

To become a Support Parent or to be connected (matched) with someone in our volunteer parent network, or to learn more about our programs, contact the office in your region, or complete the form below and mail it to the office that serves your county.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: New York Zip: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work/Cell Phone: \_\_\_\_\_ County: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Age: \_\_\_\_\_  
Individual with Special Need(s): \_\_\_\_\_  
Comments: \_\_\_\_\_

**PARENT TO PARENT OF NYS**  
brings together family caregivers  
of those with  
developmental disabilities  
or special health care needs.  
Being a part of this network  
helps caregivers learn  
to make better choices.

By finding support in each other,  
caregivers feel less alone  
and find hope.

- Receive training and join our network of volunteer Support Parents.
- Find out about programs and services that will assist your family.
- Learn skills that will improve parent-professional partnerships.
- Visit our website for regional news, announcements, and event listings.
- Join a regional e-group to receive updates.
- Contact our staff members to schedule a presentation. Our staff members, as parents of individuals with special needs, can share with you what they have learned along the way.

**PARENT TO PARENT OF NYS**  
*is funded by NYS Office for People with  
Developmental Disabilities (OPWDD).*



**Connecting and  
supporting families  
of individuals  
with special needs**



[www.ptopnys.org](http://www.ptopnys.org)



[www.facebook.com/  
ParentToParentNYS](http://www.facebook.com/ParentToParentNYS)



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**Contact a regional office of  
PARENT TO PARENT OF NYS:**

**CAPITAL REGION**

Albany, Columbia, Dutchess, Fulton, Greene,  
Montgomery, Putnam, Rensselaer,  
Saratoga, Schenectady, Schoharie,  
Ulster, Warren & Washington counties

**500 Balltown Road  
Schenectady, NY 12304  
1-800-305-8817, 518-381-4350**

**FINGER LAKES**

Livingston, Monroe, Ontario,  
Yates & Wayne counties

**300 Hylan Drive  
PMB 153  
Rochester, NY 14623  
585-424-7211**

**HUDSON VALLEY**

Orange, Rockland, Sullivan  
& Westchester counties

**WIHD / Cedarwood Hall, Room A106  
Valhalla, NY 10595  
1-800-305-8816, 914-493-2635**

**LONG ISLAND**

Nassau & Suffolk counties

**415-A Oser Avenue  
Hauppauge, NY 11788  
1-800-559-1729, 631-434-6196**

**NORTH CENTRAL NY**

Cayuga, Cortland, Herkimer,  
Lewis, Madison, Oneida,  
Onondaga & Oswego counties

**Exceptional Family Resources  
1820 Lemoine Avenue  
Syracuse, NY 13208  
1-800-305-8815, 315-478-1462 ext. 322**

**NORTH COUNTRY**

Clinton, Essex, Franklin, Hamilton,  
Jefferson & St. Lawrence counties

**PO Box 1296  
Tupper Lake, NY 12986  
1-866-727-6970, 518-359-3006**

**SOUTH CENTRAL NY**

Broome, Chenango, Delaware,  
Otsego, Tioga & Tompkins counties

**213 Tracy Creek Road  
Vestal, NY 13850  
607-770-0211, ext. 787**

**SOUTHERN TIER**

Chemung, Schuylar, Seneca  
& Steuben counties

**PO Box 205  
210-12th Street #210  
Watkins Glen, NY 14891  
1-800-971-1588, 607-535-2802**

**WESTERN NY**

Allegany, Cattaraugus, Chautauqua, Erie,  
Genesee, Niagara,

Orleans & Wyoming counties

**1200 East & West Road  
Building 16, Room 1-173  
West Seneca, NY 14224  
1-800-305-8813, 716-517-3448**

Serving the Five Boroughs

**NEW YORK CITY**

c/o NYS OPWDD  
25 Beaver Street, 4th Floor  
New York, NY 10004-2310

**1-800-405-8818  
1-212-741-5545**

**STATEN ISLAND**

c/o IBR  
1050 Forest Hill Road, Room #108  
Staten Island, NY 10314  
1-800-866-1068, 718-494-3462



**info@ptopnys.org**

**STATEWIDE OFFICE**

**PARENT TO PARENT OF NYS  
Michele Juda, Executive Director**

**PO Box 9212  
Schenectady, NY 12309  
1-800-305-8817, 518-381-4350**

**PARENT TO PARENT OF NYS  
offices provide:**

**Support:** Through the Parent to Parent Matching Program, we help family caregivers connect one-to-one with someone who has "been there" as a caregiver of a child with the same type of disability, chronic illness, or health care concern.

**Information & Referral:** We help family caregivers find answers to general questions or information on a specific disability or health care need. We also can direct you to those who provide services, such as finding help to locate and pay for health care, equipment, or transportation needs.

**Training:** We offer training, such as using a Health Care Notebook or an Education Records Organizer, and Understanding Medicaid Service Coordination.

Fact Sheets and Health Care Notebooks are available from PARENT TO PARENT OF NYS offices, or may be downloaded by visiting the organization's website, [www.ptopnys.org](http://www.ptopnys.org).

**PARENT TO PARENT OF NYS** is the Family Voices State Affiliate Organization, the Family-to-Family Health Information Center (F2F HIC) and the PARENT TO PARENT USA organization in New York State.

**PARENT TO PARENT OF NYS** is supported by NYS employees through SEFA.