

# Resources

## Boston-Mass Partnership for Early Childhood Mental Health

Website: [www.ECMHMatters.org](http://www.ECMHMatters.org)

## Become a Mentor

Big Brother Big Sister Foundation

Phone: (617) 542-9090

Website: [www.bbbsmb.org](http://www.bbbsmb.org)

## The Parent Portal

Phone: (800) 632-8188

## Federation for Children with Special Needs

The Schrafft Center, 529 Main Street, Suite 1102

Boston, MA 02129

Phone: (800) 331-0688

Website: [www.fcsn.org](http://www.fcsn.org)

## Parent/Professional Advocacy League

### Statewide Office (Boston)

45 Bromfield Street, 10th Floor

Boston, MA 02108

Toll Free: (866) 815-8122

Email: [info@ppal.net](mailto:info@ppal.net)

### Central MA Office (Worcester)

51 Union Street, Suite 308

Worcester, MA 01608

Tel: (508) 767-9725

Email: [info@ppal.net](mailto:info@ppal.net)

## Urban Pride

One Westinghouse Plaza

Building D, Suite 11

Hyde Park, MA 02136

Phone: 617-206-4570 xt. 301

Email: [info@urbanpride.org](mailto:info@urbanpride.org)

*So be sure  
when you step.  
Step with care and  
great tact and  
remember ...*

*“Life’s a great  
balancing act!”*

*... from Dr. Seuss’s Oh The Places  
You’ll Go!*

---

---

Created By: Rosa Beriguete & Gail Williams.

Family Partners

MYCHILD/Project LAUNCH

In collaboration with Gloria Weekes, Lead Family Partner,  
and the LAUNCH/MYCHILD Family Partner Forum

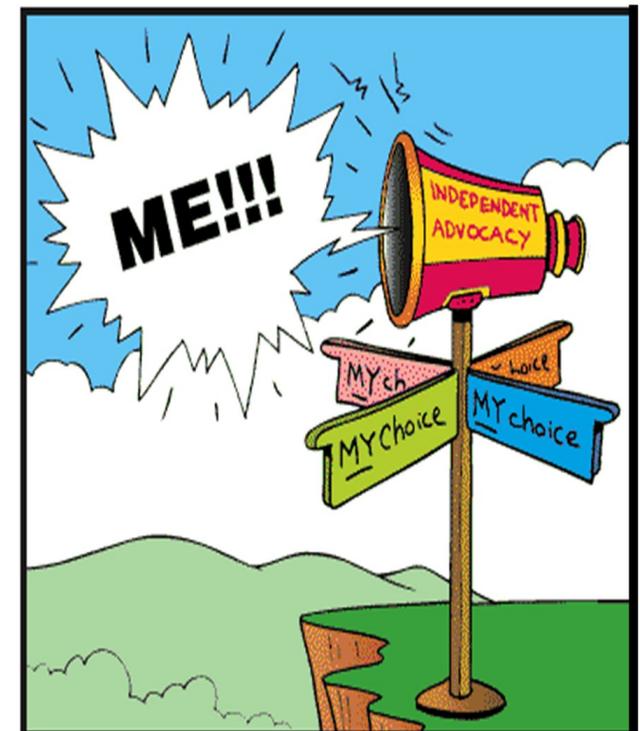


# STRATEGIES FOR CAREGIVERS

SELF-EFFICACY

AND

SELF-ADVOCACY



## Ways to Build Your Confidence

- \* Positive energy gives positive results.
- \* Think of yourself in a positive way and become your own cheerleader.
- \* Position yourself with others who have similar experiences.
- \* Don't doubt yourself: you can accomplish many things.
- \* Follow your passion: it will make you feel empowered.
- \* Be in control of your weakness: don't let your weakness control you.
- \* Know what you want, and ask for it.
- \* Reward yourself when you succeed.
- \* Follow your gut!

**"We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something, and that this thing, at whatever cost, must be attained."**

*--Marie Curie,  
first winner of two Nobel Prizes*

## What is Self-Efficacy?

- \* Self-efficacy is a person's belief in his/her own abilities to succeed in a particular situation.
- \* It is to view challenging problems as tasks to be mastered.
- \* It is developing a stronger sense of one's self and strengths and determination.
- \* Self-efficacy allows you to recover quickly from life's setbacks and disappointments.

**In order to succeed, your desire for success should be greater than your fear of failure.**

*--Bill Cosby,  
actor, comedian, author*

## What is Self-Advocacy?

- \* Self-advocacy is speaking up for yourself.
- \* It is making your own decisions, based upon your knowledge.
- \* It is learning to get information and to problem solve.
- \* Self-knowledge is the first step towards advocating for your rights.
- \* You need to know your strengths, needs, and interests before you can begin to advocate.

**"Leaders are made, they are not born. They are made by hard effort, which is the price which all of us must pay to achieve any goal that is worthwhile."**

*--Vince Lombardi,  
professional football coach*

## Skills to Promote Your Leadership

- \* Get involved in your community.
- \* Experience the joy of learning. Become educated. Attend workshops to build leadership skills.
- \* Become the kind of person who people want to follow.
- \* Become a good listener. Always lend an ear by listening with full attention, and try to consider the other person's point of view and life experiences.
- \* Be willing to take responsibility for your choices. Be the one who finds a way to make things right.