



Living with a sibling who has a disability comes with its own challenges. Run by trained Sibling Leaders, our by-siblings-for-siblings support groups are judgement-free spaces to offload stress, make connections and be a carefree kid.

SibCamps (ages 8–18)

A fun weekend away, SibCamps are a great way for siblings to establish their own support networks by developing skills and friendships with others in a similar situation.

SibShops (ages 8–18)

One-day events packed with games and activities, SibShops also provide a space to chat about issues, learn new tips and strategies, and meet new friends who 'get it'.



Parent to Parent offers services throughout New Zealand, with 14 branches operating nationwide.

Get in touch



0508 236 236



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parent2parent.org.nz



Lifelong, whole-family support for disabled Kiwis and their whānau

www.parent2parent.org.nz

Raising a disabled, health-impaired, or neurodivergent family member can feel isolating.

We know how many challenges and resources there are to navigate, and we're here to help you find your way through.

Free and confidential, our services aim to inform, inspire and connect you through your family's unique experiences.

Stay in the know

Parent to Parent runs a range of workshops around the country on topics from wellbeing and resilience to advocacy and how to build a good life for your family. Come along for some time out and to discover new information, connections and support.

For more information and upcoming events in your area, visit our website parent2parent.org.nz

"Parent to Parent is a wonderful resource to draw from. I feel much better equipped to deal with the education system thanks to Parent to Parent."



Support parents

Talk to someone who just 'gets it'. One of our trained volunteer Support Parents is only a call away.

We connect you with a Support Parent who has a child or family member with the same or similar disability, neurodiversity, or health impairment or is experiencing a similar issue.

With their combination of training and lived experience, Support Parents can offer both a listening ear and practical solutions.

"Now, when I go to appointments and have home visits, I know I am more informed, and I will have someone to talk to about them afterwards."

Facts at your fingertips

For any disability or health condition, any question or issue, our incredible research team will find the answers you need.

Internet searches can result in confusing or overwhelming information. Our Information Request Service cuts through the noise to deliver concise information tailored to you.

We provide information on over 3600 conditions, from the very rare to the more common, from specific medical research to behavioural issues and everything in between.

"I received information that I had not found anywhere else, and it has been so useful."

