If you need individualized assistance, a Parent Mentor or OCECD Information Specialist/Trainer may be able to help.

**Parent Mentors**
A Parent Mentor is the parent of a child with a disability who helps school districts and families by providing training, support and information services. Parent Mentors are funded by the Ohio Department of Education, Office for Exceptional Children, through grants awarded to a school district, consortium of districts, or Educational Service Center.

**OCECD Information Specialists/Trainers**
An Information Specialist/Trainer provides information, support, and training for families in specific areas of the state. Information Specialists/Trainers have children or family members with a disability. They are employed by Ohio’s Parent Training and Information Center, the Ohio Coalition for the Education of Children with Disabilities, a non-profit organization.

**How To Find Parent Assistance In Your Area**

**Website**
You can find Parent Mentors and OCECD Information Specialists/Trainers for a particular area on our website.

**Phone**
Call us at 740-382-5452 or 844-382-5452 and we will provide you with the name of a Parent Mentor or OCECD Information Specialist/Trainer for your area.

**Email**
Contact OCECD at ocecd@ocecd.org and we will provide you with the name of a Parent Mentor or OCECD Information Specialist/Trainer for your area.

[Click here](www.ocecd.org) to find a Parent Mentor or OCECD Information Specialist/Trainer in your area. Search under the county where you live.