

Did you know?



**One in five children
have a diagnosable
behavioral health challenge***



**One in ten children face challenges
severe enough to impair how
they function at home, school,
and in the community***

96%



**96% of families working with
Family Ties report success
keeping their children at home,
in school and in their community.**

* Source www.nccp.org/publications/pub_929.html

Resource Center Locations

Our community-based Family Resource Centers are the heart of our organization.

Here, you become part of a larger peer community, find much-needed respite and motivation, gain the confidence to set and achieve goals, and have the opportunity to share your successes.

Todos nuestros centros hablan español

Mount Vernon

105 Stevens Avenue, Suite 402
Mount Vernon, NY 10550
Phone: (914) 667-9369
Fax: (914) 667-9402
mtvernon@famtieswest.org

Ossining

175 Main Street, 2nd Floor
Ossining, NY 10562
Phone: (914) 941-3461
Fax: (914) 941-5373
ossining@famtieswest.org

Peekskill

3 North Division Street, 2nd Floor
Peekskill, NY 10566
Phone: (914) 739-4725
Fax: (914) 739-4727
peekskill@famtieswest.org

Yonkers

30 South Broadway, 7th Floor
Yonkers, NY 10701
Phone: (914) 964-2063
Fax: (914) 964-5748
yonkers@famtieswest.org

Administrative Office

112 East Post Rd, 3rd Floor
White Plains, NY 10601
Phone: (914) 995-5238
Fax: (914) 995-8421
info@famtieswest.org



**FAMILY
TIES** 
OF WESTCHESTER

**Providing peer support
and advocacy services
to families impacted by
behavioral health challenges**

*All services are free
and confidential*

www.familytieswestchester.org



For over 30 years, Family Ties of Westchester, Inc. has provided peer support, education, and advocacy services to families experiencing social, emotional or behavioral challenges.

And now, each day, we partner with caregivers, service providers, and communities across Westchester County to make sure that all family members have the foundation they need to build healthy, meaningful lives.

Here are some of the services we offer...



Advocacy Services

As Westchester County's only family-run peer organization, our personalized advocacy services ensure that you

have access to the information and tools you need to guide the decision-making process regarding your child's care, including education, medication, and treatment services.

Our collective voices have the power to influence the services and policies that impact our families, including:

- how programs related to children and families are designed,
- how local, county and state-wide policy decisions are made,
- where funding is distributed.



Support Groups & Education

We offer a variety of groups which provide emotional support and advice, where you have the

opportunity to talk with – and learn from – other caregivers who are facing similar issues in their lives.

All of our groups are led by certified Family Peer Advocates who have experienced similar life events and who will work directly with you to help strengthen and nurture your family. Family Peer Advocates have walked in your shoes and understand the challenges of raising a child with behavioral health needs.

Free and confidential group sessions include parent coaching as well as health and wellness workshops to:

- foster healthy family relationships,
- develop leadership skills,
- reinforce effective communication techniques,
- and enhance your self-confidence as a caregiver.



Connection to Local Resources

When life gets overwhelming, it can be hard to know who or where to turn for help.

Our staff use their lived experience and on-the-ground expertise to cut through the red tape and connect you to local services and resources in the following areas:

- Education
- Mental Health Treatment & Crisis Support
- Juvenile or Criminal Justice
- Food or other Social Service Assistance
- Immigration Questions
- Substance Use Treatment
- Domestic Violence
- Housing
- Accessing Medicaid, Medicare or other types of health insurance

We envision a world where families with emotional and behavioral health challenges are embraced by their community, no longer feel stigmatized or isolated, and have access to the tools and resources they need in order to thrive.

We're here to help. Call us.

*Estamos aquí para ayudar. Llámenos.
Todos los servicios son gratis y confidenciales.
Todas nuestras oficinas hablan español.*

(914) 995-5238