It’s Annual Review Season! Do you have questions about your child’s IEP? Our Education Advocates can answer your questions and support you through the IEP process.

Our advocates can:
- Help you understand the special education system and your rights and responsibilities
- Help you establish a positive working relationship with school personnel
- Ensure that your voice is heard during CSE meetings
- Help you and the CSE team develop an IEP that meets your child’s needs

To speak with an Education Advocate, please call (607)432-0001. Following an initial phone consultation, the advocate will determine what types of support you are eligible for.

The Family Resource Network is hiring parents, guardians and young people who have successfully navigated special education, mental health or social services systems.

If you are a parent or guardian of a child with special needs and are interested in a job helping other parents navigate services for their child, we would love to hear from you. Lived experience is a very important component to all the positions at FRN. As a team member at the Family Resource Network it will be your role to support and empower parents, thereby increasing their confidence in their own abilities to participate in their child’s treatment and advocate on their behalf.

In addition, the Family Resource Network has an opportunity for young adults who have had their own journey through various child serving systems (i.e. drug and alcohol, special education, mental health or foster care). Young adults that are interested in coaching youth to develop the tools they need to achieve and maintain wellness are encouraged to apply!

The Family Resource Network is now offering the following job opportunities:
- Family Peer Advocate
- Youth Peer Advocate

Turn your passion into a career. Please call us at 607-432-0001 to find out how!

Our agency is currently offering a $500.00 sign on bonus for all new employees on their six month anniversary.
The Family Resource Network, Inc. Mission & Purpose

Mission Statement:
Individuals with special needs deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with special needs and their families, empowering them to lead productive independent lives within the community.

Purpose:
We want to make our community a better place through education and the enlisting of our citizens to bring services to those in need. We accomplish our mission through our core values.

We have been a vital part of our community for a number of years. We were founded to serve a growing segment of our community in need of inaccessible services. We have continued to grow with the help of our donors and volunteers that make our mission possible. Through all these years our purpose still remains the same: bring services to those in need.

Family Resource Network Staff:
Skylar Collins: Youth Peer Advocate
Julie Dealing: Youth Peer Advocate
Terry Diluzio: Education Advocate
Barbara Finkelstein: FPA-YPA Supervisor
Mary Fralick: Family Peer Advocate
Valerie Harris: Family Peer Advocate
Karyn Kanzer: Family Peer Advocate
Darcy McElligott: Youth Peer Advocate
Jennifer Moore: Family Peer Advocate
Robin Piefer: FSS Supervisor
Joleane Robinson: Family Peer Advocate
Twyla Shaffer: Medicaid Billing
Kristin Winn: HR Supervisor
Michelle Zuk: Executive Director

Family Resource Network Programs:
Services for Families with OPWDD Eligibility
Education Advocacy
Intensive Advocacy Program
Enhanced Autism Trainings
Information and Referral
Support Groups
Support to Community Groups
Family and Provider Trainings
Dragon Dates Program (Social Opportunities)
Service Access Program

Mental Health and Wellness Services
Family Peer Advocacy
Residential Family Peer Advocacy
Youth Peer Advocacy
Teen Scene
Monthly Parent Group
Southern Tier Chapter of Families Together in NYS

G & E Therapies
Summer Camp for Youth with Autism
After School Program for Teens with Autism-Social Skills Group (Geckos on the Go)

Legacy Resource Fund
Source of financial assistance

The Family Resource Network is excited to introduce a new training opportunity that will begin in January!

Please join the Family Resource Network for our January and February meetings of our new Lunch and Learn Series

The Purpose of these monthly Brown Bag Lunches, (Participants bring their own lunch) is to connect local resources, professionals, and leaders to our community. We plan on having a different topic/theme on one Friday each month.

Upcoming Meetings:

Friday, March 20th, 2020
11:30 am-1:30 pm
Family Resource Network
46 Oneida Street
Oneonta, NY 13820

The topic for our March meeting will be Housing Options for Adults with Developmental Disabilities. Hank Lobb, Housing Navigator will present an information session and discussion about the types of housing available to adults with Intellectual and Developmental Disabilities.

To register by phone, call the Family Resource Network at 432-0001.
View upcoming events by visiting our website: www.familyrn.org and click on the News & Events link and the Event Calendar.

****This workshop is funded through a grant from the Office of People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget****
**Dragon Dates-Social Skills Events**

**Join the Family Resource Network, Inc. for Our Upcoming Dragon Dates Events for April:**

**Let's Get Cooking!**
Tuesday, April 7, 2020
5:00 pm to 7:00 pm
Cornell Cooperative Extension
99 North Broad Street
Norwich, NY

Join FRN and Cornell Cooperative Extension for a cooking class! The goal of the lesson is to introduce participants to tools they can use to choose and prepare healthy foods at home.

Participants will practice proper hand washing and basic knife safety, prepare recipes with foods from multiple food groups, discuss using recipes as a framework that can be adjusted to save money and improve health and practice reading food labels.

We will be preparing Broccoli & Black Bean Quesadillas and a simple fruit dessert.

Please register by April 1st

**East Main Lanes & Lounge**
1 East Main Street
Sidney, NY

Saturday, April 18th, 2020
1:30pm-3:30pm

Enjoy an afternoon of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please register by April 14th

*Family Resource Network, Inc. is not responsible for supervision.*

**Paint & Dip Night**
Elm Park United Methodist Church
Room 11-12
401 Chestnut Street
Oneonta, NY

Thursday, March 12, 2020
5:30pm-7:30pm

Join us for a night of painting with local artist Diane Stensland directing the class! This gives every participant the opportunity to enjoy painting while putting their own spin on the same pattern.

Please register by March 9th.

**Southern Tier Special Needs Resources LLC**
Integrated Activity Center
365 Harry L. Drive
Johnson City, NY 13790
Saturday, March 28th
11am-1pm

Join FRN at the Integrated Activity Center, a multi-sensory play space and learning center with fun options for everyone! There is a Multi-Sensory Activity Room, Interactive Floor, Game Area, Music Area and more! Lunch will be provided!

Please register by March 23rd.

These events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Parents/Caregivers must attend the events. Siblings are encouraged to come too!

***Dragon Dates is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add “Social Skills Group” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.***

Registration for both events is required.
To register please call the Family Resource Network at (607)432-0001. Please have name, age, and TABS# of the individual with OPWDD eligibility, and total number of participants joining us. If leaving a message please provide a phone number that we can contact you at.

*Family Resource Network, Inc. is not responsible for supervision.*

**Let's Get Cooking!**
Tuesday, April 7, 2020
5:00 pm to 7:00 pm
Cornell Cooperative Extension
99 North Broad Street
Norwich, NY

Join FRN and Cornell Cooperative Extension for a cooking class! The goal of the lesson is to introduce participants to tools they can use to choose and prepare healthy foods at home.

Participants will practice proper hand washing and basic knife safety, prepare recipes with foods from multiple food groups, discuss using recipes as a framework that can be adjusted to save money and improve health and practice reading food labels.

We will be preparing Broccoli & Black Bean Quesadillas and a simple fruit dessert.

Please register by April 1st

**East Main Lanes & Lounge**
1 East Main Street
Sidney, NY

Saturday, April 18th, 2020
1:30pm-3:30pm

Enjoy an afternoon of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please register by April 14th

*Family Resource Network, Inc. is not responsible for supervision.*

**Paint & Dip Night**
Elm Park United Methodist Church
Room 11-12
401 Chestnut Street
Oneonta, NY

Thursday, March 12, 2020
5:30pm-7:30pm

Join us for a night of painting with local artist Diane Stensland directing the class! This gives every participant the opportunity to enjoy painting while putting their own spin on the same pattern.

Please register by March 9th.

**Southern Tier Special Needs Resources LLC**
Integrated Activity Center
365 Harry L. Drive
Johnson City, NY 13790
Saturday, March 28th
11am-1pm

Join FRN at the Integrated Activity Center, a multi-sensory play space and learning center with fun options for everyone! There is a Multi-Sensory Activity Room, Interactive Floor, Game Area, Music Area and more! Lunch will be provided!

Please register by March 23rd.

These events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Parents/Caregivers must attend the events. Siblings are encouraged to come too!

***Dragon Dates is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add “Social Skills Group” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.***

Registration for both events is required.
To register please call the Family Resource Network at (607)432-0001. Please have name, age, and TABS# of the individual with OPWDD eligibility, and total number of participants joining us. If leaving a message please provide a phone number that we can contact you at.

*Family Resource Network, Inc. is not responsible for supervision.*
Join the Family Resource Network for a full-day advocacy training:

**A Day of Family Empowerment**

Presenter Kara Georgi will discuss Special Education regulations and advocacy strategies.

**About our Speaker:** Kara Georgi is the Parent Education Specialist for Starbridge Parent Training and Information Center. She offers support and information for families and professionals navigating the special education system in Cayuga, Tompkins, Onondaga, Cortland, Broome, Madison, Chenango, Otsego and Delaware Counties.

Date: Thursday, April 16, 2020
Time: 9:00am to 3:00pm
Location: Huntington Memorial Library
3rd Floor Conference Room
(Elevator access available)
62 Chestnut Street
Oneonta, NY

Registration is required.

To register online, go to www.familyrn.org and click on the News & Events link and the Event Calendar. To register by phone, call the Family Resource Network at 432-0001.

***This workshop is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add “Advocacy” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.***

---

Join the Family Resource Network for our 5th Annual Duck Derby Family Fun Day

**Saturday, June 13th, 2020**
12:00pm-3:00pm
Neahwa Park, Oneonta

Please join the Family Resource Network for an afternoon of fun at Neahwa Park! There will be multiple heats of duck races throughout the afternoon. **CASH PRIZES** will be awarded to first, second and third place finishers in each race. At the end of the day all ducks will be entered in the final race for a chance to win the grand prize!!!

While Ducks can be purchased the day of the event, they can also be purchased in advance at the Family Resource Network located at 46 Oneida Street, Oneonta. Ducks are being sold for $5.00 each or 6 for $20.00!

On the day of the event community agencies will be set up with games and activities as well as passing out information about the services they offer!

On the day of the event community agencies will be set up with games and activities as well as passing out information about the services they offer! If your agency is interested in tabling please contact Kristin at the Family Resource Network at 607-432-0001.

---

**CASH Prizes!!**

Money raised by the Duck Derby will benefit the Family Resource Network Programming and Legacy Resource Fund.

---

**Surprise Princess Guests!**

---

**Music!**

---

**Fun activities and crafts for children!**
Family Resource Network Support Group:

The FRN Support Group works to support and empower families. This Monthly meeting is an opportunity for families to get together, network and share their experiences in a safe, friendly environment. If you have any suggestions for discussion topics you are interested in please contact FRN at 607-432-0001. Dinner is provided, as well as childcare (if requested before the meeting).

Upcoming Meetings:

Monday, March 23rd 5:30pm-7:30pm @ Elm Park United Methodist Church
Healthy Coping Skills. This month youth will have the opportunity to learn about and try out various healthy coping skills during our teen scene meeting! There will be multiple stations set up with activities including making stress balls, a variety of stress relieving exercises and more!

Monday, April 27th 5:30pm-7:30pm @ Elm Park United Methodist Church
Eating Fresh. For our April Teen Scene Meeting youth will be able to learn about and try out many healthy snack options and alternatives to some of our more processed, and typical meal/snack choices we make on a daily basis. There will be multiple food samples from various food groups as well as an activity for participants to make their own healthy snack!

Dinner is provided so please RSVP by the Friday before the group.
For more information or to register contact FRN at 607-432-0001 or visit our website @ www.familyrn.org

Teen Scene:

Teen Scene is a group available to any youth between the ages of 12-19, who meet once a month. The topics change monthly and each event offers a variety of activities. Teen Scene gives youth the opportunity to socialize with peers and build various skills. The group also attends community events and participates in community service projects.

Upcoming Meetings & Events

Monday, March 23rd 5:30pm-7:30pm @ Elm Park United Methodist Church
Healthy Coping Skills. This month youth will have the opportunity to learn about and try out various healthy coping skills during our teen scene meeting! There will be multiple stations set up with activities including making stress balls, a variety of stress relieving exercises and more!

Monday, April 27th 5:30pm-7:30pm @ Elm Park United Methodist Church
Eating Fresh. For our April Teen Scene Meeting youth will be able to learn about and try out many healthy snack options and alternatives to some of our more processed, and typical meal/snack choices we make on a daily basis. There will be multiple food samples from various food groups as well as an activity for participants to make their own healthy snack!

Dinner is provided so please RSVP by the Friday before the group.
For more information or to register contact FRN at 607-432-0001 or visit our website @ www.familyrn.org

Upcoming Advocacy Training:

Least Restrictive Environment and Inclusion

Tuesday, March 24, 2019
10:00 am-12:30 pm
Huntington Memorial Library
3rd Floor Conference Room
(Elevator access available)
62 Chestnut Street
Oneonta, NY

Special Education Attorney, Pat Radel, Esq. will discuss the rights of students with disabilities to be educated with their non-disabled peers to the greatest extent possible.

Registration is required.

To register online, go to www.familyrn.org and click on the News & Events link and the Event Calendar. To register by phone, call the Family Resource Network at 432-0001.

***This workshop is funded through a grant from the Office for People with Developmental Disabilities (OPWDD). Self-directing families will need to add “Advocacy” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.***
Please Join the Family Resource Network for our
Organizing the Chaos Workshop

Having a child with special needs generates mountains of paperwork. The mountain of paper grows higher every year. What do you do with it? How do you organize this information? Do you need a simple, foolproof document management system?

In this workshop you will learn how to organize a "Kid in a Book."

After you organize the information about your child into the book, you will have an incredible "One-Stop Resource" to share for a clearer understanding of your child's disability and needs.

Tuesday, March 3rd, 2020
Time: 6pm-8pm
George F. Johnson Memorial Library
1001 Park St.
Endicott, NY 13760
Registration is required.

To register by phone, call the Family Resource Network at 432-0001.
To view upcoming events or register online visit our website: www.familyrn.org and click on the News & Events link and the Event Calendar.

****This workshop is funded through a grant from the Office of People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget***

Please Join the Family Resource Network for a Workshop on Water Safety

Wednesday, March 11th 2020
1 pm - 3 pm
Oneonta YMCA
20-26 Ford Avenue
Oneonta NY

Water safety is especially critical for those with developmental disabilities, as many individuals are drawn to water, and are unable to understand the dangers associated with it. Individuals on the Autism Spectrum and with other developmental disabilities have a high risk of drowning.

Danielle Hoyt, Aquatics Director for the Oneonta YMCA will be discussing water safety for our loved ones with special needs.

Registration is required.

To register by phone, call the Family Resource Network at 432-0001 or to register online visit our website: www.familyrn.org and click on the News & Events link and the Event Calendar.

****This workshop is funded through a grant from the Office of People with Developmental Disabilities (OPWDD). Self-directing families will need to add "Training Groups" to their budgets prior to attending. Please contact FRN for assistance adding this to your budget***