Quality Trust
for Individuals with Disabilities

FAMILY TIES OF DC
The Support Connect



WHO CAN CONNECT

Any parent or caregiver with a loved one with disabilities, of **any age**, who reside in the District of Coumbia.

WHY CONNECT

- Build a connection with another parent with similar lived experience for support.
- Identify resources and services for your family's needs
- Receive emotional support and strategies for self-care
- Learn advocacy strategies for your family

GET STARTED

Are you ready to be matched and get the support your family needs?

⟶ *Complete the **FTDC Parent Match Request** on our website. Please scan the QR code.*

Do you want to make a difference for another parent through your lived experience?

⟶ ***Apply to become a FTDC Support Parent!***

Family Ties of DC

Quality Trust's Family Ties of DC (FTDC) is a **free, confidential parent-to-parent program** that connects and supports caregivers of children with disabilities with experienced parents who understand your journey.

How it works:
FTDC creates a 1:1 parent match between a Support Parent and a parent seeking emotional support, information, and resources.

Scan Here

For more information, contact:
Rhonda White, FTDC Program Coordinator
https://www.dcqualitytrust.org/family-ties/
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PARENT TO PARENT

No parent should feel alone. Ever.