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Parenting can sometimes be a demanding job, especially for parents with young children. If you're a parent with a child under age 10, and you are having a hard time caring for your child the way that you want to, this program may be right for you.



"The strongest people are not those who show strength in front of us, but those who win battles we know nothing about."

A PROGRAM PROVIDED TO YOU BY:  
Mower County Human Services

## Parent Support Outreach Program (PSOP)



Focusing on family's strengths and needs

## What Is PSOP?

The Parent Support Outreach Program is a voluntary program that provides short-term help to parents to access resources and provide education about such things as housing, transportation, child development, activities, child care, safety planning, employment and other services.

### Our Hope is to Help

- Face the challenges of parenting
- Work together to solve concerns
- Access useful resources
- Build on strengths of families
- Meet specific needs of the family
- Help families through stressful situations

## Who Is Eligible for PSOP?

Anyone who is a resident of Mower County and has a child 10 years old or younger in the family is eligible for Parent Support Outreach Services.

### How do I get connected to Parent Support Outreach?

An caregiver or individuals working with children and families can make a referral by contacting Mower County at:

**Phone: 507-437-9701**

**Fax: 507-437-9721**

Referral forms can be found on our website under the human services (PSOP) tab.

### What can I expect from Parent Support Outreach?

This program focuses on a family's strengths and needs. This program is about working with parents who want to do what's best for their kids. It's about connecting with community resources that provide the specific kinds of help families want and need.

Families work with a case manager from Mower County to develop a plan to meet their specific goals and needs.

Getting help, even for a short period of time, can make a big difference.

## What Services are Offered?

It is important to remember with PSOP that every family is very different in the needs that they have, the services that could assist them and the work the worker does with the family. No two families are ever the same, therefore the services should not be the same.

### Some things the Mower County PSOP program has supported families with include:

- Crisis management
- Finding community resources
- Locating medical/dental providers
- Connecting to transportation
- Helping fill out paperwork
- Finding stable housing
- Determining eligibility for programs within Mower County

