

Parenting and Family Support Groups

Saratoga Center for the Family

359 Ballston Avenue
Saratoga Springs, NY 12866
587-8008

The Center has groups that are offered at varying cycles throughout the year including Parent Education Services, Parent Support Program, Child Abuse and Anger Management Programs, Crisis and Emergency Services. Call for current group offerings.

Community Human Resources

Renee Ramsey, Family Foundations Coordinator
543 Saratoga Road, Glenville, NY 12302
(518) 399-4624 Fax: (518) 399-8663
http://www.chsny.org/family_support_services.php

ADHD Parent Support Group: 10 a.m. 2nd Tuesday every month
Support Groups addressing issues specific to children with Spectrum Disorders
Consult the website for specific groups and times

Saratoga County Economic Opportunity Council, Inc.

39 Bath Street, PO Box 169
Ballston Spa, NY 12020
518-288-3206

Individual family support offered for parenting Skills in the home.
Contact Stacey Boni-O'Neil – Family Development Specialist

Saratoga Bridges

16 Saratoga Bridges Boulevard
Ballston Spa, NY 12020

Sibshops - opportunities for brothers and sisters of children with special needs to express their feelings, fears, thoughts and frustrations in a supportive group format within a recreational context.

For more information, please contact Patty Paduano, Director of Family Support Services, at ppaduano@saratogabridges.org 518-587-0723 ext. 1254.

Center for Autism and Related Disabilities

University at Albany
1400 Washington Avenue
Albany, NY 12222
442-2574

www.albany.edu/psy/autism/autism.html

Parent Education Series (PES) is an interactive approach to training. It is a multi part series that covers a variety of topics.

CARD also offers seminars and workshops on a variety of topics concerning Spectrum Disorders that are available at free or reduced to costs to families. Call for current offerings.

ASPIRe N.Y.

518-932-4356

<http://www.aspireny.org/index.cfm>

Deb Garreltz and Julie Marks (both parents of children on the Spectrum) A community based recreation and activity group for teens and young adults with Asperger's Syndrome, High Functioning Autism, P.D.D.N.O.S. and other disorders of social relatedness. Located in Saratoga Springs, NY

Make Friends, Have Fun, Learn Important Skills! You have a voice in planning activities, outings, parties, and workshops!

ASPIRe N.Y., Inc. meets twice each month on the weekends during the school year and has special events during July and August. Each event lasts approximately 3 hours.

Criteria for Participation in Groups

ASPIRe N.Y., Inc. will accept any individual for participation who fits the following criteria:

1. ASPIRe N.Y., Inc. activities and skill building lessons are appropriate for teens and young adults with developmental disabilities and/or autism spectrum disorders. Individuals with significant mental illness as a primary diagnosis are not appropriately served by ASPIRe, N.Y., Inc. group activities and will be referred to an appropriate agency for assistance.
2. Substantial history of problems with socialization as reported by parent/guardian or caregiver.

ASPIRe N.Y., Inc. reserves the right to exclude from participation any individual with a history of physical aggression, violence towards others, and/or persistent verbal abuse.

For more information, call or email them at info@aspireny.org,

Spectrum Life Strategies

Steve Szalowski, LCSW-R 813-2258

Tim Wright MS, LMHC

462 Maple Avenue

Saratoga Springs, NY 12866

<http://www.spectrumlifestrategies.org/>

Providing opportunities, understanding, and support to address Autism, PDD-NOS and Asperger's Syndrome

Counseling and consulting services are provided through **LIFE PACKAGES** designed to meet the needs and address issues experienced by individuals and family members within the Spectrum.

Spectrum Life Strategies, Inc. offices are located in Saratoga Springs, NY. We offer service to all surrounding areas in the Capital Region including East Greenbush, Albany and Schenectady County.

Friday Knights Recreation Program

At St. Rose College

Albany NY

http://www.strose.edu/campus/thelma_p_lally_school_of_education/joy_s_emery_educational_clinical_services_center/social_skills_groups/friday_knights_recreation_program (website has an application)

Program Description: Friday Knights Recreation Program

The Recreation Program is a structured and supportive recreational environment for children and adolescents who need opportunities for social interaction beyond what is available through school settings or community recreation programs.

The participants include children and adolescents who have difficulties relating to their peers and may need extra support or more opportunities to use the skills they have learned in social skills groups. Children with autism spectrum disorders or other social challenges are welcome in the program. In addition, siblings and peers without difficulties in social relating are invited to join us and to enjoy the activities while serving as role models. Role models pay the program fee until the age of 13 at which point they become "volunteers" for the program.

Volunteers from The College of Saint Rose (undergraduate and graduate students) are the counselors and activity leaders. Education faculty from Saint Rose are on site to provide activities, guidance and supervision.

Activities may vary by the age of the group but possibilities include structured board games, movement, drama, yoga, history, science, music and arts and crafts.

Children are matched by age in groups of 6-10 children per group (depending on age).

Parent meetings with special topics and speakers occur concurrent with the children's program. Participation is free of charge to parents and family members.

Fees are due at the start of each semester. Scholarships available from the Albany Autism Society, Inc. and for OPWDD qualified individuals.

Saratoga Springs Public Library

49 Henry Street

Saratoga Springs, NY 12866

www.sspl.org

584-7860

Website has a listing of services and classes that are offered to adults, teens and children including computer classes, job searching on the internet, book discussions, meditation, and Parents As Advocates Open Forum. Consult the website or call 584-7860 option 3 for Parenting Programs.

Ballston Spa Public Library

21 Milton Avenue

Ballston Spa, NY 12020

<http://ballston.sals.edu/>

885-5022

Round Lake Library – Malta Branch

1 Bayberry Drive

Malta NY 12020

<http://roundlake.sals.edu/>

682-2495