

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

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@familyrn



@family.resource.network

***The Family Resource Network is Hiring!***  
***Our agency currently has an opening in the position listed below***

**Education Advocate/ Support Group Coordinator**  
\$13.50 an hour plus mileage reimbursement

Family Resource Network is looking for a full time Education Advocate/Support Group Coordinator. Responsibilities will include:

- Assisting families to navigate the Special Education system by phone, email, video-conference, and in person
- Advocating for families and their children at CSE and other school meetings
- Facilitating Support Groups in-person and through video-conferencing
- Planning, advertising, and facilitating workshops and conferences for families
- Some travel required
- Some weekend and evening hours are required
- Must have a valid driver's license and a reliable vehicle

**Qualifications:**

**Minimum:**

- General understanding of the special education system
- Strong verbal and written communication skills

**Preferred:**

- Personal or professional experience advocating for individuals with developmental disabilities

**Strongly preferred:**

- Personal experience navigating the special education system as the parent or guardian of a student with an IEP

# connections

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

**March-April 2022  
in this issue:**

2022 Conference Series on Autism p. 4

Nurturing Parenting Series Birth-11 p. 5

Upcoming TS/DD Events p. 7-14

Lay Advocacy Training: Bullying Intervention Strategies p. 15

March/April Parent Support Group Dates p. 16



**Family  
Resource  
Network**

Spring is almost here and the Family Resource Network is super excited for all the workshops, trainings, conferences and events we have coming up over the next two months!

April is Autism Awareness Month and we will be kicking off our 2022 Conference Series on Autism with two half day conferences, ***“Supporting Your Child to Meet Their Goals for Autonomy,”*** with presenters Dr. Noor Syed, PhD, BCBA-D, LBA/LBS and Dr. Lauren Lestremou Allen, Ph.D., BCBA-D, NCSP and ***“Keeping Children and Adolescents with Autism Safe in an Increasingly Complex World”*** with presenter Jennifer Gillis Mattson, PhD. You can find all of the details about both conferences inside this addition of FRN’s Newsletter as well as on our website and facebook pages.

We will also be continuing our monthly Cook-a-Longs with our Teen Scene and Dragon Dates programs and we have added a few other fun events into the mix. While for March and April we will be continuing to host these events virtually, we are looking forward to adding more in-person events as we are able to.

Inside this edition of our Newsletter we also have information about the next 10 week session of FRN’s Nurturing Parenting Series that will begin this Spring as well as several single sessions of the Nurturing Parenting for Parents of Children with Special Needs and Health Challenges all presented by our trained facilitators.

Details for all of these events and more can be found inside this edition of our Newsletter as well as on our website and facebook page.

## 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:

Heather Cotten: Family Peer Advocate  
 Terry Diluzio: Education Advocate  
 Barbara Finkelstein: FPA-YPA Supervisor  
 Mary Fralick: Family Peer Advocate  
 Karyn Kanzer: Family Peer Advocate  
 Jennifer Moore: Family Peer Advocate  
 Avery Piefer: Youth Peer Advocate  
 Robin Piefer: FSS Supervisor  
 Twyla Shaffer: Medicaid Billing  
 Kristin Winn: HR Supervisor/Program Coordinator  
 Michelle Zuk: Executive Director



**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

### Family Resource Network Programs:

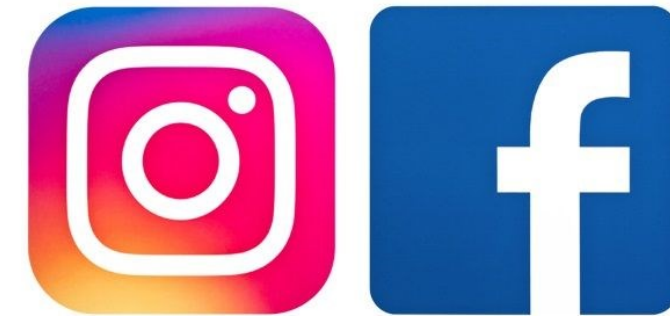
#### Services for Families with OPWDD Eligibility

Education Advocacy  
 Intensive Advocacy Program  
 Enhanced Autism Trainings  
 Support Groups  
 Family and Provider Trainings  
 Dragon Dates Program (Social Opportunities)  
 Service Access Program

#### Mental Health and Wellness Services

Family Peer Support  
 Residential Family Peer Support  
 Youth Peer Support  
 Teen Scene  
 Monthly Parent Group  
 Southern Tier Chapter of Families Together in NYS

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



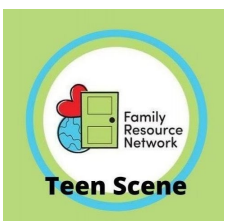
Find us on Facebook:  
 @familyrn

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](http://www.facebook.com/FRNTeenScene)

Find us on Instagram:  
 @\_frnteenscene\_



*Upcoming FRN Workshop:*

**“Your Due Process Rights: What to Do When you Don’t Agree”**

**Wednesday, March 23**

**6:00-8:00 pm**

**Online**

You’ve had your child’s IEP meeting, or possibly several, but you just don’t agree with the school’s plan for your child. What now? Education advocates Robin Piefer and Terry DiLuzio will explain your Due Process rights and discuss:

- Positive Steps for Conflict Resolution
  - Identifying Your Priorities
- Requesting an Independent Educational Evaluation
  - Mediation
  - Filing a Complaint
  - Impartial Hearings

**\*\*\*Registration Required\*\*\***

To register online, go to [www.familyrn.org](http://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 training is funded by the Office of People with Developmental Disabilities. Self-Directing families will need to add “Advocacy” to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.\*\*\***

*Please Join the Family Resource Network for a Workshop on:*  
**“Personal Power, Praise, and Positive Discipline”**  
 Presenters: Robin Piefer and Terry DiLuzio, Nurturing Parenting Faciliatators

**Wednesday, March 9, 2022**

**6:00-8:00 pm**

**Online**

This single session of the Nurturing Parenting for Parents of Children with Special Needs and Health Challenges will focus on:

- The Concept of Personal Power
- Types of Praise (being and doing)
  - Ways to Empower your child
  - The 3 steps to ACTion

The Nurturing Program for parents and Their Children with Special Needs and Health Challenges is designed to help families explore their hopes and fears, develop effective parenting skills, enhance communication, develop strategies for facing challenges and recognize opportunities for celebration and growth.

This is an interactive workshop and participants are encouraged to keep their cameras and microphones on during the session with the presenters. We do understand that everyone has different comfort levels when it comes to the use of video conferencing.

To register online, go to [www.familyrn.org](http://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 training is funded by 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 2022 Conference Series

Please join the Family Resource Network for a conference on:  
**“Supporting Your Child to Meet Their Goals for Autonomy”**

**Wednesday, March 16**  
**9:00am-Noon**  
**Online**

The ultimate goal of parenthood is to prepare your child for adulthood. Individuals with developmental disabilities may need more help, but we can still support them to make their own choices and direct their own lives. Whether you are the parent of a young child or of an adult who wants to be more independent, this conference will help you teach your child to be autonomous.

Learn about:

- What is autonomy, and how do we support it?
- Self-Advocacy
- What is your child's role?
- What is your role?
- Supporting your child to set and achieve goals
- Creating a plan

**Our Presenters: (Full bios can be found on the events calendar on our website)**

**Dr. Noor Syed, PhD, BCBA-D, LBA/LBS** (she/her) is an Assistant Professor of Applied Behavior Analysis, Clinical Coordinator, and founding Director of the Center for Autism Advocacy: Research, Education, and Services (CAARES) with SUNY Empire State College. The Center's current initiative is to help SUNY Empire become a fully inclusive and supportive college for those who identify as neurodiverse or differently abled through a multi-tiered system of support framework. This initiative is being spearheaded by a team of autistic advocates, students, SUNY Empire faculty and staff, and behavior analysts. Dr. Syed has recently been named the Turben Director of Autism Advocacy with CAARES. In addition, Dr. Syed is overseeing the launch of a Master's of Science in ABA through SUNY Empire in Spring 2022. She is the Executive Director of Anderson Center International, an organization dedicated to building compassionate, sustainable resources for evidenced-based practices globally, an Adjunct Doctoral Advisor in ABA with Endicott College, and a certified general and special education teacher.



**Dr. Lauren Lestremay Allen, Ph.D., BCBA-D, NCSP** is a Licensed Psychologist (NY, MD), Board Certified Behavior Analyst-Doctoral, and a Nationally Certified School Psychologist. Dr. Allen is committed to high quality service and support delivery for autistic individuals and individuals with developmental disabilities and is passionate about training professionals. Dr. Allen is an Assistant Professor at SUNY Empire State College in the newly launched Applied Behavior Analysis Master of Science program. The program prioritizes compassionate, value-driven care and client self-advocacy and autonomy and prepares graduate students to become New York State Licensed Behavior Analysts and Board Certified Behavior Analysts and. Dr. Allen also serves as the Assistant Director of the SUNY Empire Center for Autism Advocacy: Research, Education, and Supports (CAARES). The primary initiative of CAARES is to establish SUNY Empire as an Autistic Supportive College through a multi-tiered system of supports, informed and with ongoing input from a team of stakeholders, including autistic self-advocates.



Please join the Family Resource Network for a conference on:  
**Keeping Children and Adolescents with Autism**  
**Safe in an Increasingly Complex World**

**Friday, April 29**  
**9:00 am-Noon**  
**Online**

Safety awareness and safety skills are critical to teach for all children, including autistic children. This presentation will provide an overview of what is understood about safety risks in different situations and developmental periods for children and adolescents as well as what is known to be helpful and effective at maintaining safety in those situations. Specifically, we will review safety at home, in the community, and at school, including abuse identification and prevention. We will discuss elopement/wandering, a common concern of families of autistic children as well as considerations for increasing awareness and support by law enforcement and other emergency responders. This 3-hour long presentation will largely consist of case studies, interactive activities, and discussion of both general and specific strategies.

Topics Covered:

- Safety risk factors and preventative strategies
- Considerations for involving community and school in increasing safety
- Abuse awareness and recognition
- Law enforcement and emergency responders
- Elopement/wandering

**Our Presenter:**

**Jennifer Gillis Mattson, PhD** is a Professor of Psychology and clinical psychologist at Binghamton University. She is the director of the Binghamton Regional Center for ASD, Institute for Child Development and the BU Education and Autism Research Project. She has over 20 years of experience in the field of autism, spanning from early childhood through young adulthood. Her recent research projects focus on training and burnout of therapy providers, stigma and bullying, and global inclusion practices in educational settings.

**\*\*\*Registration for these conferences is required\*\*\***

To register online, go to [www.familyrn.org](http://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.

\*\*\*These trainings are funded by the Office of People with Developmental Disabilities. Self-Directing families will need to add “Autism Training” to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program 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:

Tuesday, March 1 6:30 pm    Thursday, March 3 10:00 am  
 Tuesday, March 8 6:30 pm    Thursday, March 10 10:00 am  
 Tuesday, March 15 6:30 pm    Thursday, March 17 10:00 am  
 Tuesday, March 22 6:30 pm    Thursday, March 24 10:00 am  
 Tuesday, March 29 6:30 pm    Thursday, March 31 10:00 am  
 Tuesday, April 5 6:30pm    Thursday, April 7 10:00 am  
 Tuesday, April 12 6:30 pm    Thursday, April 14 10:00 am  
 Tuesday, April 19 6:30 pm    Thursday, April 21 10:00 am  
 Tuesday, April 26 6:30 pm    No Support Group Thursday, April 28

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

To register, go to [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

For questions, or to participate by phone, please call Terry at (607)287-3816.

\*\*\*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.\*\*\*

PLEASE JOIN THE FAMILY RESOURCE NETWORK FOR OUR  
VIRTUAL NURTURING PARENTING SERIES:

## NURTURING SKILLS FOR FAMILIES STRENGTH BASE APPROACH TO POSITIVE PARENTING



The Family Resource Network will be offering a ten session course with 2 make- up session 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 Thursdays from 6:00pm-8:00pm via Zoom. Based on participants' schedule if this time will not work for you there is the potential to host this class in the afternoon. Please mention this at the time of registration:

Thursday, May 5th  
 Thursday, May 12th  
 Thursday, May 19th  
 Thursday, May 26th  
 Thursday, June 2nd  
 Thursday, June 9th

Thursday, June 16th  
 Thursday, June 23rd  
 Thursday, June 30th  
 Thursday, July 7th  
 Thursday, July 14th\*  
 Thursday, July 21st\*  
 \*Make up sessions

### 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 and Starbridge for a Lay Advocacy Training on:  
**Discipline and Suspension: Understanding the Rights of Students with Disabilities**

Did you know there is a difference between general discipline procedures and discipline procedures for students who have disabilities? Children who have disabilities have specific rights under state and federal laws when it comes to suspensions and school discipline. This workshop will provide an overview of these rights and the process used for discipline and suspensions. Participants will learn about Functional Behavioral Assessments and how to create a proactive behavior management plan to help avoid future conflict.

**Friday, April 8**  
**9:00-11:00 am**  
**Online**

**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.

*Registration is required.*

To register online, go to [www.familyrn.org](http://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 training is funded by the Office of People with Developmental Disabilities. Self-Directing families will need to add "Advocacy" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.\*\*\*



Please Join the Family Resource Network and Starbridge for a Lay Advocacy Training on:  
**Bullying: Intervention Strategies**

**Friday, March 11**  
**9:00-11:00 am**  
**Online**

Bullying is an increasingly serious problem in schools. Families, teachers, and children need help and support in knowing how to respond. This workshop introduces participants to definitions of bullying, how to recognize it, and how to respond to it both at home and in school.

- Be able to define bullying behavior and distinguish it from typical peer conflict
- Identify your own emotional responses to your child or student being bullied
- Learn coping strategies for yourself and strategies to help your child or student
- Learn effective ways to intervene in the child's school or home environment

**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.

*Registration is required.*

To register online, go to [www.familyrn.org](http://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 training is funded by the Office of People with Developmental Disabilities. Self-Directing families will need to add "Advocacy" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.\*\*\*

Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event

## Virtual Trivia Night!



**Monday, March 14th**  
**5:00pm-6:30pm**  
**Online via Zoom**

Have a fun family game night at home in the company of friends from FRN. Kahoot, our trivia style game, has been such a big hit during our previous game nights, we will be having a whole night dedicated to Kahoot style trivia! There will be a variety of family friendly topics including Movies, Music, Sports, Food and more! And because St. Patrick's Day is right around the corner we will even have a round specific to fun facts related to the holiday. All family members are encouraged to join in! Prizes will be given to the winners of each round.

### ***Registration is required***

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth in Otsego, Delaware and Chenango County. **Dragon Dates** events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

Questions? Call FRN at 607-432-0001 and ask for Kristin.

Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event

## Virtual Cook-a-Long: Pizza Party!



**Monday, March 28th**  
**5:00pm-6:30pm**  
**Online via ZOOM**

The Family Resource Network is excited for this month's virtual cook-a-long! We strive to be youth and family driven and our theme for the month of March was requested by several of our Teen Scene and Dragon Dates members! FRN will lead participants through two pizza recipes including English Muffin Pizzas and Pizza Bites and we will supply the ingredients! ***Please register by Wednesday, March 23rd in order to receive your free supply kit.*** If you live within 10 miles of the Family Resource Network office it can be delivered. If you live farther away, you can schedule a time to pick up the kit.



### ***Registration is required***

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth in Otsego, Delaware and Chenango County. **Dragon Dates** events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

Questions? Call FRN at 607-432-0001 and ask for Kristin.



Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event  
**Virtual Seed Starting!**



**Monday, April 4th  
 5:00pm-6:30pm  
 Online via ZOOM**

We are so excited for Spring! Are you and your family thinking about having a garden this year? Now is the perfect time to begin starting seeds indoors for vegetable plants such as tomatoes and peppers if you plan to grow these from seeds yourself! Tonight we will go over how to begin tomato and pepper seeds indoors. We will also discuss transplanting guidelines and other tips and tricks for your seedlings. We will cover the difference between container gardening vs. planting directly in the ground and help you decide which is best for you! **FRN will be providing seed packets and other needed growing supplies for all participants who register by March 25th.**



**Registration is required**

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth in Otsego, Delaware and Chenango County. **Dragon Dates** events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

Questions? Call FRN at 607-432-0001 and ask for Kristin.

Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event  
**Virtual Cook-a-Long: Food Rainbows**

**Monday, April 25th  
 5:00pm-6:30pm  
 Online via ZOOM**

The Family Resource Network is excited for this month's virtual cook-a-long! With the beginning of Spring we thought it would be fun to incorporate rainbows in our food in April. FRN will lead participants through a Rainbow Pasta Salad recipe and we will supply the ingredients! **Please register by Wednesday, April 20th in order to receive your free supply kit.** If you live within 10 miles of the Family Resource Network office it can be delivered. If you live farther away, you can schedule a time to pick up the kit.



**Registration is required**

To register please visit our website @ [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and then "Events Calendar".

The age range for **Teen Scene** events has been expanded and these will be open to any school aged youth in Otsego, Delaware and Chenango County. **Dragon Dates** events are for individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County.

Questions? Call FRN at 607-432-0001 and ask for Kristin.

*With the need for physical distancing, Family Resource Network Teen Scene and Dragon Dates will continue hosting virtual events via Zoom. When the weather permits and we are able to safely meet outdoors we are excited to offer in-person events as well!*





***G&E Therapies is excited to announce the  
2022 Summer Recreation Program for elementary through high  
school eligible children!***

**The Summer Program will be held at:  
Our Lady of Sorrows  
801 Main St.  
Vestal, NY**

The Summer Program starts Monday, July 11 and runs through Friday, August 19 (6 weeks) from 8:30pm to 2:30pm.

*OPWDD qualified children and young adults have no out-of-pocket costs associated with the program.*

Each fun-filled week will have its own theme based activities with the day broken into segments that include Recreation, Music and Movement, Arts and Crafts, and Free Choice time.

Based on what the participants are interested in learning, we will have special guests that will share their talents including weekly visits from local musicians and scientists to round the learning experience. We don't stop there; the local Fire Department, Police K9 team, Therapy Dogs, and the Red Cross are just to name a few special guests planned in addition to our local talents.



Parents need to provide transportation for their children to and from Our Lady of Sorrows, 801 Main St., Vestal, NY. When off-site field trips will be planned, parent or guardians need to provide transportation and must stay for the duration of the event.

Any parent interested in having their child attend can download the application at **www.GandETherapies.com** and submit an application for review and acceptance into the program.

Applications can be sent to Melissa Wilson, Office manager, **mwilson@gandetherapies.com**

Program related questions can be directed to Dr. Chris Baumbach, **cbaumbach@gandetherapies.com** or calling/ texting **607-624-9172**.



**G&E  
THERAPIES**  
"Quality, Family Centered Care"

***Please Join the Family Resource Network for Our Upcoming Workshop:  
Summer Camps for Individuals with Developmental  
Disabilities***

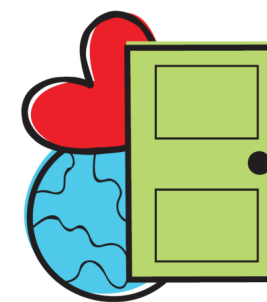
Are you looking for a summer program for your loved one with a developmental disability? Join Family Resource Network for presentations by camp programs from around NY state, including day camps, sleep-away camps, and family camps. Learn about what to expect, how to apply, and funding options for camp.

**Wednesday, April 6  
6:00-8:00 pm  
Online**

***Registration is required.***

To register online, go to [www.familyrn.org](http://www.familyrn.org) and click on "News and Events" and "Events Calendar". For questions or assistance with registration, call Terry at (607)287-3816.

\*\*\*This training is funded by 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  
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