

Family Peer Support Group

**New Groups
Starting in
September!**



Are you a parent or caregiver in
Niagara County with a child who struggles with mental
or behavioral health challenges?

At times do you feel helpless or lost, with no idea where to turn for help?

YOU ARE NOT ALONE

Our Family Peer Support Group is a welcoming and inspiring place to share
frustrations, concerns, and ideas with caregivers who truly understand.

Virtual meetings via Zoom
Monthly from 10:00 - 11:30am
1st Tuesday and 3rd Monday
Scan QR Code to register



In-person meetings
Monthly from 10:00 - 11:30am
.....
2nd Tuesday at the
Lockport Family Empowerment Center
Downstairs in Cornerstone Ice Arena 1 Grigg Lewis Way, Lockport
.....
4th Monday at the
Niagara Falls Public Library LaSalle Branch
Meeting Room #6 8727 Buffalo Ave., Niagara Falls
.....
Registration preferred.

FOR MORE INFORMATION AND TO REGISTER:

Contact Alicia Vanderwalker, Senior Family Peer Advocate
(716) 343-0058 or AVanderwalker@ndyfs.org

Niagara County Family Peer Support Services

Who are we?

New Directions Family Peer Advocates provide Family Peer Support Services to parents and caregivers of youth who are experiencing mental health or behavior challenges. Our team of parent professionals support parents by providing a “peer” service, meaning the service provider is someone who has lived experience raising a child with a mental health diagnosis. All program staff are trained and credentialed as New York State Family Peer Advocates.

We believe that parents/caregivers are the experts on their own children. We use a trauma informed care approach in all the work we do. We believe in focusing on and building upon strengths and solution focused planning.

Services are free, provided at times and locations convenient for the parent/caregiver, and are family-driven. The goals and needs we work on are identified by you, based on your family's unique circumstances.



What do we do?

We help parents/caregivers to:

- Learn more about their child's diagnosis and ways to support their child.
- Identify their own needs and engage in self-care.
- Feel less alone by connecting them with other parents/caregivers experiencing similar situations.
- Engage/re-engage with family members and build natural supports.
- Learn more about the services that are available to them in the community and connect them to resources that meet their needs.
- Provide support and resources related to education, mental health services, hospital/ER care, social services, and community supports.
- Become advocates for their child and themselves.



***Funding for these services is provided through Niagara County Department of Mental Health and NYS Office of Mental Health.**