organization run by people with disabilities, for people with disabilities to address needs and barriers within the community. Ability360 is in Phoenix, Arizona and provides services throughout the state of Arizona.

Phone: 602-256-2245

Email: info@ability360.org

Website: <https://ability360.org>

Arizona Technology Access Program

Assistive Technology (AT) includes thousands of products that enable persons with disabilities to be more productive and independent in daily activities. We assist persons with disabilities of and family members, service providers, employers, and the public to become better educated about the value and use of assistive technology.

Toll Free: 800-477-9921

Phone: 602-728-9534

Website: <https://aztap.org>

Education

Raising Special Kids

To ensure families of children who have disabilities and special health care needs have the support, information, training, and hope they need to raise their child to reach their highest potential.

Phone: 602-242-4366

Email: info@raisingspecialkids.org

Website: <http://raisingspecialkids.org/resources/education/>

Center for Parent Information & Resources

All the materials found on the CPIR Hub have been created and archived for Parent Centers around the country to help them provide support and services to the families they serve. Phone: 973-642-8100

Email: mrodriguez@spanadvocacy.org

Website: <https://www.parentcenterhub.org/iep-overview/>

Understood

To help those who learn and think differently discover their potentials, take control, find community, and stay on positive paths along each stage of life's journey.

Website: <https://www.parentcenterhub.org/iep-overview/>

Traveling the Special Education Highway

The Individuals with Disabilities Education Act of 2004 (IDEA '04) requires schools to provide parents of a child with a disability a copy of the procedural safeguards notice (PSN) so they can learn about parental rights and special education procedures.

Phone: 602-242-4366

Toll Free: 800-237-3007

Email: info@raisingspecialkids.org

Website: <https://www.azed.gov/sites/default/files/2016/12/Traveling%20the%20Special%20Education%20Highway%20%2719.pdf>

504 Plans and Resources

7 Steps to Getting a 504 Plan for Your Child

The plan can put in place changes to how your child is taught, like frequent breaks or audiobooks, 504 plans are great for kids who don't need special education but who do need support to learn.

Website: <https://www.understood.org/en/articles/7-steps-to-getting-a-504-plan-for-your-child>

Parent & Educator Resource Guide to Section 504 in Public Elementary & Secondary Schools

Every year, public school teachers, leaders, parents, students, and other interested parties contact the U.S. Department of Education's Office for Civil Rights (OCR) asking questions about the educational and civil rights of students with disabilities who are enrolled in public elementary and secondary schools.

Website: <https://www2.ed.gov/about/offices/list/ocr/docs/504-resource-guide-201612.pdf>

Center for Parent Information & Resources

Children with disabilities may be eligible for special education and related services under Section 504.

Phone: 973-642-8100

Email: mrodriguez@spanadvocacy.org

Website: <https://www.parentcenterhub.org/section504/>

Diagnosis Specific School

Epilepsy Foundation Seizure Action Plans

Your success in managing epilepsy will depend on being prepared to tackle whatever comes your way – from understanding your epilepsy and maintaining seizure control to responding to seizures and managing your safety.

Toll Free: 800-332-1000

Email: contactus@efa.org

Website: <https://www.epilepsy.com/preparedness-safety/action-plans>

504 Plan Accommodations for Those with ADHD

Impulsive behavior. Incomplete homework. Inconsistent focus. Whatever your child's school challenges, these teacher-approved accommodations can put some real muscle behind his 504 Plan and put the attention back on learning.

Website: <https://www.additudemag.com/slideshows/504-plan-accommodations-for-adhd/>

Emily Center Resources

Visit us on the first floor of Phoenix Children's Thomas Campus East Building for trusted information and personalized guidance from nurses and other specialists. We will offer support and help you learn more about children's health, mindfulness, resiliency, and overall wellness.

Phone: 602-933-1400

Email: emilycenter@phoenixchildrens.com

Website: <https://phoenixchildrens.org/the-emily-center>

One Darn Cool School Resources

School is an important part of your child's routine. When they're in the hospital for an extended amount of time, it can be easy to fall behind. At Phoenix Children's, the 1 Darn Cool School program is here to support you and your child's learning needs.

Phone: 602-933-1706

Email: OneDarnCoolSchool@phoenixchildrens.com

Website:

<https://phoenixchildrens.org/patient-visitor-information/support-programs/1-darn-cool-school>

Parent Support Resources

Raising Special Kids

To ensure families of children who have disabilities and special health care needs have the support, information, training, and hope they need to raise their child to reach their highest potential.

Phone: 602-242-4366

Email: info@raisingspecialkids.org

Website: <https://raisingspecialkids.org>

Care 4 the Caregivers

Care 4 the Caregivers aims to reduce caregiver burnout and build the resiliency of caregivers of children with disabilities by providing them with easy to access tools that focus on mindfulness, education, and community.

Phone: 602-320-6556

Email: info@care4thecargivers.org

Website: <https://care4thecaregivers.org>

NAMI Valley of the Sun

NAMI Connection is a support group for people with mental health conditions. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

Toll Free: 1-800-950-6264

Website: <https://namivalleyofthesun.org/support-and-education/support-groups/>

Arizona Autism Coalition

The Arizona Autism Coalition improves the lives of individuals with autism spectrum disorder and their families in Arizona by sharing resources and affecting autism systems reform through state-wide collaboration and advocacy.

Website: <https://www.azautism.org/support-groups>

Epilepsy Foundation Support Groups

These group provides teenagers with epilepsy and parents a chance to meet others with similar issues, to make new friends, and to learn from the experience of others.

Website: <https://www.azautism.org/support-groups>

Family Involvement Center

To assist and support families/caregivers of children/youth with emotional, behavioral, and mental health needs, as well as assist policy makers, agencies and providers in transforming systems to ensure children/youth succeed in school, live with families in the community, avoid delinquency, and become productive adults.

Phone: 602-412-4095

Email: info@familyinvomementcenter.org

Website: <https://www.familyinvolvementcenter.org>

Palliative Care Resources

The Ryan House

To create a replicable model of world-class caregiving that provides respite and palliative care for children and their families as they navigate life-limiting or end-of-life journeys.

Phone: 602-962-4481

Website: <https://ryanhouse.org>

Hospice of the Valley

We support families from the time of their child's life-threatening diagnosis, through treatment, end of life and up to 24 months of bereavement.

Phone: 602-530-6900

Website: <https://hov.org/our-care/grief-support/new-song-center-for-grieving-children>

Billy's Place

Billy's Place is a community in the West Valley that provides comfort and companionship to kids and families experiencing grief—no matter where they are on their journey.

Phone: 623-414-9838

Email: family@billysplace.me

Website: <https://billysplace.me>

Special Needs Estate/Trust Planning and Guardianship

The Kile Law Firm, Emily Kile, Esquire

The Kile Law firm provides special needs and general estate planning and establishment of trusts. They also perform work establishing guardianship or conservatorship.

Phone: 480-348-1590

Email: info@kelelawfirm.com

Website: <https://kilelawfirm.com>

Genetic Testing and Counseling – Because of Q Nonprofit Organization

Creating awareness & encouraging genetic screening by providing financial assistance, regardless of race, religion, or economic status.

Phone: 907-388-0898

Email: hello@becasueofq.org

Website: <https://becauseofq.org>

Basic Needs Resources – Food & Housing

Arizona Food Bank Network

Welcome to Arizona's largest database of food banks, pantries, soup kitchens, shelters, and other organizations that distribute emergency food.

Phone: 602-528-3434

Email: info@azfoodbanks.org

Website: <https://azfoodbanks.org/get-food/>

St. Vincent De Paul

The Society of St. Vincent de Paul harnesses the power of community and partnerships to feed, clothe, house, and heal individuals and families in our community who have nowhere else to turn for help.

Phone: 602-266-4673

Website: <https://stvincentdepaul.net>

Arizona Department of Housing

We lead and collaborate with our community partners to create, preserve, and invest in affordable housing. We protect housing consumers and revitalize communities to make Arizona the best place to live.

Phone: 602-771-1000

Website: <https://housing.az.gov/general-public/arizona-public-housing-authority-section-8-0>

Website Affordable Housing: <https://housing.az.gov/general-public/search-affordable-housing-az>

Website for Homeless Assistance: <https://housing.az.gov/general-public/homeless-assistance>

Family Promise

We provide the resources, time, and love for families to stabilize after becoming homeless. Our Emergency Shelter Program provides shelter, food, and compassion through staff and a loving community of volunteers.

Phone: 480-659-5227

Email: info@familypromiseAZ.org

Website: <https://familypromiseaz.org>

Save the Family

We work to equip families to overcome underlying issues that lead to homelessness – ensuring stable homes, safe children, and strong families because of our efforts.

Phone: 480-898-0228

Email: info@savethefamily.org

Website: <https://savethefamily.org>

Basic Needs Resources – Food & Housing

Vista Colina – Arizona Housing

Vista Colina is an apartment complex with 12 one bedroom and 18 two bedroom units and is currently leased to Central Arizona Shelter Services (CASS) for the operation of an Emergency Family Shelter.

Phone: 602-228-7832

Website: <https://www.azhousinginc.org/vista-colina.html>

ProMarc Realty - Rhonda J. Urtuzuastegui, Broker

ProMarc Realty is a company that specializes in low incoming housing. All housing is in Mesa, AZ. Limited availability.

Phone: 480-689-1099 (Text preferred. Response time within 24 hours.)

Financial Assistance & Grant Foundations for Medical Families

Find Help Phoenix

Maricopa County Department of Public Health created findhelpphx.org and its Spanish partner site encuentraayudaphx.org to give Maricopa County residents an easy way to find health and social services for themselves.

Website: <https://211arizona.org>

The Care Fund

We value and amplify the voices and leadership of all who give and receive care — parents and other family caregivers, care consumers, and professionals who work in early care and education and long-term services and supports.

Website: <https://www.thecarefund.org/about>

Peace Family Fund

The Pearce Family Foundation (PFF) created “Angel Pups Around Us” to financially support children who need of a service dog.

Phone: 480-977-6270

Email: meghan@pffarizona.com

Website: <https://www.pearcefamilyfoundation.com>

Armer Foundation for Kids

The Armer Foundation for Kids is a non-profit organization dedicated to easing the financial burdens of families with children battling extreme medical conditions.

Phone: 480-257-3254

Email: armerfoundation@gmail.com

Website: <https://www.armerfoundation.org>

Chive Charities

Chive Charities is a 501(c)3 organization dedicated to supporting underserved veterans, military families, first responders, and rare medical diagnosis with life-changing grants.

Website: <https://chivecharities.org>

United Healthcare Children’s Foundation

The mission of UHCCF is to provide medical grants to enhance the quality of life of children across the United States. Through these grants, kids can get the care they need.

Toll Free: 855-698-4223

Email: customerservice@uhccf.org

Website: <https://www.uhccf.org>

Financial Assistance & Grant Foundations for Medical Families

Cerner Charitable Foundation

Cerner Charitable Foundation is building healthier tomorrows and stronger communities around the world through individual medical grants and wellness programs, engaging volunteerism, community initiatives and strategic partnerships.

Toll Free: 816-201-1569

Email: cernercharitalbefoundation@cerner.com

Website: <https://www.oraclehealthfoundation.org>

Suzy Foundation

We are delighted about helping individuals with special needs with the cost of assistive devices not covered by insurance.

Phone: 602-803-0137

Email: suzyfoundation@gmail.com

Website: <https://suzyfoundation.org>

Neuroscience Patient and Family Advisory Council Resources

Barrow Neurological Institute - Parent to Parent Tips

An important aspect of our vision here at Barrow Neurological Institute at Phoenix Children's is to provide community education, outreach, and prevention.

Website: <https://phoenixchildrens.org/barrow-education/parents-caregivers>

Mental Health Resource Guide

Mental health is about the child's mind. A child's mental health is as important as his or her physical health.

Website: https://phoenixchildrens.org/files/landing_page/2023-05/2022%20Mental%20Health%20Guide%20Final.pdf

Wellness Resource Guide – Patient & Family Advisory Councils

Taking time for yourself can be difficult when you're taking care of your child. Mindful minutes is a resource created by Child Life to improve a caregiver or parents wellness according to the amount of time available.

Website: <https://phoenixchildrens.org/wellness-resource-guide>



