

Save the Date!

Families Together
in New York State

FAMILY EMPOWERMENT DAY 2026

SAVE THE DATE
MONDAY, MARCH 30TH

RALLY & MARCH AT THE CAPITOL
The Well, Legislative Office Building
198 State St, Albany, NY 12210

www.ftnys.org

The Family Resource Network is excited to share we will be hosting a charter bus to transport families to Family Empowerment Day this year! The bus will depart from Binghamton and make two stops along the way to Albany to accommodate families. For more information please reach out to FRN @ 607-432-0001.

Registration is required.

To register through the FRN and reserve your space on the bus please follow the link below:

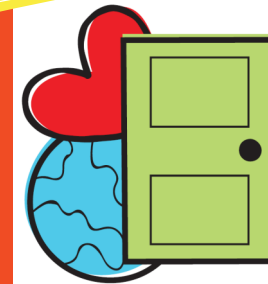
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connections

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

January & February 2026
in this issue:

FRN is returning to Neahwa Park in 2026 for our 8th Annual Duck Derby and Family Fun Day!
Online and Phone Family Support Groups
Upcoming Teen Scene, Dragon Dates and RCCP Events
FTNYS Family Empowerment Day 2026



Family Resource Network

As 2025 comes to a close, the Family Resource Network is looking forward to all the exciting things the New Year will bring! Our highly anticipated event for the year will be FRN's 8th Annual Family Fun Day and Duck Derby on Saturday, June 13th from 12:00pm-3:00pm at Neahwa Park in Oneonta. After a brief hiatus last year, we are excited to return to Neahwa Park, bigger and better than ever! After the amazing turnout and community support and participation we received during our 2024 event, we are excited to get the planning underway for year eight!

The Family Fun Day and Duck Derby is a family friendly event that combines the excitement of multiple rubber duck races down the Mill Creek, face painting, music, and tons of make and take crafts. Every year we add more fun and accessible activities to the day! In addition, this event has become a much-anticipated opportunity for other area non-profit organizations to come together and connect with community members about the wonderful programs that they offer. In 2024 we had nearly 30 local agencies who participated! There will be multiple heats of duck races throughout the afternoon. Cash prizes will be awarded to first, second and third place finishers in each race.

For more information on how to get involved please call the Family Resource Network at 607-432-0001 and ask for Kristin. If you would like to reserve a space for your agency to table at the event please send an email to kwinn@familyrn.org for more details

This event has become our signature, annual fundraiser and agency showcase. The goal of our Duck Derby is to raise money for projects and programs not covered through any of our other funding sources. We are currently looking for corporate sponsors who would be willing to help us reach this goal. If you are interested in sponsoring the event please reach out to Michelle Zuk @ mzuk@familyrn.org or by calling 607-432-0001

Finally, we hope to see many of you in the coming months at the events, trainings and support groups FRN will be hosting. Details for everything we have planned can be found in our Newsletter as well as on the events calendar on our website!

The Family Resource Network, Inc. Mission & Purpose

Mission Statement:

Individuals with disabilities deserve every opportunity to achieve their unique potential. The Family Resource Network was founded by parents to enhance the lives of individuals with disabilities 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:

Joanna Brach: Education Advocate
Harlie Dumond: Family Peer Advocate
Mary Fralick: Family Peer Advocate
Ruth Modinger: Education Advocate
Robin Piefer: FSS Supervisor
Marcia Shaw: Bookkeeper
Cassandra Smith: Education Advocate
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
Teen Scene
Monthly Parent Group
Southern Tier Chapter of Families Together in NYS

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 disabilities 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.

In 2026, we will be offering one online support group per month.

These support groups will take place on the 2nd Tuesday of the month at 6:30 pm. Our support groups will meet on:

Tuesday, January 13, 2026 6:30-7:30 pm
Tuesday, February 10, 2026 6:30-7:30 pm

Registration is required.

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.

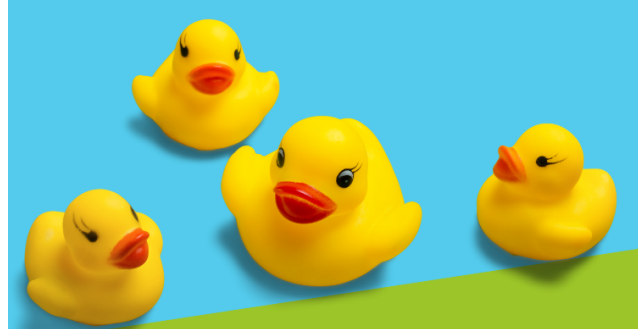
Support Groups are funded by a grant from the Office of People with Developmental Disabilities. Self-directing families will need to add "training groups" to their budgets. Please contact Robin at (607)287-6358 for assistance adding this program to your budget.



The Family Resource Network is excited to announce we will be returning to Neahwa Park on Saturday, June 13th, 2026 for our

8TH ANNUAL DUCK DERBY AND FAMILY FUN DAY!

Interested in being a part of our event? Now is the time to get involved!



Ticket Sales have already kicked off!
\$5 each or \$20 for a Six Quack!

The Family Resource Network is currently looking for sponsors for our 2026 event! There is also a Resource Fair the day of the event which is a great opportunity for local agencies to share information about the services they provide.

For more information on how to get involved please call the Family Resource Network at 607-432-0001 and ask for Kristin. If your business is interested in being a sponsor or you would like to reserve a space for your agency to table at the event please send an email to kwinn@familyrn.org for more details!

Thank you to all of our 2024 Duck Derby Sponsors!



Five Star Subaru

MILLER FINANCIAL SERVICES

HH&K

Hinman, Howard & Kattell, LLP
ATTORNEYS



LIQUOR DEPOT



HELEN'S LITTLE KITCHEN



DJ CAM
Professional DJ Services
by Camden Decker



On Demand Trainings

We recognize that families are busy and can't always make it to a training at the scheduled time. We will be offering many of our training topics on demand!

Who is eligible? If you are the parent or family member of a child or adult who is eligible for services through the Office for People with Developmental Disabilities (OPWDD), you are eligible to request on demand trainings. If you have self-directed services, "Training Groups" must be added to your child's budget before scheduling. On demand trainings will be scheduled at a time that is convenient to you, either in-person or via Zoom. If more than one parent is interested in the same training, we will schedule it at a time that works for all interested parents.

What if you do not have a child with OPWDD eligibility? Please reach out to us for your options. We may be able to accommodate you through one of our other programs.

Available Training Topics:

Understanding the NYS IEP

Preparing for Your Child's CSE Meeting

All About Assessments

Services and Supports in NYS for Children with Developmental Disabilities

Intro to Social Stories

Intro to Visual Schedules

Your Due Process Rights: What to do when you don't agree

Kid, Teen and Adult in a Book

Advocating for Your Medically Involved Child

The Nurturing Philosophy

Personal Power, Praise, and Positive Discipline

Stress: Coping, Calming, and the Brain

Helping Children Cope with Change, Grief, and Loss

Praise, Encouragement, and Family Rules

The Power of Play and Socialization

Communication and Advocacy

On Demand Trainings continued

In addition to single session trainings, the Family Resource Network also has the following multisession training opportunities available through our new On Demand Training program design.

Mind the Gap:

The Mind the Gap program is for families of children ages 0-18 with a developmental disability who live in Broome, Chenango, Delaware, Otsego, Tioga or Tompkins Counties. Families will be connected to a Peer Navigator. Peer Navigators have undergone thorough training through the University of Rochester and are parents of children with special needs themselves who have experience navigating the special needs service system. This short 4-6-month program offered to families includes 12 flexible coaching sessions with a peer navigator in which parents are guided and supported as they learn and understand their child's diagnosis and get access to resources and services.



Nurturing Parenting: Parents & Children with Special Needs & Health Challenges

This parenting curriculum is a 12 session program is designed to help parents and their children with chronic or life threatening medical conditions, developmental delays, life-altering disorders and disabilities add to their parenting toolboxes.



Nurturing Parenting®

Established 1983

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for a Bowling Event!



Sunday, January 25, 2026
2:00pm-4:00pm

East Main Lanes & Lounge
1 East Main Street
Sidney, NY

Enjoy a couple hours of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please Register by January 23rd

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.

The Rural Community Connection (**RCCP**) is a partnership between the Family Resource Network and HALo's. Funding has been provided by the United Way of Mid Rural New York. Families from Chenango, Delaware & Otsego Counties are eligible to attend.

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

Come join the Family Resource Network's Teen Scene and Dragon Dates Programs for a Bowling Event!



Sunday, February 22, 2026
2:00pm-4:00pm

East Main Lanes & Lounge
1 East Main Street
Sidney, NY

Because bowling is always a family favorite, we figured why not play again this month while the weather keeps us inside! Enjoy a couple hours of fun at the Bowling Alley! Family Resource Network will pay for shoe rental and two games of bowling per family. A pizza lunch will be provided!

Please Register by February 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

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Come join the Family Resource Network's Teen Scene, Dragon Dates and RCCP Programs for our upcoming event

Art for Wellness: Empowerment

Saturday, January 10, 2025
10:00am-1:00pm

HUB
146 Main St.
Afton, NY 13730

Please join the Family Resource Network and HALo's for an Art for Wellness event. Participants will be doing a variety of mental health related art projects including Personal Posters about their own "power stories." This project explores areas in individuals' lives where they feel empowered by activities or events that give them a sense of power. In addition to these projects our Family Peer Advocates will also be discussing and sharing information about the upcoming Family Empowerment Day hosted by FTNYS this March. A pizza lunch will be provided.

Please Register by January 8th

Registration is required

To register please visit FRN's website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone please call 607-432-0001 and ask for Kristin.

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****This is a family event. FRN and HALo's are not responsible for supervision.****

Come join the Family Resource Network's Teen Scene, Dragon Dates and RCCP Programs for our upcoming event

Art for Wellness: Equality

Saturday, February 14th
10:00am-1:00pm

HUB
146 Main St.
Afton, NY 13730



Please join the Family Resource Network and HALo's for an Art for Wellness event. Participants will be doing a variety of mental health related art projects including creating a "We are One" Group Mural. This will allow participants to develop a sense of community and equality among one another. In addition to these projects our Family Peer Advocates will also be discussing and sharing valuable information about Families Together in New York State. A pizza lunch will be provided.

Please Register by February 12th

Registration is required

To register please visit FRN's website @ www.familyrn.org and click on "News and Events" and then "Events Calendar". To register by phone please call 607-432-0001 and ask for Kristin.

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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