

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

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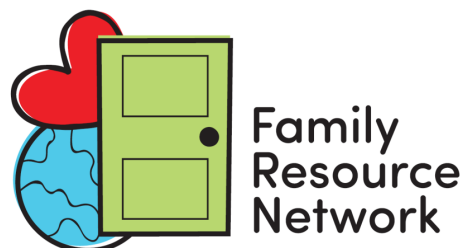


@family.resource.network

The Family Resource Network is looking for people like YOU!

If you are reading our newsletter, it is a safe bet that you already make a positive difference in the life of someone with a special need and have attended one of the many conferences or workshops sponsored by The Family Resource Network. Have you ever wished for the opportunity to share your knowledge and/or help others? The board of directors at The Family Resource Network consists of members of our community who believe in the mission of the agency and we are currently looking for people to join our board of directors.

For more information regarding the Family Resource Network, our mission statement and the role of a board member please contact board president Rhiannon Ham at (607) 278-5758 or call the Family Resource Network at (607) 432-0001.



Family
Resource
Network

connections

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

September & October 2023
in this issue:

Introducing Family Resource Network's Embark Program p. 4
Upcoming Workshop: Bullying Intervention Strategies p. 7
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Upcoming Teen Scene and Dragon Dates events p. 11-14



The Family Resource Network has had a fun, busy summer! Our 5th Annual Community Softball Game with the Oneonta Job Corps Academy was a blast! Thank you to everyone who participated in this event as a player, spectator, tabling agency and performer.



We would like to give special recognition to the Oneonta Community Initiative Program for assistance funding this event. We would also like to give a special shout out too Alicia Ross Photography for always capturing this awesome event on camera! We encourage you to check out page 10 of this edition of our newsletter to recap some of these moments!



Looking forward to the Fall, the Family Resource Network is excited to introduce a new program within our OPWDD services. The Embark Program has been specially created for families of young children with developmental disabilities. Our goal is to make caring for a child with a developmental disability easier by helping families build confidence and understanding, learn

advocacy skills, and connect with other families to reduce isolation. For more information on the Embark Program please check out page 4.

Our September/October newsletter also contains valuable information about upcoming workshops, trainings and events for all of our programs. Please look inside for the details!



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.

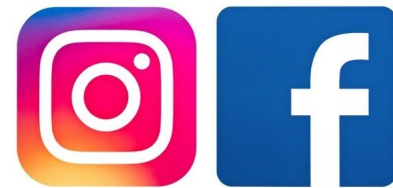
Family Resource Network Staff:

Heather Cotten: Family Peer Advocate
 Terry Diluzio: Education Advocate
 Mary Fralick: Family Peer Advocate
 Karyn Kanzer: Family Peer Advocate
 Pattie Kinter: Education Advocate
 Robin Piefer: FSS Supervisor
 Kristin Winn: HR Supervisor/Program Coordinator
 Michelle Zuk: Executive Director



Find us on Facebook:
 @familyrn

Find us on Instagram:
 @family.resource.network



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
 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

Introducing the Family Resource Network's Embark Program

More families are being asked by OPWDD to use Family Support Services before qualifying for the Home and Community Based Services (HCBS) waiver. At Family Resource Network, we offer a variety of Family Support Services. Family Resource Network Embark is a group of services designed to support the families of young children with developmental disabilities. Our goal is to make caring for a child with a developmental disability easier by helping families build confidence and understanding, learn advocacy skills, and connect with other families to reduce isolation.

- Access to 1:1 support from one of our advocates to help you understand your child's disability, connect with resources and services, and navigate the special education system, OPWDD, mental health, and other systems for your child.
- An online support group for families of children under 8 with developmental disabilities. This will meet twice a month.
- Monthly trainings geared toward the needs and interests of families of young children with developmental disabilities.
- COMING SOON: Monthly social/recreational activities for all family members enrolled in the Embark program.

In September and October:

Embark Support Groups:

Wednesday, September 20: 6:30-7:30 pm

Thursday, October 12: 10:00-11:00 am

Wednesday, October 25: 6:30-7:30 pm

Training:

Wednesday, September 27, 6:30-8:30 pm: "The Power of Play and Socialization" (pg. 8)

To register for the Embark program, please contact Robin at (607)287-6358 or fss@familyrn.org.

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, September 5 6:30 pm	Thursday, September 7 10:00 am
Tuesday, September 12 6:30 pm	Thursday, September 14 10:00 am
Tuesday, September 19 6:30 pm	Thursday, September 21 10:00 am
Tuesday, September 26 6:30 pm	Thursday, September 28 10:00 am
Tuesday, October 3 6:30 pm	Thursday, October 5 10:00 am
Tuesday, October 10 6:30 pm	Thursday, October 19 10:00 am
Tuesday, October 17 6:30 pm	
Tuesday, October 24 6:30pm	
Tuesday, October 31 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 and Starbridge for our upcoming training:

Understanding and Supporting Children with Challenging Behaviors

Wednesday, September 13, 2023

9:00-11:00 am

Online via Zoom

Behavior in all forms, such as facial expressions and body language, can convey messages. This workshop will explore the nature of a child's behavior, some possible root causes, and strategies to promote positive behaviors. We will look at various supports and services available through school and in the community, and discuss options for when more support is needed.

- Look at behavior as a form of communication
- Identify possible causes of challenging behaviors
- Identify supports and services available through the school district and community.

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, Chenango, Madison, Otsego, and Delaware Counties.

*****Registration Required*****

To register, please go to familyrn.org and click on news and events and events calendar. For questions or help registering, please contact Terry at (607)287-3816

***This workshop is provided through a grant from OPWDD. Self-directing families will need to add "Training Groups" to their budgets before attending. Please contact Robin at (607)287-6358 for help adding this program to your child's budget.

Please join the Family Resource Network and Starbridge for our upcoming training:

Bullying: Intervention Strategies

Friday, October 13, 2023

9:00-11:00

Online via Zoom

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

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, Chenango, Madison, Otsego, and Delaware Counties.

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Please join the Family Resource Network for our upcoming training:

The Power of Play and Socialization

Wednesday, October 4, 2023

6:30-8:30

HYBRID:

**In-Person at 46 Oneida St., Oneonta
or online via Zoom**

Play is an important part of a child's life and essential to learning and development. Play allows persons to interact with others, learn new skills, and develop trust. It facilitates practice in decision making and conflict resolution, hones critical thinking skills, and above all else, provides opportunities to have fun in the company of others. Join Family Resource Network for this interactive workshop on play and socialization. We will be discussing:

- The types and stages of play
- A parent's role in children's play
- How to support play
- Socialization and inclusion

This workshop is a part of the Nurturing Parenting Special Needs and Health challenges Parenting Workshop Series. Our presenters, Robin Piefer and Terry DiLuzio, are trained Nurturing Parenting facilitators.

Registration is required.

To register, please go to familyrn.org and click on news and events and events calendar. For questions or help registering, please contact Terry at (607)287-3816.

***This workshop is provided through a grant from OPWDD. Self-directing families will need to add "Training Groups" to their budgets before attending. Please contact Robin at (607)287-6358 for help adding this program to your child's budget.

Please join the Family Resource Network for a workshop on:
**Financial Literacy for Families of Individuals with
 Developmental Disabilities**

Wednesday, September 27, 2023
10:00- 11:00 am
Online via Zoom

Times can be tough when you are caring for a loved one with a developmental disability. You can become stressed or feel overwhelmed or powerless. Everyday financial needs can be a major stressor for many. Join FRN for an informational training by Phil Nelson of The Stack Project to learn small steps you can take to improve your financial situation.

Our Presenter: *Phil Nelson* is the founder, Executive Director, and Financial Counselor of The Stack Project, a nonprofit focused on 1:1 financial counseling, workshops, and case management for youth, young adults, and families. Phil has served as the top financial counselor for several years under the NYC Office of Financial Empowerment. He has written numerous white papers on strategy, client retention, and development for financial counseling. He also sits on the panel review for the Racial Justice and Equity fund for the Community Foundation for South Central New York.

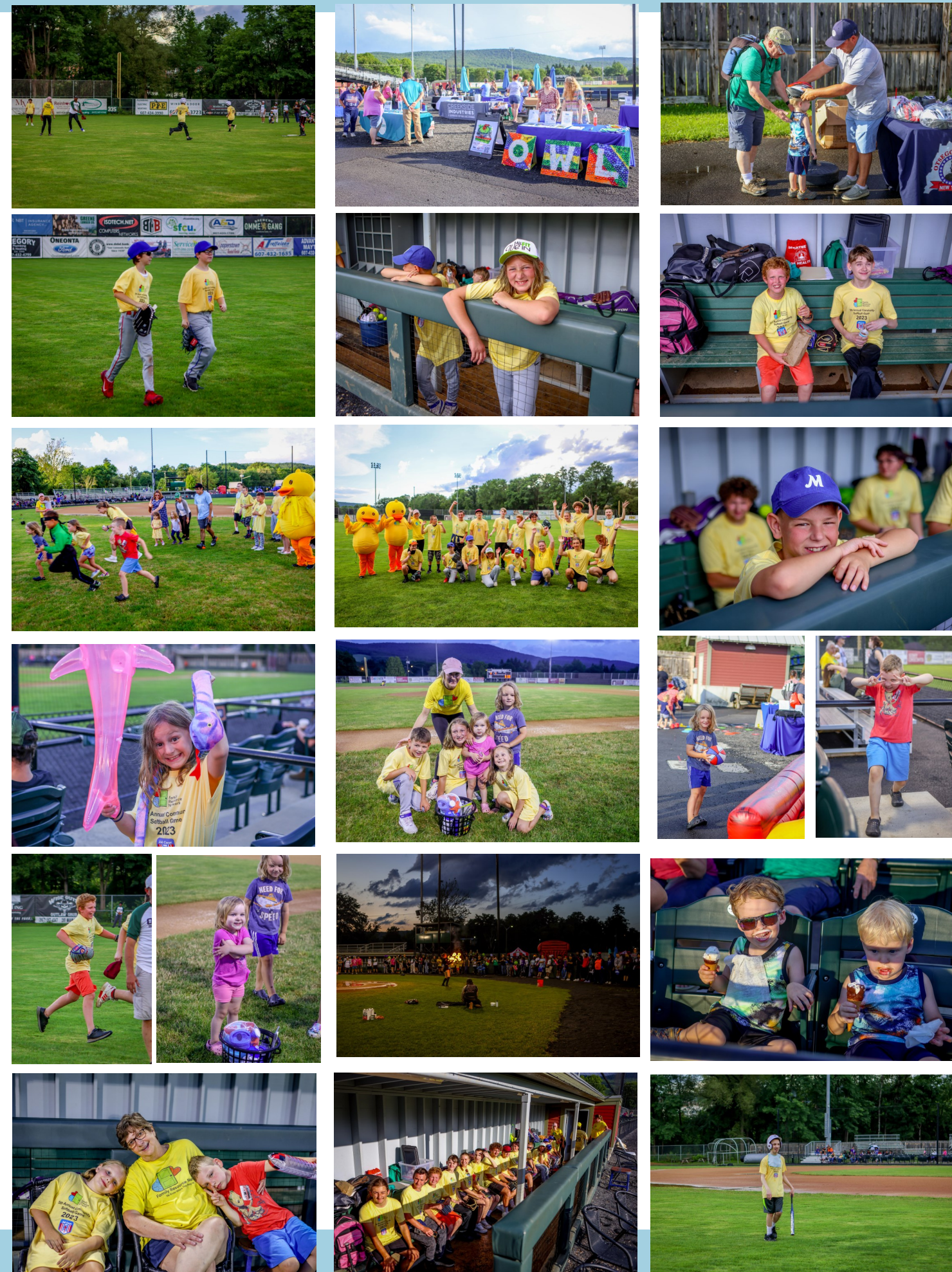
Registration is required.

To register, please go to familyrn.org and click on news and events and events calendar. For questions or help registering, please contact Terry at (607)287-3816.

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**the
stack
project**



Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for our End of Summer Mini Golf Event!



Saturday, September 9, 2023
11:00am-1:00pm

Oneonta Sports Park
132 County Hwy 47
Oneonta, NY

Enjoy a round of mini golf with the Family Resource Network! The Family Resource Network will cover a game of Mini golf for each family member followed by a pizza lunch at the picnic area at the Sports Park.

Please Register by September 7th

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.

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: Soup and Sandwiches

Thursday, September 28th
5:00pm-6:30pm
Online via ZOOM



The Family Resource Network is excited for this month's virtual cook-a-long. For September FRN will lead participants through two recipes, one for Potato Soup and the other for a grilled sandwich and we will help cover the cost of the ingredients. We have decided to try something different for supplies. Rather than FRN purchasing the supplies and delivering or scheduling pick ups, we will be providing families gift cards and a supply list that they can use to get the ingredients they need. **Please register by Thursday, September 21st in order to receive your gift card prior to the event.** You will have the option to select from Walmart, Hannaford or Price Chopper and we will mail your gift card after the registration deadline.



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 Teen Scene events will be open to any school aged youth in Otsego, Delaware and Chenango County.

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Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for Skating and Laser Tag!



Sunday, October 22nd, 2023
10:00am-12:00pm

Interskate 88
5185 NY-23
Oneonta, NY

Enjoy a morning of skating and laser tag at Interskate 88 with the Family Resource Network! The Family Resource Network has rented out the building for our private event. This event is free for registered Teen Scene and Dragon Dates participants and their family members. We will cover skates for each family member, laser tag as well as pizza and drinks!

Please Register by October 20th

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.

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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: Halloween Treats

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



The Family Resource Network is excited for this month's virtual cook-a-long. For October FRN will get festive and lead participants through two recipes, both being Autumn themed desserts, and we will help cover the cost of the ingredients. We have decided to try something different for supplies. Rather than FRN purchasing the supplies and delivering or scheduling pick ups, we will be providing families gift cards and a supply list that they can use to get the ingredients they need. **Please register by Monday, October 23rd in order to receive your gift card prior to the event.** You will have the option to select from Walmart, Hannaford or Price Chopper and we will mail your gift card after the registration deadline.



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 Teen Scene events will be open to any school aged youth in Otsego, Delaware and Chenango County.

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