

To learn more about our programs or to be matched with a trained Support Parent in our network, 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.

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- 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.

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**DONATE TO PARENT TO PARENT**

PARENT TO PARENT OF NYS is a 501(c)(3) nonprofit organization. Your contribution is tax-deductible to the extent allowed by law.

Please send donations to:  
**Parent to Parent of NYS**  
**PO Box 9212**  
**Schenectady, NY 12309**



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



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**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**

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  
**c/o FL DDRO Office  
620 Westfall Road  
Room 114  
Rochester, NY 14620  
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  
518-381-4350**

**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  
**Currently served by Southern Tier**

**NORTH COUNTRY**

Clinton, Essex, Franklin, Hamilton,  
Jefferson & St. Lawrence counties  
**Currently served by Capital District  
1-800-305-8817, 518-381-4350  
and assisted by Canton Office  
315-379-1538**

**SOUTH CENTRAL NY**

Broome, Chenango, Delaware,  
Otsego, Tioga & Tompkins counties  
**249 Glenwood Road, Room 3C33  
Binghamton, NY 13905  
607-240-4573**

**SOUTHERN TIER**

Chemung, Schuylar, Seneca  
& Steuben counties  
**1885 Ste Rt 96A  
Ovid, NY 14521  
1-800-971-1588, 607-869-2171**

**WESTERN NY**

Allegany, Cattaraugus, Chautauqua, Erie,  
Genesee, Niagara,  
Orleans & Wyoming counties  
**1200 East & West Road  
Building 16, Room 1-140  
West Seneca, NY 14224  
1-800-305-8813, 716-675-0239**

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**

- An alliance member of Parent to Parent USA
- The state affiliate of Family Voices National
- New York's Family-to-Family Health Information Center