FAMILY RESOURCE NETWORK 5th ANNUAL DUCK DERBY AND FAMILY FUN DAY: POSTPONED

Unfortunately the Family Resource Network has had to postpone our 5th Annual Duck Derby and Family Fun Day Scheduled for Saturday, June 13th.

We are hoping to be able to reschedule this event for a date TBD this fall!!

We are still selling tickets for the event and plan to race our rubber ducks this year even if it has to be a virtual event! There will be cash prizes for 1st, 2nd and 3rd place for each of the smaller heats as well as a fabulous grand prize for the 1st place finisher of the final race in which every duck/ticket purchased will be re-entered!

Please call FRN @ 607-432-0001 about information on how to purchase your tickets!

Updates from the Family Resource Network:

In response to federal, state and county guidance on social isolation, the Family Resource Network office will be closed until further notice. Although our office is closed, the Family Resource Network team is still committed to providing support to the families and community we serve.

If you are in need of assistance with or information regarding education advocacy, workshops and trainings, support groups, or any other OPWDD (Office for People With Developmental Disabilities) related programming please contact our FSS Supervisor at 607-287-6358.

For families who are raising a child with social, emotional or behavioral challenges that are interested in learning more about our Family Peer Support and Youth Peer Support services please contact our FPA/YPA supervisor at 607-287-1748.

We will also continue to answer calls and voicemails that are directed to the Family Resource Network office number- 607-432-0001. If you are in need of assistance during this time and not sure where to turn, please do not hesitate to reach out. If we are unable to help you with services we provide directly we will do all that we can to find out who can.

Family Resource Network-We know where the help is!
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

Please join the Family Resource Network for our June meeting of our Lunch and Learn Series

Upcoming Meeting:
Friday, June 19, 2020
11:30 am
Online

Person Centered Behavior Supports presented by Amanda Jones, BCBA, MS

Our monthly Lunch and Learn Series is intended to connect our community to local resources, professionals, and leaders. We will present a different topic each month. In June, Amanda Jones will be talking about person-centered behavior supports available to individuals with OPWDD eligibility.

Registration: https://us02web.zoom.us/meeting/register/tZ0sduGgpjlpEtPRasckye3kXh2ytgFpl9yx

Registration is required.

For questions or help with registration, please call Robin at (607)287-6358.

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****
Join the Family Resource Network, Inc. for Our First Ever Virtual Dragon Dates Event!

Virtual BINGO!

Wednesday, May 13th
5:30pm-7:30pm
Via ZOOM

Registration is Required.

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". After you register we will send you the ZOOM link to access the event as well as your virtual BINGO card!

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.***

If you have any questions please call Kristin at the Family Resource Network at 607-432-0001.

Have you ever wondered what the Dragon Dates Program at that Family Resource Network is?

Dragon Dates is a social skills program for individuals with OPWDD eligibility that live at home with their family. The goal of this program is to provide participants and their families the opportunity to develop their social skills in an open, friendly and accepting environment.

Families will have the opportunity to experience a variety of events where they are able to socialize with other families that have similar challenges. Siblings are welcome to attend and are able to meet and socialize with other siblings at these events.

This program provides opportunities for families that feel isolated and would otherwise have barriers to accessing disability friendly, community based social programs.

Participants include individuals who experience barriers to attending social events and individuals who may have difficulties relating to their peers and need extra support and opportunities to develop social skills.

Typical events include: sensory friendly movies, seasonal activities, family picnics, miniature golf, cooking classes and trips to local zoos, game nights, painting parties, community ball games and more!

Parents/caregivers must attend the events and siblings are encouraged to attend!

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.
Join Family Resource Network and Starbridge for a:
Family Empowerment Series

Become an effective advocate for your child's success in school
Students who have disabilities or suspected disabilities may be
eligible for additional supports and services through their school.
For families, the acronyms and processes can seem overwhelming
to start. Join us for this series to learn useful information and
effective strategies to help you and your child navigate special
education options.

Online three-part series:

Monday, May 4, 9-11 am: "Special Education Regulations"
Wednesday, May 6, 9-11 am: "Effective Communication"
Friday, May 8, 9-11 am: "Advocacy Steps"

Registration is required.
Register here: https://us02web.zoom.us/meeting/register/uJcrce2tqzItpUxIWCzbQZdanSSrGEk1Vw or visit our website
at www.familyrn.org and click on "News and Events" and then
"Events Calendar".

For questions or assistance with registration, please call Robin
at (607) 287-6358.

This workshop is FREE to family members of children and
youth who have disabilities or suspected disabilities. If the capacity
for this series is exceeded, priority will be given to families residing in
Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins
Counties.

Registration confirmations will be sent by Friday, May 1, 2020.
Teen Scene:

With the need for social distancing, Family Resource Network Teen Scene will be hosting virtual events via Zoom until further notice. The age range for these events has been expanded and these will be open to any school aged youth. Registration is REQUIRED. To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar".

Upcoming Virtual Meetings and Events:

**Monday, May 4th, 1:00-2:00pm via ZOOM**
Eating Fresh...From our Quarantine Kitchens to Yours! Eat Fresh with Teen Scene! We will be sharing a collection of our favorite healthy recipes for snacks and meals. We will be sending out a list of ingredients as well as recipes to all participants who have registered. For this particular event we also encourage parents/caregivers (although not required) and any other interested family members of any age to participate!

**Monday, May 18th, 11:00am-12:00pm via ZOOM**
Writing Workshop. Upon request we are excited to be hosting a virtual writing workshop! We will cover various different writing styles including poetry, short stories through a fun add-on story activity as well as essay writing if participants indicate the need for assistance in this area. We also have a fun MadLibs activity planned to start the meeting!

**Monday, June 1st, 11:00am-12:00pm via ZOOM**
Social Distancing Activities. Hopefully the weather has had a chance to warm up and we are all able to take advantage of some fresh air while still practicing the necessary social distancing measures that are in place. Today we will be sharing information about several fun, social distancing friendly, outdoor activities including gardening, how to make homemade birdfeeders and rock painting ideas!

**Monday, June 15th, 11:00am-12:00pm via ZOOM**
Resume Building. The Family Resource Network is excited to partner with Alan Sessions and Kathy DeAngelo of the CDO Workforce to bring a Resume Workshop to our teens! Whether you are looking for a summer job, a part-time job during the school year, a full-time job after high school or volunteer opportunities, we will help guide you through what to include on your resume! **Although our virtual events are open to all school age children, we are limiting this event to our teen youth, who it will be most applicable for**

**Monday, June 29th, 11:00am-12:00pm via ZOOM**
Details To Be Determined

Please Join the Family Resource Network for our Upcoming Workshop:
Bring Your Child’s IEP Night:

With CSE season finally starting, do you know what your child's IEP really says?

**Wednesday, May 13, 2020**
6:30-8:30 pm
Online

Our advocates will walk you through the NY State IEP and discuss what each section means. If you'd like, bring a copy of your child's IEP and follow along. Advocates will be available at the end of the presentation for individual questions and consultations.

Learn about:
IEP Classifications
Present Levels of Performance
Where in the IEP are YOUR concerns included
SMART Goals
Testing Accommodations
Transition Plans
And more...

Registration: https://us02web.zoom.us/meeting/register/tZcrcOuprzwpHNNVfySeWEPPNrrPGSMnf6cQ

****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 and adding this to your budget.***
Please Join the Family Resource Network for Our Online and Phone Family Support Groups:

At Family Resource Network, we recognize that during these difficult times, families of individuals with special needs are facing unique challenges and may feel even more isolated. While we can’t meet in-person to support one another, we invite you to join us for online support groups. These will be conducted through Zoom Meetings, and families may participate online or by phone. We are offering these groups as an opportunity for families to form connections, support, and learn from each other.

We will be offering two groups per week: one morning and one evening.

Registration is required.

Tentative Support Group Dates:

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Dates may be adjusted based on interest and need as stay at home regulations are lifted.

To register, go to www.familyrn.org and click on "News and Events" and then "Events Calendar".

For questions, or to participate by phone, please call Robin at (607)287-6358.

***Support Groups are funded by a grant from the Office of People with Developmental Disabilities. Self-directing families will need to add "training groups" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.***

New York knows how hard this is.
We have people standing by to talk about it.

NEW YORK STATE
COVID-19 EMOTIONAL SUPPORT HELPLINE
1-844-863-9314
8 AM - 10 PM, 7 days a week

Governor Andrew M. Cuomo announced a new helpline for people who are experiencing anxiety, stress and depression during the coronavirus emergency.
Call now for free and confidential support.