

# SUPPORT GROUPS

*Is your child...*

- ...difficult to handle?
- ...out of control?
- ...frequently upset?
- ...rebellious?

*We can help!*

- Family support can help you through the most difficult times.
- Meet and talk with other parents who have difficult children 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 a Families United Network Support Group!

Meet other families dealing with similar issues and concerns.

**All services are FREE!**

### ALBANY COUNTY

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

### SARATOGA COUNTY

Northern Rivers Family of Services  
653 Plank Road  
Clifton Park, NY 12065

[www.northernrivers.org/FamiliesUnited](http://www.northernrivers.org/FamiliesUnited)



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) and Parsons Child & Family Center (founded in 1829 in Albany). Our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

Informed by our nearly 200-year heritage, our 1,400-strong workforce provides services for 16,000 children, adults, and families throughout 35 counties throughout upstate New York.

**Main Office**  
**60 Academy Road**  
**Albany, NY 12208**  
**518.426.2600**

[www.northernrivers.org](http://www.northernrivers.org)



NORTHEAST PARENT & CHILD SOCIETY  
PARSONS CHILD & FAMILY CENTER

*Life changing care since 1829*

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# FAMILIES

*united network*

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## FAMILY SUPPORT PROGRAM

For families of children  
with emotional or  
behavioral challenges

Northern Rivers Family of Services  
60 Academy Road  
Albany, NY 12208  
518.729.7574

[www.northernrivers.org/FamiliesUnited](http://www.northernrivers.org/FamiliesUnited)

# FAMILY PEER ADVOCATES

## *Residential Family Peer Advocates*

- Works with families whose children are living at the Residential Treatment Facility and Miriam House
- Helps families navigate the residential service system, peer-to-peer support, teaches parenting skills, and empowers families to advocate on behalf of themselves to promote shared decision making

Every family whose child is admitted to a Northern Rivers residential programs has the opportunity to work with a residential family peer advocate.

## *Family Peer Advocates*

- Provides peer-to-peer support to families
- Serves as a bridge between families and service providers
- Supports productive and respectful partnership by helping families express their strengths, needs, and goals
- Consults 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
- Empowers families to make informed decisions regarding the supports and services that will best meet their needs
- Works 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  
Supervisor  
Families United Network

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.*