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).
Contact a regional office of PARENT TO PARENT OF NYS:

CAPITAL REGION
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 Lemoyne 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

SOUTHERN TIER
Chemung, Schuyler, Seneca & Steuben counties
PO Box 205
210-12th Street #210
Watkins Glen, NY 14891
1-800-971-1588, 607-535-2802

SOUTH CENTRAL NY
Broome, Chenango, Delaware, Otsego, Tioga & Tompkins counties
213 Tracy Creek Road
Vestal, NY 13850
607-770-0211, ext. 787

WESTERN NY
Allegany, Cattaraugus, Chahtaqua, 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.

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.