

“The greatest asset for a child with special needs is a strong family.”

Whether you're a parent whose child has just been diagnosed with a physical or developmental disability, or your family is facing new challenges on its journey, we are here to help.

As the primary outreach program of The Centers for Exceptional Children, **Family Support Network™ (FSN) of Greater Forsyth** is dedicated to strengthening families and enhancing the lives of children with special needs, from birth to age 21, in and around Forsyth County.

Our families draw strength and guidance from our staff and other families they meet through our programs. FSN is rooted in the belief that the best support for families comes from other families with similar stories. With FSN, you get support, guidance and connections — in fact, you get a community.



The Family Support Network of Greater Forsyth is an affiliate of Family Support Network of North Carolina. All of our activities and services are provided at no cost to families.

336.703.4289 • TheCFEC.org/FamilySupportNetwork



helping families thrive



“FSN was a huge support system to me and my family while England was in the NICU. It was wonderful to know that someone is looking out for parents like us, that someone cares and understands what we’re going through.”

— Tiffany Malloy

support

- Our **Neonatal Intensive Care Unit (NICU) support programs** help families in the days, weeks and months after birth by providing emotional support and information, and hosting parent groups in the NICU.
- Our **Parent-to-Parent Matching program** links trained Support Parents with the family of a child who has special needs to share personal experiences.
- **SibShops™** provides a fun outlet for children ages 5 to 14 who have siblings with special needs. These events include dinner, games, crafts and discussion time to help kids connect with other “sibs.”
- Both the **Exceptional Families program** and **El Grupo de Esperanza** allow families to learn from each other.

Email us at FSNinfo@TheCFEC.org

“With El Grupo de Esperanza, I learn new things, I feel supported and our whole family benefits.”

— Cinthia Sanchez



guidance

- We provide **individualized assistance, workshops and parent groups** to help family members learn more about caring for children with special needs, coping with difficult circumstances, developing advocacy skills and finding community resources.
- We offer **Stepping Stones** parenting seminars and groups. These Triple P programs are specific to families raising children with disabilities.
- We also help families understand and navigate the **special education process**, because every child has a right to a free and appropriate public education.
- Our **bilingual coordinator** assists our Spanish-speaking families. (Nuestro coordinador bilingüe ayuda a nuestras familias - que hablan español.)

Call our office at **336.703.4289**

connections

- Our **monthly e-newsletter** connects families and the community with FSN by providing important information and highlighting upcoming events.
- FSN families share their experiences with **medical students and educators** in training to create a deeper understanding of the unique challenges that come with parenting children with special needs.
- FSN staff serve as a **resource to the medical community and other professionals** by accepting referrals for our programs and sharing information about related services.

Visit our website at TheCFEC.org/FamilySupportNetwork

“SibShops gives our oldest son and daughter the opportunity to connect with other kids like them and hear what other families that are similar to ours go through. They love SibShops!”

— Joe & Tiffany Schmitz

