

Parenting Education and Support

Alight Care Center

Education classes- Childbirth Class, Infant Care Program, Parenting Class, Cooperative Parenting, and Anger Management Program.

(518) 270-5540

1838 Fifth Ave., Troy, NY

<http://alight.org/programs/>

Center for Divorce Education

Through an online interactive format, parents learn effective skills that will immediately change the way they interact. In the Online version the topics that are discussed are:

- Money Problems
- Children Carrying Messages between Parents
- Long Distance Parenting
- Quizzing Children about the Other Parent
- Putting Down the Other Parent

<http://www.divorce-education.com/>

CEO's Family Support Services (FSS)

Helps families with children who are having social, emotional or behavioral challenges.

FSS offers a variety of support services. These include:

- Someone to talk to that has been through similar struggles
- Support and advocacy in dealing with schools, juvenile justice, social services, and mental and physical health systems
- Community resources and referrals
- Self-advocacy skills.

(518) 272-6012 Ext. 208 or 215

Community Maternity Services

(518) 482-8836

27 North Main Ave., Albany, NY 12208

<https://www.cccms.org/>

Kids First After Divorce

Five hour educational program for separated parents that teaches parents how to prevent unnecessary distress in children during the divorce process and afterward.

(518) 443-2223

756 Madison Ave, Albany, NY

http://www.custodychaos.com/content/Uploads/Website_RegistrationForm.pdf

Kinship Care in New York State

Kinship care refers to grandparents, other relatives, and even family friends who are caring for children. Most kinship caregivers are not foster parents and privately provide full time care for children.

1-877-454-6463

www.nysnavigator.org

Parent Network of the Capital Region (PNCR)

Provides parents with the knowledge, skills, resources and support to effectively advocate for their children and to facilitate productive relationships between parents and school districts for the benefit of students with disabilities. Services are free-of-charge to parents, service providers, disability organizations and schools.

(518) 640-3320

1190 Troy-Schenectady Rd., Latham, NY 12110

Parenting Skill Groups

Parenting skill group to understand children's behavior, build confidence for the child and parent, improve communication, learn positive discipline and address specific challenges. Please contact Jewish Family Services for group schedule and additional information.

(518) 482-8856

877 Madison Ave., Albany, NY

Wits End Family Support Group

The Family Support Services program also offers the Wit's End Support Group. This group gives family members the chance to share and connect with others who are having similar challenges at home. The goal of the support group is to offer:

- Emotional support
- Information and education
- The opportunity to help others
- Socializing with other families
- Advocacy

(518) 272-6012 Ext. 208 or 215

<https://www.nyconnects.ny.gov/providers/wits-end-family-support-group-sofarensap243>