

Save the Date!

The Family Resource Network will be hosting a community event for parents, caregivers, community members and children ages 12 & up.

October 22, 2026
5-8pm
@ Foothills Performing Arts Center
Oneonta, NY

Richard Guerry from the Institute for Responsible Online and Cellphone Communication will be presenting:

Online Safety:

Understanding how your Social Media presence affects your digital footprint.

Key Discussion Points:

- Intro to Public and Permanent / Having a Digital Consciousness and what it means
- Cyber Cruelty Prevention & Consequences
- Safe Communication in Gaming
- Removing the Social Privacy Myth
- The importance of Empathy in our digital decision making

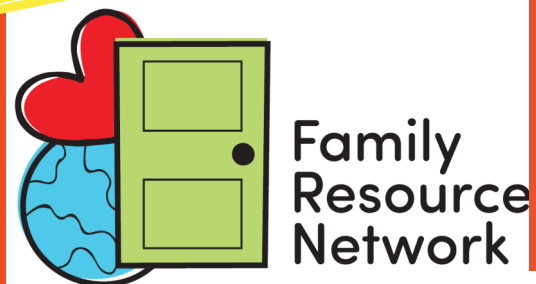


connections

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

May & June 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-
Sensory Friendly Movies, Game Day and Arc Otsego Dance!



The Family Resource Network is very excited to announce our 8th Annual Duck Derby and Family Fun Day bigger-and better than ever. The event will be held on Saturday June 13, 2026 in Neahwa Park in Oneonta. This event has become our signature, annual fundraiser and agency showcase and will run from 12pm-

3pm.

This is a free, family friendly event that includes various children's activities and make and take crafts, face painting, balloon animals, ice cream sundae bar, music and more! The Duck Derby adds

excitement to the day with multiple rubber duck races down the Mill Creek with cash prizes for the top 3 finishers in each race! Every year we add more fun and accessible activities to the day! This year we are excited to announce the addition of multiple bounce houses, an additional food truck and a touch a truck station!

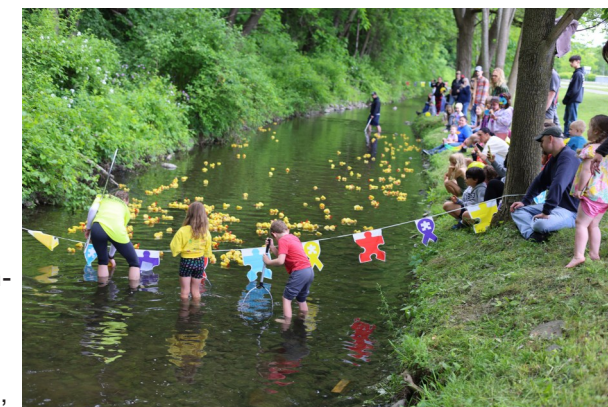


This event has also become a much-anticipated opportunity for area non-profit organizations to come together and connect with community members about the wonderful programs that they offer. In 2024 our Resource Fair was the largest we've had with over 25 local agencies participating. We welcome any child/family serving non-profit group that would like to participate at no charge. Agencies are able to set up a table and/or awning and share information about services they provide. Each agency also comes prepared with an activity, game or craft for children to do at their station.

This event is made possible through sponsorships, in-kind contributions and community support and we are so grateful to everyone who helps make it happen! For a list of local business who have already donated to the event please see inside our newsletter or check out our social media pages for acknowledgments!

For more information on how to get involved in the event please reach out to Kristin at kwinn@familyrn.org or by calling 607-432-0001. We are still accepting tabling agencies for our Resource Fair. Reserve your space today!

While tickets for the Rubber Duck Races can be purchased the day of, you not have to be present to win. Get your tickets ahead of time by reaching out to our office, using our square link (can be found inside this newsletter and on our Facebook!) or reaching out to one of our staff or BOD members!



We can't wait for our 2026 event and hope to see you there!

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
Skylar Collins: Social Media, Marketing & Volunteer Coordinator
Harlie Dumond: Family Peer Advocate
Mary Fralick: Family Peer Advocate
Jessica Marrero: 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



UNITED WAY
Mid Rural New York

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

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



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!

Single Ducks

6 Pack Of Ducks

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!

Please join the Family Resource Network for our upcoming training:
**Graduation Pathways: Where We are Now and
Where We're Headed**

**Tuesday, May 19, 2026
6pm-8pm
Online via ZOOM**

New York State graduation requirements are being revised to expand flexibility while maintaining academic standards. This training provides families with information about current New York State diploma pathways and graduation requirements. Participants will learn about Regents and Local Diploma options and proposed future changes to remove the regents requirement and expand pathways to graduation in NYS. The session emphasizes understanding student rights, transition planning, and effective advocacy strategies to ensure equitable access to diploma-bearing opportunities aligned with each student's strengths and goals.

Registration is required

To register online go to our website at www.familyrn.org and click on Events. Then click on the Events Calendar and select the event you want to register for.

For assistance with registration or for questions, please call Robin at (607)287-6358.

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.

**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, May 12, 2026 6:30-7:30 pm
Tuesday, June 9, 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.

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, Dragon Dates and RCCP Programs for our upcoming event

Art for Wellness

Saturday, May 9th
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.

A pizza lunch will be provided.

Please Register by May 7th

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.

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 and HALo's are not responsible for supervision.

The Family Resource Network is partnering with the Unadilla Public Library to present

GAME DAYS!

Join us on the third Saturday of the month for an afternoon of new friends, fun and laughter for the whole family!

Unadilla Public Library
193 Main Street
Unadilla, NY

Upcoming Dates:
Saturday, May 16
11am-2pm

This event is FREE



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

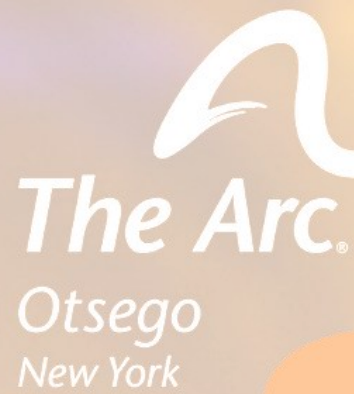
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The Rural Community Connection (**RCCP**) is a partnership between the Family Resource Network and the United Way of Mid Rural New York. Families from Chenango, Delaware & Otsego Counties are eligible to attend.

Every participant will receive a \$5 gift card to the House of Consignment!

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



The Family Resource Network is excited to share we are partnering with the ARC Otsego during their upcoming Dance!

This will be an event for families eligible for Teen Scene, Dragon Dates or RCCP. Anyone that registers through FRN will receive h'ordeuvres and a complementary 1 year ARC membership which includes a discount at the ReUse Center & Main View Gallery & Studio.

Registration is Required. Must Register by May 15th.

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

DANCE

When: Weds, June 10

630-8pm

Where: Foothills

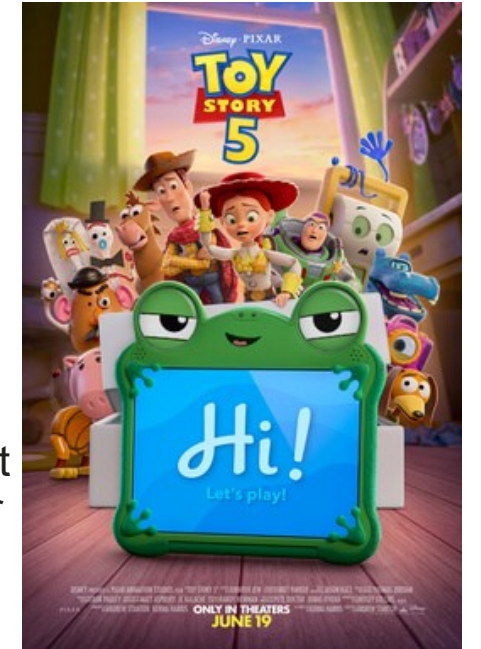
Cost: FREE FOR ALL!

Join the Family Resource Network's Teen Scene, Dragon Dates and RCCP Programs for a Sensory Friendly Showing of:

Sunday, June 21, 2026
Registration begins at 9:45 am
Movie begins at 10 am

Southside Mall Cinema
5006 St Hwy 23
Oneonta, NY

FRN has rented out an entire auditorium to ensure that the lights in the theatre are brighter, the sound is lower and our families can feel comfortable. In addition to free admission to the movie, all attendees will also receive a free snack sized popcorn and drink!



Please Register by June 19th

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

Join the Family Resource Network's Teen Scene, Dragon Dates and RCCP Programs for a Sensory Friendly Showing of:

Sunday, July 12, 2026
Registration begins at 9:45 am
Movie begins at 10 am

Southside Mall Cinema
5006 St Hwy 23
Oneonta, NY

FRN has rented out an entire auditorium to ensure that the lights in the theatre are brighter, the sound is lower and our families can feel comfortable. In addition to free admission to the movie, all attendees will also receive a free snack sized popcorn and drink!

Please Register by July 10th

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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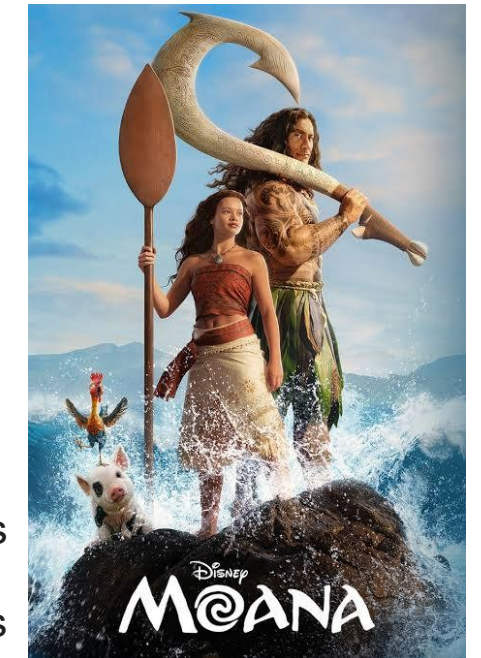
Sunday, July 26, 2026
Registration begins at 9:45 am
Movie begins at 10 am

Southside Mall Cinema
5006 St Hwy 23
Oneonta, NY

FRN has rented out an entire auditorium to ensure that the lights in the theatre are brighter, the sound is lower and our families can feel comfortable. In addition to free admission to the movie, all attendees will also receive a free snack sized popcorn and drink!

Please Register by July 24th

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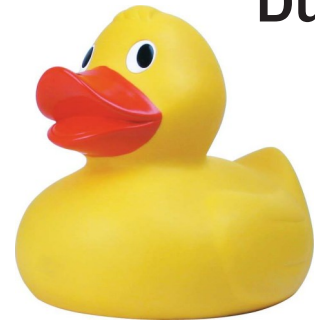
Dragon Dates events are for the families of individuals with OPWDD eligibility living in the family home in Broome, Chenango, Otsego, Delaware, Tioga or Tompkins County. Self-directing families will need to add "Social Skills" to their budgets before attending. Please contact Robin at (607)287-6358 for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

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

Please join the Family Resource Network for our upcoming event this June:

Duck Derby and Family Fun Day



Saturday, June 13th
12:00-3:00pm
Neahwa Park
Oneonta, NY

Families of participants of our Teen Scene, Dragon Dates and RCCP programs who register in advance will be eligible for a free meal voucher for all members of the family from your choice of Helen's Little Kitchen food truck or Ye Olde Bubble Tea and more! For more information on all of the fun going on during the afternoon please see the cover for event details.



Please Register by June 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

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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2026 Platinum Sponsors



Families Together

in New York State



Gold

- Benson Real Estate Agency
NYCM
- The Peachin Group LLC
- Casella Waste Systems
- Oneonta Ford
- Rehabilitation Support Services
- Sunshine Counseling
- Liquor Depot
- Greens Greenery
- Stewarts
- Directive
- Otsego County COC

Miller Financial Services



Silver

- Alicia Ross Photography
- Hughson & Benson Insurance
- Butler Auto Sales
- East Main Lanes
- Preferred Mutual
- Five Star Subaru
- Otsego Media
- Beaver Valley Campground
- House Of Consignment
- Frances Day Travel
- Approved Towing
- Dj Cam
- Here for a Bouncing Good Time

Bronze