

The Family Resource Network, Inc.
46 Oneida Street
Oneonta, NY 13820

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@familyrn



@family.resource.network

The Family Resource Network has made the difficult decision to hold our 5th Annual Duck Derby Fundraiser as a virtual event.

We are still finalizing all of the details but will be updating our website, Facebook and Instagram pages with information on ticket sales, dates and times of the duck races and prizes as soon as they are in place!

Thank you for your continued support and we hope to be able to see all of you again in person in June 2021 for our 6th Annual Duck Derby and Family Fun Day!!

connections

Information, Resources, and Updates from **The Family Resource Network, Inc.**

July & August 2020
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**Family
Resource
Network**

Family Resource Network-We know where the help is, do you? We Are Hiring!

The Family Resource Network is hiring parents, guardians and young people who have successfully navigated special education, mental health, social services, drug & alcohol and foster care 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 and advocate on their child's 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, social services 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
Education 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

2020 Family Resource Network Conference Series: Supporting Healthy Relationships through Life

Tuesday, July 21, and Wednesday, July 22, 2020

9:00 am- Noon

Online

Individuals with Autism and other developmental disabilities have the same need for human connection as we all do, but they may need extra support to develop and maintain healthy and safe relationships. Consuelo Senior will discuss supporting healthy relationships in people with developmental disabilities from childhood to old age.

Topics will include:

- Friendships
- Social skills and “Likeability”
- Dating
- Sexuality
- Making and maintaining social connections while physically distancing

About our speaker: **Consuelo Senior, LMSW** Life Transformation Strategist, Mental Health Clinician, Sexuality Educator, Adjunct Professor Consuelo has 23 years of experience working in the field of intellectual and developmental disabilities (I/DD) and mental health. Consuelo brings a myriad of experience from a variety of areas within the field; psychotherapist and consultant, staff trainer, case manager, quality assurance, administrator, direct support professional, educator and transformational speaker. Consuelo has trained and developed curricula for a wide range of topics of importance to the disability field (Autism, Complex Needs, Aging, Multiple Disabilities, Dementia/Alzheimer, Social Sexual Issues, Vocational, Dual Diagnosis, Mental Illness and Profound Disabilities). In addition, Professional Development, Cultural Issues and Diversity and Inclusion, Emotional Intelligence and Leadership. Consuelo has been providing sex education for 17 years to staff, families, people with disabilities and professionals in the field. Ms. Senior practices both group and individual psychotherapy (13 years). Consuelo is an adjunct lecturer at City College of New York (Disability and Social Work courses). Consuelo is currently the Assistant Director of Training at YAI. Consuelo has presented at numerous conferences/workshops nationally and internationally, also symposiums, webinars, radio programs and panel discussions as an expert mental health clinician and sexuality expert.



This conference is funded through a grant from OPWDD. Self-directing families will need to add “Autism Training” to their budgets prior to attending. Please contact Family Resource Network at (607)432-0001 for assistance adding this program to your budget.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting July 17. Families from other counties, professionals, and community members will be approved beginning July 20. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

Please join the Family Resource Network for our Virtual Nurturing Parenting Series:
Nurturing Skills for Families-A Strength Based Approach to Positive Parenting

The Family Resource Network will be offering a ten session course presented by our team of credentialed Family Peer Advocates and trained facilitators focusing on positive parenting of children birth-11 years of age.

The ten session, virtual workshops will meet on the following dates from 5:00pm-7:00pm via Zoom:

| | |
|---------------------|------------------------|
| Thursday, July 23 | Thursday, September 3 |
| Thursday, July 30 | Thursday, September 10 |
| Thursday, August 6 | Thursday, September 17 |
| Thursday, August 13 | Thursday, September 24 |
| Thursday, August 20 | Thursday, October 1* |
| Thursday, August 27 | Thursday, October 8* |
| | *Make up sessions |

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to help caregivers build nurturing parenting skills and develop positive parenting techniques. The Nurturing Parenting Programs are designed to meet the family's needs based on their parenting strengths and weaknesses.

Instructors of the Nurturing Programs gather information from families in order to prepare tailored sessions. Assessments will gather information about participants' current life conditions, their childhood, their relationship with their partner, their relationship with their children, how much they already know about parenting, and the beliefs they have about raising children. The Family Resource Network strongly encourages participants to complete this assessment prior to the first meeting if possible.

What to expect if you participate in the Nurturing Parenting Series:

- The Nurturing Programs are family based interventions where parents and their children learn similar knowledge and skills for improving the quality of their lives.
- Built in assessment strategies allow facilitators and parents to chart the course of their successes.
- The flexibility within the structure of the programs allows facilitators to ensure the specific needs of families are being met.
- The nurturing philosophy of non-violent parenting focuses on the development of empathy, self-worth, self-awareness, empowerment, discipline with dignity, appropriate family roles and age-appropriate expectations of children's development.
- This 10 session course is geared towards families raising children from birth through 11 years old.

To find out more information or to register please call the Family Resource Network at 607-432-0001 and ask to speak with Kristin Winn.

Please join the Family Resource Network for our Virtual Nurturing Parenting Series:
Nurturing Program for Parents and Adolescents

The Family Resource Network will be offering a ten session virtual course presented by our team of credentialed Family Peer and Youth Peer Advocates. They are trained facilitators who will be helping parents and teens build positive, nurturing relationships.

The ten session, virtual workshops will meet on the following dates from 5:00pm-7:00pm via Zoom:

| | |
|--------------------|------------------------|
| Tuesday, July 21 | Tuesday, September 1 |
| Tuesday, July 28 | Tuesday, September 8 |
| Tuesday, August 4 | Tuesday, September 15 |
| Tuesday, August 11 | Tuesday, September 22 |
| Tuesday, August 18 | Tuesday, September 29* |
| Tuesday, August 25 | Tuesday, October 6* |
| | *Make up sessions |

The Nurturing Program for Parents and Adolescents is designed to help parents and teens build positive, nurturing relationships. Parents and their teens attend separate groups simultaneously and then join together for the second half of the session. Through role-play, discussions, expressive art and other activities, parents and teens learn how to live with each other, communicate respectfully and be a positive, nurturing family.

Instructors of the Nurturing Programs gather information from families in order to prepare tailored sessions. Assessments will gather information about participants' current life conditions, their childhood, their relationship with their partner, their relationship with their children, how much they already know about parenting, and the beliefs they have about raising children. The Family Resource Network strongly encourages participants to complete this assessment prior to the first meeting if possible.

What to expect if you participate in the Nurturing Parenting Series:

- The Nurturing Programs are family based interventions where parents and their children learn similar skills for improving the quality of their lives. For the first half of each session, parents and their teens will be participating in separate, virtual group meetings at the same time. Parents and teens will then join back together for the second half of the session.
- Built in assessment strategies allow facilitators and families to chart the course of their successes.
- The flexibility within the structure of the programs allows facilitators to ensure the specific needs of families are being met.
- The nurturing philosophy of non-violent parenting focuses on the development of empathy, self-worth, self-awareness, empowerment, discipline with dignity, appropriate family roles and age-appropriate expectations of children's development.
- This 10 session course is geared towards families raising teenage children.

Because this course involves both the parent and teen to be participating in separate virtual meetings at the same time, it will require the family to use two devices to log into these meetings. The Family Resource Network can offer assistance to those families who may not have access to multiple devices.

To find out more information or to register please call the Family Resource Network at 607-432-0001 and ask to speak with Kristin Winn.

Please join the Family Resource Network and Starbridge, Inc. for our upcoming workshop:

RTI, 504, IEP: What's the Difference?

When a child qualifies for special education services, federal law requires the development of a document called an Individualized Education Program (IEP). Some students may not qualify for an IEP, but may receive accommodations and modifications from a 504 Plan or may receive support through Response to Intervention (RTI).

This workshop will explain the process for receiving supports and services through general and/or special education.

- Understand the differences between building level (or general education) services and special education services
- Understand the processes and steps for each of these systems

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.

Friday, July 24, 2020
9:00-11:00 am
Online

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.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting July 17. Families from other counties, professionals, and community members will be approved beginning July 20. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

This conference is funded through a grant from OPWDD. Self-directing families will need to add "Advocacy" to their budgets prior to attending. Please contact Family Resource Network at (607)432-0001 for assistance adding this program to your budget.

Keep up with the
 Family Resource Network through our
 Social Media Accounts!



Find us on Facebook:
 @familyrn

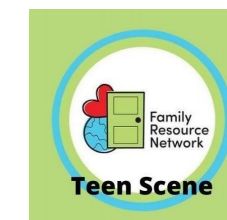
Find us on Instagram:
 @family.resource.network

Interested in finding out more about our youth programming and upcoming Teen Scene events? Follow our Teen Scene pages on Facebook and Instagram!

Find us on Facebook:
www.facebook.com/FRNTeenScene



Find us on Instagram:
 @_frnteenscene_



Teen Scene:

With the need for physical 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, July 13, 11:00am-12:00pm via ZOOM

Virtual Game Day! Join the Family Resource Network Teen Scene for some fun and games! We will be participating in a virtual version of Would You Rather?, UNO, What Do You Meme?, Trivia and Pictionary! There will be \$5.00 gift cards for the winner of each round!

Monday, July 27, 5:00pm @ Family Resource Network

Drive-By Physical Distancing Activities. We are excited to announce we will be hosting our first in-person event since February! There will be stations set up to accommodate physical distancing requirements and guidelines from NYS. Stations will include activities such as Tie Dying, Rock Painting, DIY Bird Feeders, and an Ice Cream Social!

Monday, August 10, 11:00am-12:00pm via ZOOM

Nailed It! Teen Scene Style. Have you ever seen the Netflix Baking Show “Nailed It”? We will be hosting our own virtual version of the show! But instead of baking we will be using clay, playdoh and other materials to try and mold a creation like the image we post! Materials will be provided to anyone who registers by the deadline. There will be gift cards provided to the winners of each round.

Monday, August 24, 11:00am-12:00pm via ZOOM

Virtual Barbeque. This will be our third virtual cook-a-long Teen Scene! This time we will be focusing on BBQ foods and Marinades!

***Please join the Family Resource Network for a Workshop
on Supplemental Needs Trusts and Guardianship***

Tuesday, August 11, 2020

9 am to 12 pm

Online

Gain valuable information pertaining to financial planning for the future of your loved one with a disability.

About Our Speaker:

Greg S. Catarella, Esq., has been practicing law for over 20 years. His office is located in Binghamton, New York. He graduated from Binghamton University and Cornell Law School. He is a member and past president of the Broome County Bar Association. Greg's practice areas include Trusts, Estates, Elder Law, and Guardianship.

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 “Training Groups” to their budgets prior to attending. Please contact FRN for assistance adding this to your budget.

We grow when things are hard...

Keep going!
Keep growing!



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:

| | |
|----------------------------|------------------------------|
| Tuesday, July 7 6:30 pm | Thursday, July 2 10:00 am |
| Tuesday, July 14 6:30 pm | Thursday, July 16 10:00 am |
| Tuesday, July 21 6:30 pm | Thursday, July 23 10:00 am |
| Tuesday, July 28 6:30 pm | Thursday, July 30 10:00 am |
| Tuesday, August 4 6:30 pm | Thursday, August 6 10:00 am |
| Tuesday, August 11 6:30 pm | Thursday, August 13 10:00 am |
| Tuesday, August 18 6:30 pm | Thursday, August 20 10:00 am |
| Tuesday, August 25 6:30 pm | Thursday, August 27 10:00 am |

Dates may be adjusted based on interest and need as physical distancing 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.

Family Resource Network and Starbridge, Inc. Present: "Pathways to Graduation"

Learn what "pathways to graduation" are available for students who have disabilities in New York State. What does each diploma, credential, and certificate offer for a student's future? What is the difference between a local diploma, a Regents diploma, and a Skills and Achievement Commencement Credential?

This workshop will help you and your student make informed decisions regarding school, placement, and services. Understand the difference between each diploma and credential and the impacts on postsecondary options. Gain information to help you and your child make informed decisions regarding school, placement, and services

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.

Friday, August 7, 2020
9:00-11:00 am
Online

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.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting August 4. Families from other counties, professionals, and community members will be approved beginning August 6. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

This conference is funded through a grant from OPWDD. Self-directing families will need to add "Advocacy" to their budgets prior to attending. Please contact Family Resource Network at (607)432-0001 for assistance adding this program to your budget.

2020 Family Resource Network Conference Series:
Conquering Picky Eating at Home

Many individuals with Autism or other developmental disabilities are picky eaters. Join Family Resource Network for this conference to:

- Understand why selective eating is so common in spectrum disorders
- Learn how to manage concerns about weight and poor nutritional status
- Discover the best foods to introduce to your child
- Learn strategies you can use at home every day to expand the diet of an extremely picky eater
- Learn how to manage expectations and stresses that caregivers experience

Our Speaker: **Jennifer Friedman, MS, RD**, is a registered dietitian who specializes in extreme picky eating. Jennifer received her Bachelor of Arts degree from McGill University and her Master of Science degree in nutrition from Columbia University Teachers College. Known for her playful and approachable style, Jennifer has become a leading resource for parents and professionals working with children who struggle at mealtimes. She shares her insight on her website and blog, JennyFriedmanNutrition.com, and on social media @autism.nutritionist.



Tuesday, August 25, 2020
9:00 am- Noon
Online

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.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting August 21. Families from other counties, professionals, and community members will be approved beginning August 24. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

This conference is provided through a grant from OPWDD. Self-directing families will need to add "Autism Training" to their budgets prior to attending. Please contact Family Resource Network at (607) 432-0001 for assistance adding this to your budget.

Join Family Resource Network for a workshop on:
COVID 19 Special Education Updates

Special Education attorney Patrick Radel, Esq. will discuss:

- Current guidance from the state and federal departments of education
- Advocacy strategies for families of students struggling with distance learning
- How and when to request compensatory services

Friday, August 28, 2020
10:00 am- Noon
Online

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.

Family Resource Network serves the families of people with disabilities in Broome, Chenango, Delaware, Otsego, Tioga, and Tompkins counties. Families of individuals with OPWDD eligibility living in these 6 counties will be approved first. If space allows, other families of individuals with disabilities in these 6 counties will be approved starting August 25. Families from other counties, professionals, and community members will be approved beginning August 27. Please completely answer the registration questions to ensure your registration is processed in a timely manner.

This training is provided through a grant from OPWDD. Self-directing families will need to add "Advocacy" to their budgets prior to attending. For assistance adding this to your budget, please call Family Resource Network at (607)432-0001.



Please join the Family Resource Network for our July and August meetings of our
Lunch and Learn Series

Upcoming Meetings:

Friday, July 17, 2020
11:30 am
Online

Friday, August 21, 2020
11:30 am
Online

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. Please check our website and Facebook page as we update them with details about the topics and presenters for July and August.

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.

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***

Be on the lookout for information about our upcoming Dragon Dates events for July and August!

While we will continue to host virtual events due to the current social distancing guidelines provided by New York State, we are hoping to have several in-person events as well while still adhering to these recommendations. Some events we are looking into include the Drive-In as well as Blueberry Picking and we will be sure to post updates on our website, Facebook and Instagram pages as soon as we have any details.

Please join the Family Resource Network for our Upcoming Virtual Dragon Dates Events:

Virtual UNO



Wednesday, July 15th
5:30pm
Via ZOOM

Virtual Dinner Party



Wednesday, August 19th
5:30pm
Via ZOOM

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 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.