To learn more about our programs or to be matched with a trained Support Parent in our network, contact the office in your region, or complete the form below and mail it to the office that serves your county.

Name:	
Address:	
City:	State: New York Zip:
Home Phone:	Work/Cell Phone:
Email Address:	County:
Individual with Special Need(s):	Age:
Comments:	

# PARENT TO PARENT OF NYS

brings together family caregivers of those with developmental disabilities or special health care needs. Being a part of this network helps caregivers learn to make better choices.

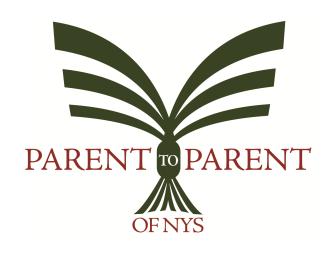
By finding support in each other, caregivers feel less alone and find hope.

- Receive training and join our network of volunteer Support Parents.
- Find out about programs and services that will assist your family.
- Learn skills that will improve parent-professional partnerships.
- Visit our website for regional news, announcements, and event listings.
- Join a regional e-group to receive updates.
- Contact our staff members to schedule a presentation. Our staff members, as parents of individuals with special needs, can share with you what they have learned along the way.

# DONATE TO PARENT TO PARENT

PARENT TO PARENT OF NYS is a 501(c)(3) nonprofit organization. Your contribution is tax-deductible to the extent allowed by law.

Please send donations to: Parent to Parent of NYS PO Box 9212 Schenectady, NY 12309



# Connecting and supporting families of individuals with special needs



www.ptopnys.org



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Follow us: @PtoPofNYS

## PARENT TO PARENT OF NYS

is funded by NYS Office for People with Developmental Disabilities (OPWDD).

# **Contact a regional office of**PARENT TO PARENT OF NYS:

**CAPITAL REGION** 

Albany, Columbia, Dutchess, Fulton, Greene, Montgomery, Putnam, Rensselaer, Saratoga, Schenectady, Schoharie, Ulster, Warren & Washington counties 500 Balltown Road Schenectady, NY 12304 1-800-305-8817, 518-381-4350

#### **FINGER LAKES**

Livingston, Monroe, Ontario, Yates & Wayne counties c/o FL DDRO Office 620 Westfall Road Room 114 Rochester, NY 14620 585-424-7211

#### **HUDSON VALLEY**

Orange, Rockland, Sullivan & Westchester counties WIHD / Cedarwood Hall, Room A106 Valhalla, NY 10595 1-800-305-8816, 914-493-2635 518-381-4350

## **LONG ISLAND**

Nassau & Suffolk counties 415-A Oser Avenue Hauppauge, NY 11788 1-800-559-1729, 631-434-6196

#### **NORTH CENTRAL NY**

Cayuga, Cortland, Herkimer, Lewis, Madison, Oneida, Onondaga & Oswego counties Currently served by Southern Tier

#### **NORTH COUNTRY**

Clinton, Essex, Franklin, Hamilton, Jefferson & St. Lawrence counties Currently served by Capital District 1-800-305-8817, 518-381-4350 and assisted by Canton Office 315-379-1538

#### **SOUTH CENTRAL NY**

Broome, Chenango, Delaware, Otsego, Tioga & Tompkins counties 249 Glenwood Road, Room 3C33 Binghamton, NY 13905 607-240-4573

#### **SOUTHERN TIER**

Chemung, Schuyler, Seneca & Steuben counties 1885 Ste Rt 96A Ovid, NY 14521 1-800-971-1588, 607-869-2171

#### **WESTERN NY**

Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans & Wyoming counties 1200 East & West Road Building 16, Room 1-140 West Seneca, NY 14224 1-800-305-8813, 716-675-0239

Serving the Five Boroughs

### NEW YORK CITY c/o NYS OPWDD 25 Beaver Street, 4th Floor New York, NY 10004-2310 1-800-405-8818 1-212-741-5545

#### STATEN ISLAND c/o IBR

1050 Forest Hill Road, Room #108 Staten Island, NY 10314 1-800-866-1068, 718-494-3462



info@ptopnys.org

### **STATEWIDE OFFICE**

PARENT TO PARENT OF NYS Michele Juda, Executive Director PO Box 9212 Schenectady, NY 12309 1-800-305-8817, 518-381-4350

# PARENT TO PARENT OF NYS offices provide:

**Support**: Through the Parent to Parent Matching Program, we help family caregivers connect one-to-one with someone who has "been there" as a caregiver of a child with the same type of disability, chronic illness, or health care concern.

**Information & Referral**: We help family caregivers find answers to general questions or information on a specific disability or health care need. We also can direct you to those who provide services, such as finding help to locate and pay for health care, equipment, or transportation needs.

**Training:** We offer training, such as using a Health Care Notebook or an Education Records Organizer, and Understanding Medicaid Service Coordination.

Fact Sheets and Health Care Notebooks are available from PARENT TO PARENT OF NYS offices, or may be downloaded by visiting the organization's website, www.ptopnys.org.

# PARENT TO PARENT OF NYS is

- An alliance member of Parent to Parent USA
- The state affiliate of Family Voices National
- New York's Family-to-Family Health Information Center