

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

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@familyrn



@family.resource.network

Save the Date: Fall Session Nurturing Parenting Program

The Family Resource Network will be offering a ten session course of the “Nurturing Skills for Families-A Strength Based Approach to Positive Parenting” presented by our team of credentialed Family Peer Advocates and trained facilitators. This program focuses on positive parenting of children birth-11 years of age.

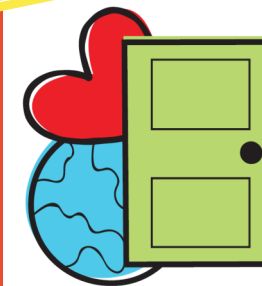
The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to help caregivers build nurturing parenting skills and develop positive parenting techniques. The Nurturing Parenting Programs are designed to meet the family’s needs based on their parenting strengths and weaknesses.

This session is scheduled to begin in September. Please check our website and social media for additional details TBD.

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.

connections

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



Family
Resource
Network

July-August 2022
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Summer is here and the Family Resource Network is excited to be able to offer several in-person events over the next two months! In addition to our monthly virtual meetings, our Teen Scene and Dragon Dates programs will be hosting a Mini Golf event at the Oneonta Sports Park in July and a Berry Picking event at Middlefield Orchard in August. Mini Golf and Berry Picking are family centered events and FRN will not be responsible for supervision.

If you are wondering if your family is eligible to attend either of these events, the age range for Teen Scene events has been expanded and Teen Scene events will be open to any school aged youth in Otsego, Delaware and Chenango County. Dragon Dates events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. For additional questions please call the Family Resource Network at 607-432-0001 and ask for Kristin.

Details for both of these events as well as our virtual cook-a-longs, trainings and workshops are inside this edition of FRN’s Connections Newsletter. We look forward to seeing you this summer!

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.

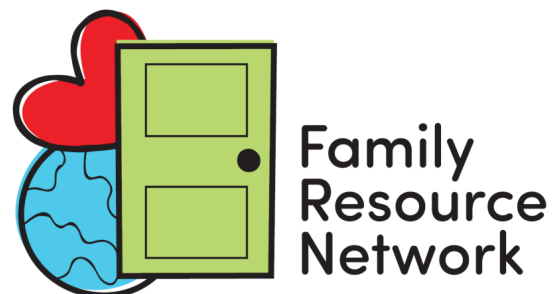
Purpose:

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:

Sara Bonafine: Family Peer Advocate
 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
 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!



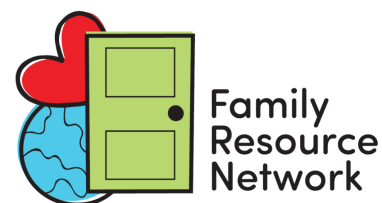
Find us on Facebook:
 @familyrn

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

Find us on Instagram:
 @_frnteenscene_



Please join the Family Resource Network for our upcoming workshop
**Sexuality and Developmental Disabilities: A Workshop
 for Parents and Guardians**

Wednesday, July 13
 6:00-7:30 pm
 Online

Talking with our young and grown children about sexuality can be a difficult task. As parents and guardians, we often worry whether talking about it gives permission and whether they can be safe from harm when they are in relationships.

This workshop will help you become more comfortable discussing this topic by covering what topics to cover when and the most effective ways to talk about this sensitive topic.



Learning Objectives:

- Examine barriers to talking about sexuality.
- Gain knowledge about sexuality and developmental disabilities.
- Acquire and practice skills in communicating about sexuality with our young and grown children.

Our presenter: Beth Sola is a Special Educator, Parent Educator, and has a son with I/DD who is 28 years old. She has led many workshops on Talking with your Child about Sexuality.

Registration is required.

To register, visit familyrn.org and click on “News and Events” and “Events Calendar”. For more information or for assistance in registering, please call Terry at (607)287-3816.

This training is provided through a grant from OPWDD. Self-directing families will need to add Training Groups” to their budgets. For assistance in adding this program to your budget, please contact Robin at (607)287-6358.

Please Join the Family Resource Network and Starbridge for a Training on:
Pathways to Graduation

Friday, July 15
 9:00-11:00 am
 Online

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 post-secondary 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.

Registration is required.

To register, visit familyrn.org and click on “News and Events” and “Events Calendar”. For more information or for assistance in registering, please call Terry at (607)287-3816.

This training is provided through a grant from OPWDD. Self-directing families will need to add “Advocacy” to their budgets. For assistance in adding this program to your budget, please contact Robin at (607)287-6358.



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 5 6:30 pm	Thursday, July 7 10:00 am
Tuesday, July 12 6:30 pm	Thursday, July 14 10:00 am
Tuesday, July 19 6:30 pm	Thursday, July 21 10:00 am
Tuesday, July 26 6:30 pm	Thursday, July 28 10:00 am
Tuesday, August 2 6:30 pm	Thursday, August 4 10:00 am
Tuesday, August 9 6:30pm	Thursday, August 11 10:00 am
Tuesday, August 16 6:30 pm	Thursday, August 18 10:00 am
Tuesday, August 23 6:30 pm	Thursday, August 25 10:00 am
Tuesday, August 30 6:30 pm	

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 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 upcoming workshop: **Praise, Encouragement, and Family Rules**

Wednesday, July 27, 2022
6:00-8:00 pm
Online

Join Family Resource Network for a Nurturing Parenting workshop on Praise, Encouragement, and Family Rules. This workshop will discuss:

- Praising and empowering your child
- Growth Mindset
- Testing Limits
- Can't vs. Won't
- Family Morals and Values
- Family Rules or Expectations

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.

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.

Registration is required.

To register, visit familyrn.org and click on "News and Events" and "Events Calendar". For more information or for assistance in registering, please call Terry at (607)287-3816.

This training is provided through a grant from OPWDD. Self-directing families will need to add Training Groups" to their budgets. For assistance in adding this program to your budget, please contact Robin at (607)287-6358.

THE FAMILY RESOURCE NETWORK UPCOMING
TEEN SCENE AND DRAGON DATES:

MINI GOLF: IN-PERSON EVENT!

SATURDAY, JULY 16TH 11AM-1PM
ONEONTA SPORTS PARK 132 COUNTY HWY 47 ONEONTA, NY

The Family Resource Network will cover a game of Minigolf for each family member followed by a pizza lunch at the picnic area at the Sports Park.

REGISTER BY JULY 11TH!

Registration is REQUIRED. To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone or for additional information please call FRN @ 607-432-0001

TEEN SCENE events are now extended to any school age youth in Otsego, Delaware and Chenango County.

DRAGON DATES events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Self-directing families will need to add "Social Skills" to their budgets before attending. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.

This is a family event. FRN is not responsible for supervision

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

Virtual Cook-a-Long: Baking and Cooking with Zucchini



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

The Family Resource Network is excited for this month's virtual cook-a-long! During the summer Zucchini is often prolific, so we decided to take advantage of this veggie that many of us might have growing right in our backyard and give you some ideas on how to use up some of your squash! FRN will lead participants through two recipes that require zucchini, including Zucchini Bread and Zucchini Pie, and we will supply the ingredients! **Please register by Monday, July 18th 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 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.

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for an In-Person Berry Picking Event!

Middlefield Orchard



Saturday, August 13, 2022
1:00-3:00pm

Middlefield Orchard
2274 State Hwy 166
Cooperstown, NY



Enjoy an afternoon at Middlefield Orchard, picking blueberries and raspberries. Family Resource Network will pay for up to 4lbs of berries per family and provide lemonade and homemade cookies baked by Middlefield orchard!

Please Register by August 9th

Registration is REQUIRED.

To register please visit our website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone or for additional information please call FRN @ 607-432-0001

The age range for **Teen Scene** events has been expanded and Teen Scene events will be open to any school aged youth in Otsego, Delaware and Chenango County.

Dragon Dates events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Self-directing families will need to add "Social Skills" to their budgets before attending. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.

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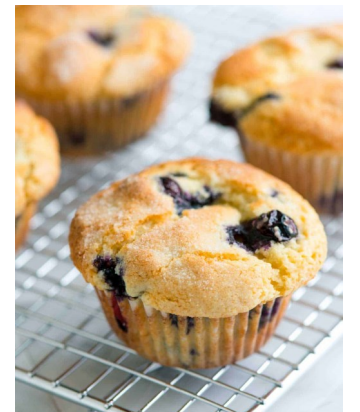
Please join the Family Resource Network Teen Scene and Dragon Dates Programs for our upcoming event

Virtual Cook-a-Long: Summertime Snacking



Monday, August 22nd
5:00pm-6:30pm
Online via ZOOM

The Family Resource Network is excited for this month's virtual cook-a-long! For August we will be making two light summertime snacks together! FRN will lead participants through recipes for a Fruit and Yogurt parfait and Blueberry Muffins and we will supply the ingredients! **Please register by Monday, August 15th 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 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.

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