

SUPPORT GROUPS

Is your child...

- ...experiencing emotional outbursts?
- ...feeling anxious?
- ...struggling with relationships?
- ...having difficulty in school?

We can help!

- Family Peer Support can help you and your family through the most difficult times.
- Meet and talk with other parents to share common concerns and experiences and exchange information.
- Learn more about ways to help your child and yourself.
- Plan activities for the future.
- Make new friends.

Join and meet other families dealing with similar issues and concerns.

Peer support program for families in Schenectady County

All services are FREE!

www.northernrivers.org/family-peer-support

NORTHERN RIVERS

Life changing care since 1829

Founded where the Mohawk and Hudson meet, like the rivers that shaped our region, Northern Rivers Family of Services helps change lives by shaping the future of those we serve throughout the Capital Region and beyond. Northern Rivers is a family of human services agencies that work together and are committed to helping children, adults, and families.

Formed in 2012, Northern Rivers is the parent organization to Northeast Parent & Child Society (founded in 1888 in Schenectady), Parsons Child & Family Center (founded in 1829 in Albany), and Unlimited Potential (founded in Saratoga Springs in 1979). Together we serve more than 16,000 children, adults, and families in more than 40 counties in New York state who struggle with abuse, neglect, trauma, mental health challenges, educational difficulties, career training and employment, and service navigation through an innovative continuum of home-, clinic-, school-, and community-based services, vocational rehabilitation, supported employment, and senior-supporting programs that provide person-centered, trauma-informed innovative solutions to ensure clients live their best lives.

With a 1,400-strong workforce and informed by our nearly 200-year heritage, our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

Main Office
60 Academy Road
Albany, NY 12108
518.426.2600

www.northernrivers.org

NORTHERN RIVERS

Life changing care since 1829

FAMILY

peer support

Serving Schenectady County

FAMILY SUPPORT PROGRAM

For families of children with emotional, behavioral, or mental health challenges

Northern Rivers Family of Services

1 Genium Plaza
Schenectady, NY 12304

530 Franklin Street
Schenectady, NY 12305

www.northernrivers.org/family-peer-support

FAMILY PEER ADVOCATES

Residential Family Peer Advocates

- Work with families whose children are living at Residential Treatment Facilities or other out of home placements.
- Help families navigate the residential service system.
- Provide peer-to-peer support.
- Teach and develop parenting skills to support and strengthen the family for the youth's return home.
- Empower families to advocate on behalf of themselves to promote.

Community Family Peer Advocates

- Provide peer-to-peer support to families in the community through groups and individual services.
- Serve as a bridge between families and community resources and providers.
- Support productive and respectful partnership by helping families express their strengths, needs, and goals.
- Consult with families and providers to ensure the family's perspectives are considered in all informed decisions regarding the supports and services that will best meet their needs.
- Empower and assist families advocating for the academic needs of their children.
- Work with families to help develop skills related to caring for and strengthening the mental and physical health, development, and well-being of their children.

Join Today!

Please return this form to:

Cynthia Novakovic
Program Manager
518.729.7574

Northern Rivers Family of Services
60 Academy Road
Albany, NY 12208

Name: _____

Address: _____

Phone: _____

Email: _____

Organization: _____

Please check all that apply:

I am interested in joining a group

I am interested in talking with another parent

You no longer have to feel alone.