

Program

The Family Center provides Family Support and Respite Care services designed to enhance the capacity of families to care for their child who has a mental health diagnosis.

Caring for a child with special needs can be challenging and at times overwhelming. Parent Support Groups, family activities, workshops, and Respite Care will greatly reduce stress, provide valuable tools to help children manage their disorder, and ultimately enhance the caregiver's effectiveness.

Parent Advocates, who have personal experience raising a child with special needs, are on staff to provide unique support to families.

Eligibility

Families who are raising children with an Axis I mental health diagnosis are eligible for The Family Center. The child must be between the ages of 5 and 18 and reside in Nassau County.



The Family Center
400 Oak Street, Suite 104
Garden City, NY 11530
(516) 485-5914
Fax (516) 565-6095
www.familyandchildrens.org

Additional Family & Children's Services

Family Support

Family Support	(516) 539-1382
Family Solutions	(516) 741-0604 x391
Home and Community Based Services <small>MEDICAID WAIVER (FOR CHILDREN AT RISK OF RESIDENTIAL PLACEMENT OR PSYCHIATRIC HOSPITALIZATION)</small>	(516) 485-5976
Family Mediation <small>SHORT-TERM CRISIS INTERVENTION</small>	(516) 706-5766
Family Ties	(516) 485-4289

Counseling

Hicksville Counseling Center	(516) 935-6858
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Chemical & Substance Abuse Programs

Hempstead Prevention Services	(516) 486-7200
Hicksville Counseling & Resource Ctr	(516) 935-6858

Skills Training

Vocational Ed - GED assistance	(516) 486-7200
Nursery Co-op Mother's Group	(516) 213-0005 x7



THE FAMILY CENTER

*A place for families and
their children with special needs*

Become a Volunteer!
Call (516) 746-0350 x372

www.familyandchildrens.org



Services

- **Parent Support Groups** offer caregivers mutual support by providing opportunities to meet with others also raising children with mental health diagnoses. These groups are led by several Parent Advocates, each having their own unique experience raising a child with an emotional disability. Children between 5 and 18 years of age may participate in Respite Care while caregivers attend group. Groups are available to all Nassau County caregivers and they do not have to be enrolled in the program to attend. However, a brief intake must be completed if the child will participate in Respite Care during the group. This ensures staff is more familiar with the child, making caregiver's participation more relaxing.
- **Respite Care** offers families a break creating opportunities for thoughtful change and goal setting. Families receive one year (52 sessions) of weekly respite; three hours in duration and may choose from either an individual Respite Counselor or one of the many groups offered. If needed, therapeutic and overnight respite is also available.

- **Advocacy** identifies additional, helpful services and empowers families to develop a voice for themselves.
- **Case Management Services** takes a holistic look at the child and family in order to meet the specific needs of each family.
- **Recreational and Educational** activities are offered to foster positive growth, increase family interaction, offer caregivers opportunities to network, and children opportunities to socialize. Workshops and activities are offered to children only, caregivers only, and special family events combine both children and caregivers.
- **Skills Development and Training** for effective parenting and child development. A popular training, The Common Sense Parenting Series, is offered on a quarterly basis.
- **Home Visits** are included to assist the families within the comfort of their own environment allowing them to strengthen their inherent supports.
- **Parent "Warm-Line"** offers support and information via telephone during regular business hours.

*The Family Center
is funded by the New York State
Office of Mental Health and the
Nassau County Department of Mental
Health, Chemical Dependency, and
Developmental Disabilities Services.*

We're here to help!

Contact The Family Center for information or referrals

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400 Oak Street, Suite 104, Garden City, NY 11530

Phone (516) 485-5914

Fax (516) 565-6095

Family & Children's Association is a 501(c)(3) not-for-profit organization.
All contributions are fully tax-deductible. PLEASE GIVE TO HELP OTHERS.