



Parent Support Groups

The Guidance Center of Westchester

Family Days & Parent Support Group provide respite and guidance to families who have children (ages 3-8 years) who have developmental delays or who are on the autism spectrum. We also offer group and individual counseling to parents and caregivers. Funded by the Office of People with Developmental Delays (OPWDD), these services are free to families.

FAMILY FUN DAYS

Family Days allow you to spend an afternoon with your family & children in a supportive & engaging environment. • Bilingual staff • Interactive play • Supportive environment • Story time • Outdoor activities • Sensory play (water, sand, etc.) • Meet other parents & build a network • Grow your community of support • Diet-sensitive snacks provided • Program facilitated by special education teachers & social workers

Time: 11:00 AM – 1:00 PM Saturdays

Dates: 1/5/19, 1/26/19, 2/9/19, 2/16/19, 3/2/19, 3/16/19, 4/6/19, 4/27/19, 5/4/19, 5/18/19, 6/1/19 & 6/15/19

Cost: Free

Location: The Creative Learning Center, Entrance at 17 Anderson Street, New Rochelle, NY

Contact: For more information, please contact Claudia Morales, BSW at 914-246-7879 (call or text) and email CMorales@TheGuidanceCenter.org

Website: <http://www.theguidancecenter.org>

MONTHLY SUPPORT GROUP - 2x a month

Parent Support Group is a special time for parents or caregivers to meet & discuss topics related to raising a child with autism or developmental delays. • Support • Encouragement • Networking • Resource sharing • Private counseling available with appointment

Time: 9:30 AM – 11:00 AM Fridays

Dates: 1/11/19, 2/8/19, 3/1/19, 4/5/19, 5/10/19 & 6/21/19

Time: 11:30am-1:00pm Saturdays

Dates: 1/26/19, 2/16/19, 3/16/19, 4/27/19, 5/18/19, & 6/1/19

Cost: Free

Location: The Creative Learning Center, Entrance at 17 Anderson Street, New Rochelle, NY

Contact: For more information, please contact Lydia Castro, LMSW at 914-613-0700 x7345 (call only) and email LCastro@TheGuidanceCenter.org

Website: <http://www.theguidancecenter.org>



Family Ties of Westchester

Parent support groups in English and Spanish are offered at Family Ties Centers throughout Westchester:

Mount Vernon Resource Center (Se habla español)

Phone: 914.667.9369 ☎️ Fax: 914.667.9402

mtvernon@famtieswest.org

105 Stevens Avenue, Suite 402

Mount Vernon, NY 10550

1. **Bilingual Caregiver Support Group: 1st & 3rd Tuesday-10am-11:30am**
2. **Caregiver Support Group: 2nd & 4th Thursday-5:30pm-7pm**
3. **Grandparent Support Group: 3rd Thursday-11:30am-1pm**

Ossining Resource Center (Se habla español)

Phone: 914.941.3461 ☎️ Fax: 914.941.5373

ossining@famtieswest.org

175 Main Street, Second Floor

Ossining, NY 10562

1. **Caregiver Support Group: 2nd & 4th Tuesday -10am-11:30am**
2. **Bilingual Caregiver Support Group: 2nd & 4th Tuesday-6pm-8pm @ Ossining Parks & Recreation**

Peekskill Resource Center (Se habla español)

Phone: 914.739.4725 ☎️ Fax: 914.739.4727

peekskill@famtieswest.org

3 North Division Street, Second Floor

Peekskill, NY 10566

1. **Caregiver Support Group: 1st & 3rd Wednesday-7pm-8:30pm**
2. **Bilingual Caregiver Support Group: 1st & 3rd Friday-10:30am-12pm**

Yonkers Resource Center (Se habla español)

Phone: 914.964.2063 ☎️ Fax: 914.964.5748

yonkers@famtieswest.org

30 South Broadway, 7th Floor

Yonkers, NY 10701

1. **Caregiver Support Group: Every Wednesday-10am-11:30am**
2. **Grandparent Support Group: 2nd & 4th Thursday-10am-11:30am**
3. **Bilingual Caregiver Support Group: 1st & 3rd Friday-11am-12pm**

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White Plains Administrative Office (Se habla español)

Phone: 914.995.5238 ☎️Fax: 914.995.8421

112 East Post Road, 3rd Floor

White Plains, NY 10601

1. **Caregiver Support Group: 2nd & 4th Wednesday-6:00pm-8:00pm @ Office for Women, 1st Floor**

Westchester Jewish Community Services

Parent-Child Center

The Parent-Child Center (PCC) in New Rochelle is a free drop-in play group for parents and their young children (0 - 4 years old). PCC serves families facing diverse obstacles to educational success and supports parents as their child's first teacher.

Location: The Boys & Girls Club of New Rochelle, Mascaro Club House at 79 Seventh Street, New Rochelle.

Time: PCC is open Mondays and Thursdays from 10:00 AM -12:00 noon. Early childhood play activities, parent education, family literacy and community resource information and referrals are provided. The Parent-Child Center is open October through May.

Contact: Patrice Cuddy, Director, Early Childhood Parent-Child Programs, 914-949-7699 x424 or pcuddy@wjcs.com.

Website: <http://www.wjcs.com>

SIDS Support & Education Program

SIDS Education & Support Program serves families who have suffered the loss of a child from Sudden Infant Death Syndrome (SIDS).

The program is sponsored through a grant from the CJ Foundation for SIDS. A bi-monthly family support group meets to provide support and comfort to families who have lost their children to SIDS. Educational presentations are offered to mothers, pregnant women and professionals throughout the Westchester community to inform them of the most current risk-prevention strategies developed by the US Department of Health. Risk-prevention brochures are available on request for professionals, childcare agencies and caregivers.

Contact: Gillian Rittmaster, LMSW, 914-761-0600 x142; grittmaster@wjcs.com.

Website: <http://www.wjcs.com>

Therapeutic Social Skills Groups

Therapeutic Social Skills Groups are designed for children ages 4 to 15 who have an Autism Spectrum Disorder (ASD) and their parents. The focus of therapeutic social skills (TSS) groups is to help children with their social/emotional growth and development with the goal of teaching children essential social skills and providing a supportive atmosphere in which they can practice these skills.

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Topics include: Emotional regulation: recognizing emotions in yourself and others, Conversation skills: initiating, staying on topic, taking turns, ending a conversation, Listening skills, Understanding non-verbal communication: eye contact, facial expressions, body language, personal space, tone of voice, Play and friendship skills including initiating play and having play dates, and Empathy skills

Contact: Pat Grossman, LCSW, director, outpatient services for persons with developmental disabilities

914-949-7699 x455; pgrossman@wjcs.com.

Website: <http://www.wjcs.com>

CHADD of Westchester-Putnam and Vicinity

Meetings are held on the 2nd Monday of the Month.

Date: 1/14/19

Time: 6:15pm - 7:15pm Support Session

A support session is held before our general monthly meetings. You will have an opportunity to exchange information and experiences and share feelings in a supportive and confidential environment. The session will run from 6:15 PM through 7:15 PM in the same room as our general meetings. Please be prompt so that we can make the most of our time together.

Time: 7:30pm General Meeting

Presenter: Courtney Berry PhD -- Clinical Psychologist Specializing in Cognitive Behavioral and Dialectical Behavioral Therapies

Topic: "CBT Therapy & ADHD"

Location: Our new location: Select Human Services, Inc., 17-19 Marble Avenue, Pleasantville, NY 10570

Cost: A \$5.00 Donation is requested of nonmembers. This can be applied toward membership the same evening.

Contact: 845-704-2233 or 914-729-2067 E-mail putnam-vicinity@chadd.net

Website: <http://www.chadd.net/376>