



Family CIRCLE Progress

We're proud to announce that the third round of surveys is now being sent out! From all of us at the Family CIRCLE team, thank you so much for your participation and for helping us learn so much along the way. We wish you a wonderful holiday season and a happy New Year!

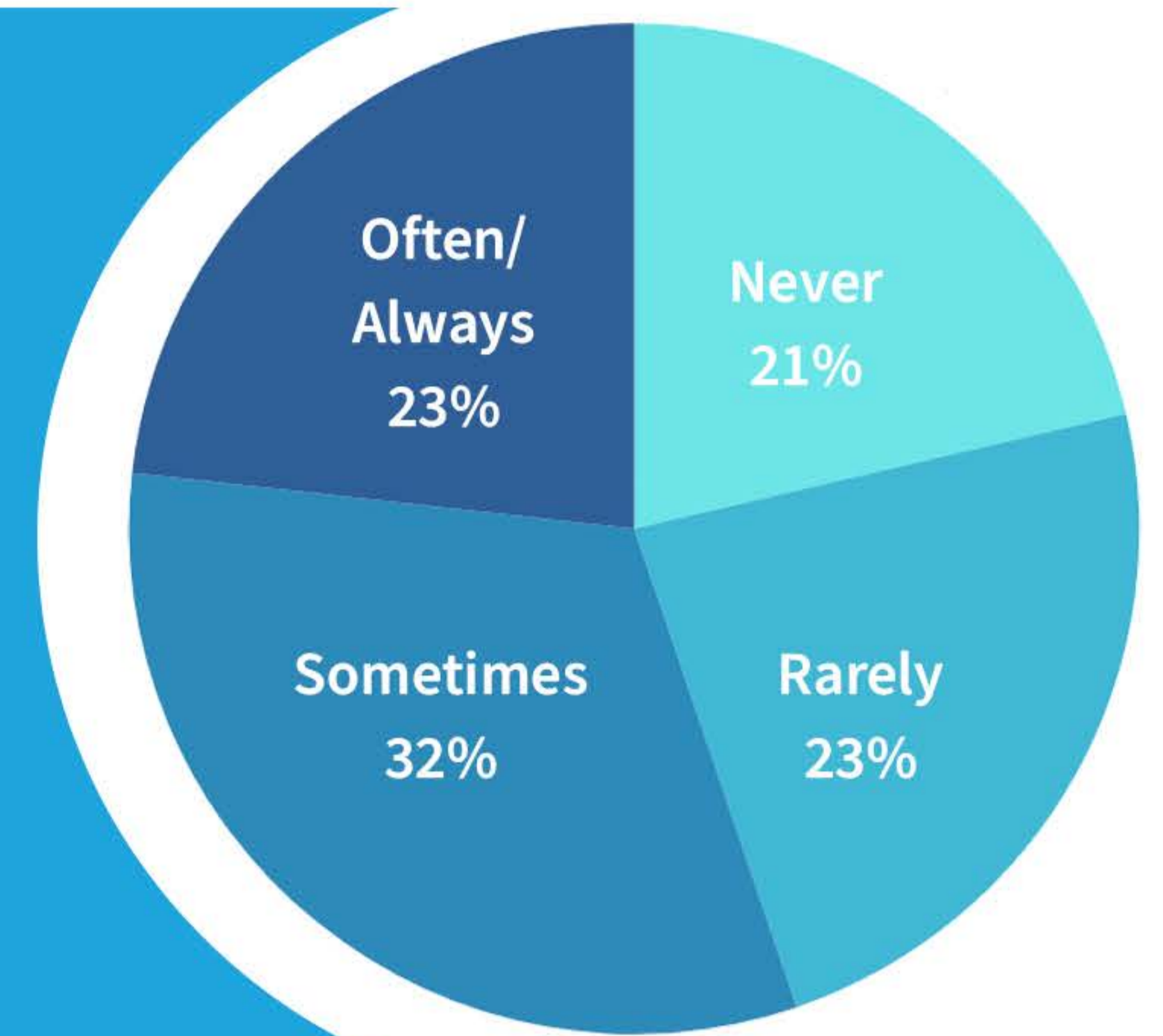
In this newsletter, we're excited to share some of our latest findings, a helpful resource for families, an update on our participant gatherings, and a new media option for you to explore. We hope you find it informative and enjoyable!



Family Facts

How often do you feel lonely or isolated from those around you?

More than three in four caregivers reported experiencing loneliness or isolation from others at some point. Caregivers also mentioned that the challenges of balancing care responsibilities while maintaining social connections can contribute to this feeling. Our team at Family CIRCLE hopes that by sharing news, providing resources, and offering opportunities to meet other participants, we can help foster a sense of connection and community.



Parent to Parent USA

Parent to Parent USA is a national organization dedicated to supporting families of children with disabilities and special healthcare needs. Through their network of trained volunteer support parents, they offer one-on-one connections to provide emotional support and practical advice. Their mission is to ensure that no caregiver feels alone, creating a strong sense of community and understanding. Check it out at the following link!

<http://www.p2pusa.org>

Participant Gatherings Recap

We would like to give a heartfelt thank you to those who joined our participant gatherings on Sept 26, 2024 and Oct 8, 2024. For those unable to attend, we'd like to share a few key updates based on feedback from participants.

Desire for more resources: We heard from participants that finding new resources is a top priority. In response, we've added a new survey question to gather information about resources you'd like to share with other caregivers, in the hopes supporting and promoting resource sharing in our community.

Interest in seeing more data: Several participants shared their appreciation for the opportunity to preview some of our study findings. We will continue to share updates through optional email updates, newsletters, and future gatherings to keep you informed about what we're learning!

Appreciation for a shared community space: We received feedback reinforcing how important it is to have an additional space, like our participant gatherings, where families can connect and share experiences. We look forward to hosting more participant gatherings and strengthening our Family CIRCLE community!



Media

Listen to Marna Pacheco share her powerful journey as a mother to a child with special healthcare needs. Marna touches on the challenges of adopting a child with trauma and special health care needs, and how her parenting experience has both challenged her and shifted her perspective. ['Child Life on Call: Episode 204'](#)