

Do you have questions?

ASK

We have answers.

800-450-8667

www.askresource.org

info@askresource.org



Connecting you with the most appropriate supports and services.

ASK US

Access online resources

www.askresource.org



www.facebook.com/AskResourceCenter



Subscribe to the ASKResource YouTube channel



Sign up on our homepage to receive our newsletter

ASK an Advocate

Connect with professional advocates

- Guidance and resources
- Skill-building and empowerment activities for families and youth
- ❖ **Education**
communicating with your local school district, administrators, and teachers
- ❖ **Healthcare/Community Living**
learning about healthcare, Medicaid, and Home & Community Based Services Waivers

ASK an Expert

Sign up for training

- Webinars
- In person instruction
- Live stream training
- Small group training
 - ❖ Virtually
 - ❖ On-site
- **Conferences**
 - ❖ attend our annual statewide conference
 - ❖ have ASK present at your conference

ASK Each Other

Connect with other families

- One-on-one mentoring and peer support
- Leadership and advocacy training
- Network with other parents, guardians, and caregivers to share your journey and help each other problem solve
- Connections to services and supports anywhere in Iowa
- Virtual and in-person support groups

Supporting families of children with disabilities across the state of Iowa



ASK Resource Center is a family-focused nonprofit organization whose mission is to empower individuals with disabilities and their family members. We provide individualized support, collaborative advocacy, training, resources, and leadership development for Iowa families of children with disabilities or special health care needs, ages birth-26, and the professionals who serve them. Our programs are funded by federal and state grants, and private donations.

Access.
Empowerment.
Acceptance for All.

