



Parent Support Groups

The Guidance Center of Westchester

The Guidance Center offers programs for Families of Children with Autism Spectrum Disorders funded in part by The Office For People With Developmental Disabilities (OPWDD)

FAMILY FUN DAYS – FREE!

Parents and their preschool through second-grade children with Autism Spectrum Disorders and siblings are welcome to Family Days. Meet other children, sing, participate in yoga, arts and crafts and enjoy gluten-free snacks and refreshments.

Time: FAMILY FUN DAYS 2:00 PM – 4:00 PM SUNDAYS

Location: The Creative Learning Center 32 Le Count Place, New Rochelle, NY

Presenter: Groups are facilitated by special education teachers and social workers.

Contact: Groups are drop-ins, but RSVP is encouraged (914-613-0700) as it helps us plan.

For more information, please email Suzanne: SPrigoda@TheGuidanceCenter.org

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

MONTHLY SUPPORT GROUP – FREE!

This group provides opportunities for sharing information and resources while decreasing feelings of isolation. Meet with others “in the same boat” and develop strategies to cope with behavioral challenges unique to parenting a child with an autism spectrum disorder.

Time: PARENT MORNING GROUP – MONTHLY 9:30 AM – 11:00 AM Fridays

Location: The Creative Learning Center 32 Le Count Place, New Rochelle, NY

Contact: Groups are facilitated by Suzanne Prigoda, LMSW, Groups are drop-ins, but RSVP is encouraged (914-613-0700) as it helps us plan.

For more information, please email Suzanne: SPrigoda@TheGuidanceCenter.org

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

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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 Wednesday-10am-11:30am**
2. **Caregiver Support Group: 2nd & 4th Thursday-5:30pm-7pm**
3. **Grandparent Support Group: 3rd Thursday-11:30am-1pm**
4. **Men of Vision: 3rd Thursday-6pm-7:30pm**
5. **Early Childhood Support Group: 1st Friday-9:30am-11am**

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

53 South Broadway, Mezzanine Level

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. **Bilingual Caregiver Support Group: Every Tuesday-10am-11:30am @ Office for Women, 1st Floor**
2. **Caregiver Support Group: 2nd & 4th Thursday-6:30pm-8:30pm @ 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>

Parent & Grandparent Support Groups

WJCS offers a monthly group that allows grandparents to share the struggles of dealing with grandchildren with autism and find strategies to improve family life.

Contact: Lee Englander, MA, Autism Center coordinator, 914- 761-0600 x228; lenglander@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>

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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.

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 Putnam and Vicinity

Meetings are now held on the 2nd Monday of the Month. There are no meetings during July and August.

Date: 6/11/18

Time: 6:30pm - 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 6:30 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.

Presenter: Deborah Saunders, LCSW, Psychotherapist and Medical Social Worker.

Time: 7:30pm General Meeting

Topic: "Social Skills Groups and the Role They Play in Promoting Friendships in Children and Adolescents with ADHD"

Presenter: Robert Milich, PhD (Dr. Bob) -- Clinical Psychologist

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>