

Support for Families with Children Who are Deaf and Hard of Hearing



Wherever You Are, We Have Been There, Too.

You know what is best for your child. We can help you explore the full range of choices to find those that work best for your family. Minnesota Hands & Voices (MNH&V) is a community of diverse families from across the state with children who are Deaf, Deafblind and Hard of Hearing. We are here to provide support, information and share resources.

Parent Support

Our two programs consist of Guide By Your Side™ (GBYS) and Advocacy, Support and Training (ASTra™). Our parents and Deaf and Hard of Hearing (DHH) adults work as “guides” directly with families who have just learned of their child’s hearing difference, or who have older children and need the unique support that comes from someone else who has walked this path themselves and can share from direct experience and wisdom. Our ASTra™ Advocates provide support to families with children who are DHH as they navigate the educational process with the school team. All our staff support families without a bias around communication mode, method, or educational setting so that every child who is DHH has the opportunity to achieve their full potential. Connection by phone or in-person visits are free to all families at a time that is most convenient to you and your family.

We as parents and DHH adults have a wealth of lived experience raising and supporting diverse, thriving children who are Deaf and Hard of Hearing. We are familiar with the emotions, decisions and questions of the families we serve. Through our experiences we hope to empower you to make the best choices for your child.



What Works for Your Child is What
Makes the Choice Right



There are No Limits to Your Child's Potential

Events and Education

Throughout the year we host free events across the state for families with a child who is DHH.

- Parents have an opportunity to learn from local experts on relevant topics
- Children and their siblings enjoy guided activities, snacks and socializing
- The whole family can meet role models who are DHH and visit with MNH&V Guides

Stay Updated

In addition to events, we can provide you with other resources throughout your journey. Visit our website, sign up for our quarterly newsletter and weekly emails, and follow us on social media to get the latest, reliable news and information, both local and national.

At Minnesota Hands & Voices, you receive:

- an unbiased source for information.
- parent-to-parent support.
- access to all services for free.



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