



Resources to Parent Trainings & Support Groups

In an effort to assist parents, the Council has developed this resource sheet. Please keep in mind that this information is a referral and not a recommendation.

2-1-1 Hudson Valley Region

Phone: 2-1-1 or 1-800-899-1479

Website: <http://www.hudson211.org/>

United Way's 2-1-1 Helpline is a free, confidential, multilingual service to assist the public in finding the answers to a variety of Health and Human Services related questions. It is open 365 days a year.

Andrus

Phone: 914-965-3700

Website: <https://www.andruscc.org>

Andrus nurtures social and emotional well-being in children, families, and communities by delivering a broad range of vital services and by providing research, training, and innovative program models that promote the standard of excellence for professional performance in and beyond their service community.

Briarcliff Manor Public Library

Phone: 914-941-7072

Website: <https://www.briarcliffmanorlibrary.org>

The Briarcliff Manor Public Library provides programs, collections, and information services in a community environment in which residents can meet and interact.

CHADD of Westchester-Putnam and Vicinity

Phone: 845-704-2233

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

Children and Adults with Attention Deficit Disorder (CHADD) is a nonprofit organization that provides information and support to families of children and adults with attention deficit disorders. Attendees have an opportunity to exchange information and experiences and share feelings in a supportive and confidential environment.

The Guidance Center of Westchester

Phone: 914-613-0700

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

The Guidance Center of Westchester maintains a collaborative relationship with its local communities and schools to support adults and children experiencing mental health difficulties and other challenges.



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. They 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 Ties of Westchester

Phone: 914-358-4393

Website: <https://www.familytieswestchester.org>

FSW offers a broad range of innovative programs custom designed to meet particular needs of children, teens, adults, and the elderly through seven Family Centers. Parent support groups are offered in English and Spanish at Family Ties Centers throughout Westchester:

Mount Vernon Resource Center

Phone: 914.667.9369

mtvernon@famtieswest.org

105 Stevens Avenue, Suite 402

Mount Vernon, NY 10550

Peekskill Resource Center

Phone: 914.739.4725

peekskill@famtieswest.org

3 North Division Street, Second Floor

Peekskill, NY 10566

Ossining Resource Center

Phone: 914.941.3461

ossining@famtieswest.org

175 Main Street, Second Floor

Ossining, NY 10562

Yonkers Resource Center

Phone: 914.964.2063

yonkers@famtieswest.org

30 South Broadway, 7th Floor

Yonkers, NY 10701

White Plains Administrative Office

Phone: 914.995.5238

112 East Post Road, 3rd Floor

White Plains, NY 10601

The Field Library

Phone: 914-737-1212

Website: <https://www.peekskill.org>

The Field Library offers free programs, events, and classes for all ages, as well as tons of books, magazines, newspapers, DVDs, eBooks, audiobooks, music CDs, and even Nooks to check out.

Putnam-Westchester Independent Living Services

Phone: 845-228-7457 / 914-682-3926

Website: <https://www.putnamils.org> and <https://www.wilc.org>



WILC, and the Putnam County office, PILS, serves people with all disabilities. They are a not-for-profit, community-based, cross-disability resource, advocacy, and training center dedicated to improving the quality of life for people with disabilities.

Westchester Jewish Community Services

Phone: 914-761-0600

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

Westchester Jewish Community Services (WJCS) is one of the largest human service agencies in Westchester, providing care to people of all ages and diverse backgrounds who are confronting significant challenges. **Agency experts provide mental health, trauma, disabilities, youth, home care and geriatric 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.

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.