

# Family Support Resources

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## Community Support

### **Circle of Hope**

National Organization on Fetal Alcohol Syndrome  
900 17<sup>th</sup> St. NW, Suite 910  
Washington, D.C. 20006  
Phone: 91-800-66NOFAS or 202-785-4585  
Fax: 202-466-6456  
E-mail: [COH@nofas.org](mailto:COH@nofas.org)  
Website: [www.nofas.org](http://www.nofas.org)

Contact Person: Brooke Tavenner

*Unites birth mothers of children born with Fetal Alcohol Spectrum Disorders (FASD), assists in the process of recovery, and provides the mentoring and support needed to get through the process of grief. Works with birth families to improve and strengthen their lives; provide peer support; and eliminate stigma and shame.*

### **Durham Mother's Club**

Website: [www.durham-mothers-club.org](http://www.durham-mothers-club.org)

Contacts:

Becky Wilkes (919-403-8181, [becky@wilkesinteractive.com](mailto:becky@wilkesinteractive.com))  
Victoria Zula (919-806-8450, [vmz@mindspring.com](mailto:vmz@mindspring.com))

### **SibGroup**

The Arc of Durham County  
3500 Westgate Dr.  
Suite 303  
Durham, NC 27707  
Phone: 919-493-8141  
Fax: 919-489-3434  
E-mail: [melibe@mindspring.com](mailto:melibe@mindspring.com)

Contact Person: Melissa Bent

*Provides opportunities for sharing and recreation in a safe environment for siblings of children with special needs.*

# Family Support Resources

## **“Teen To Adulthood” Parent Group**

Held at the Millbrook Exchange Community Center  
1905 Spring Forest Road  
Raleigh, NC  
Phone: 919-878-3239  
E-mail: [honeymank@earthlink.net](mailto:honeymank@earthlink.net)

Contact Person: Kathy Honeyman

*Parent group dedicated to helping parents understand transition services and issues for teens and young adults with disabilities. Meetings are schedule every second Saturday of the month from 9:30 to 11 am (September-May). Light refreshments provided.*

## **UNCC Sibling Project**

Department of Psychology – University of North Carolina at Charlotte  
9201 University City Blvd.  
Charlotte, NC 28223-0001  
Phone: 704-687-3689 (Ryan Kilmer) or 704-687-4758 (Jim Cook)

*Studying the efficacy of support systems for siblings of children with mental health disorders. Voluntary involvement involves completion of short surveys.*

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## **Early Education**

### **DK Family Learning**

c/o Lana Kuenzi  
5817 Lunenburg Dr.  
Raleigh, NC 27603  
Phone: 919-489-7771  
E-mail: [lanadkfl@aol.com](mailto:lanadkfl@aol.com)

Contact Person: Lana Kuenzi

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## **Family Support**

### **Beginnings**

Phone: 800-541-HEAR (V/TTY) or 800-541-4327 (Raleigh)  
Website: [www.beginningssvcs.com](http://www.beginningssvcs.com)

*Agency serving families with children who are deaf or hard of hearing. Provides free resources and referrals to parents and professionals.*

### **Durham Social Services Family-to-Family Program**

220 E. Main Street

# Family Support Resources

Durham, NC 27701  
Phone: 919-560-8092

*Encourages a family-centered approach to foster care, which is child-focused and neighborhood based. Four Core Strategies are: 1) Building neighborhood and community partnerships; 2) Restructuring, recruitment, training and support for foster parents; 3) Team Decision-Making; and 4) Self-evaluation*

## **Durham Strengthening Families Coalition**

@ the Durham Cooperative Extension

Contacts: Delphine Sellars – 919-560-0538 or [dsellars@co.durham.nc.us](mailto:dsellars@co.durham.nc.us)  
Donna Rewalt – 919-560-0522 or [drewalt@co.durham.nc.us](mailto:drewalt@co.durham.nc.us)

*Working to close the academic achievement gap through strengthening parental involvement and leadership. Offers a 6-session Parent and Family Advocacy Training (in English and Spanish). Upon completion, parents may enter the Parents as Leaders Academy, a leadership development program.*

## **Exchange Club Family Center**

Phone: 919-286-9106 x.227

## **Family Preservation Services, Inc.**

Phone: 1-800-447-8709

Website: [www.fpscorp.com](http://www.fpscorp.com)

*A non-residential, community-based organization dedicated to family preservation. Provides services in seven states (including North Carolina).*

*Services include:*

- ❖ *Substance abuse support for adolescents and young adults*
- ❖ *Independent Living Support – for males and females age 16-21 who are unprepared socially and/or economically to live independently*
- ❖ *Therapeutic Foster Care*
- ❖ *In-Home Services – cognitive and behavioral interventions designed to strengthen individual and family resiliency and coping skills*
- ❖ *Therapeutic Mentoring*
- ❖ *School-based services*
- ❖ *Virtual Residential Program – intensive, in-home, community-based services to expedite successful family reunification after residential, psychiatric or foster placements out of the home*
- ❖ *Adolescent Sex Offender Program – individualized, community-based services monitored by Certified Sex Offender Treatment Providers*

## **Family Support Network of Northern Piedmont**

411 W. Chapel Hill Street  
Suite 614  
Durham, NC 27701

# Family Support Resources

Phone: 800-852-0042 or 919-560-5600 x.247

Website: [www.fsnn.org](http://www.fsnn.org)

Contact Person: Beth Taylor

*Organization for families of children with special needs. Provides resources, peer support and information about services and providers for families, and seeks to enhance services, expand knowledge and provide referrals for professionals. Includes the following programs:*

- ❖ *Central Directory of Resources*
- ❖ *Parent-to-Parent – Matches parents with peers facing similar situations, provides support for professionals, and outreach/training for foster families.*
- ❖ *Early Intervention Mentor Program – Professional development in one-to-one mentor pairs for those who work with children ages 0-5.*

## **Family Support Network of Wake County**

P.O. Box 5567

Cary, NC 27512-5567

Phone: 919-662-4600 x. 257

E-mail: [leigh@familysupportonline.com](mailto:leigh@familysupportonline.com)

Website: [www.familysupportonline.com](http://www.familysupportonline.com)

Contact Person: Leigh Menconi

*Offers support to family members of individuals with developmental disabilities in Wake County. Includes monthly parent “Holland Tour Group” gatherings (offer free onsite respite if notified beforehand).*

## **Family Support Program Exchange Clubs' Family Center**

1200 Broad Street, Suite 209

Durham, NC 27705

Phone: 919-286-9106

Fax: 919-286-4716

*Provides a free and confidential 12-week home visit program for children under the age of 12. Services available en Espanol.*

## **First In Families of Durham**

3500 Westgate Dr., Suite 303

Durham, NC 27707

Phone: 919-493-8141

Fax: 919-489-3434

E-mail: [janejc@mindspring.com](mailto:janejc@mindspring.com) or [kristine@mindspring.com](mailto:kristine@mindspring.com)

Website: [www.fifnc.org](http://www.fifnc.org)

Contact Person: Jane Johnson-Chavis or Kristine Harrington

*Supports families of children with developmental disabilities in determining their needs and assists them in finding community resources.*

# Family Support Resources

## **First In Families of North Carolina**

P.O. Box 1665  
Durham, NC 27702-1665  
Phone: 919-781-3616 x. 223  
E-mail: [betsym@fifnc.org](mailto:betsym@fifnc.org)  
Website: [www.fifnc.org](http://www.fifnc.org)

Contact Person: Betsy MacMichael

*Focuses on educating the public about developmental disabilities, finding community resources for families, and increasing families' self-determination. Includes "Lifetime Connections" program, which helps to create networks of relationships so that decisions about people's lives are made by them and those who know them best.*

## **Healthy Families Durham**

3518 Westgate Dr.  
Suite 100  
Durham, NC 27707  
Phone: 919-419-3474 x.310  
Fax: 919-419-9353  
Website: [www.ccfhnc.org](http://www.ccfhnc.org)

Contact Person: Jan Williams

*Offers early childhood service coordination and maternity care coordination services in both English and Spanish. A free family support and information resource to parents with newborns who are facing challenging or stressful situations.*

## **Welcome Baby**

721 Foster St  
Durham, NC 27701  
Phone: 919-560-7150  
Website: [www.welcomebaby.org](http://www.welcomebaby.org)

Contact Person: Pat Harris

*Provides parent support programs, including:*

- ❖ *Parenting Workshops*
- ❖ *Parenting classes for Spanish speakers*
- ❖ *Car Seat Safety Program – information sessions about car seat safety and free or discounted car seats*
- ❖ *Motheread/Fatheread – Program for parents of children age 5 and younger teaching skills for reading with children. Children themselves participate in activities that help develop a love of reading.*
- ❖ *Parents with Newborns – Informal discussion group.*
- ❖ *Giving Closet – Free clothing for families in need with children ages 0-5.*

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# Family Support Resources

## Financial Support

### **NC Child Support Centralized Collections and Child Support Enforcement**

P.O. Box 20800

Raleigh, NC 27619-0800

Phone: 1-800-992-9457

Website: [www.ncchildsupport.com](http://www.ncchildsupport.com)

*Collects, processes and tracks child support payments. Also available: Department of Health and Human Services Child Support Handbook.*

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## Parent Training/Information

### **Durham Social Services Adolescent Parenting Program**

300 N. Duke St.

Room #134

Durham, NC 27702

Phone: 919-560-8125 (Desiree) or 919-560-8124 (Carol)

Contacts: Desiree Simpson, Program Coordinator or Carol Hunt, Program Supervisor

*Provides counseling and crisis intervention; parenting, life skills, and self-development workshops; personal mentoring; and social opportunities to adolescent parents.*

*Eligibility guidelines:*

- ❖ *Receiving Medicaid*
- ❖ *First-time adolescent parent*
- ❖ *Resident of Durham County*
- ❖ *17 years old or younger*
- ❖ *Attending (or planning to attend) high school*

### **Exceptional Children's Assistance Center**

907 Barra Row

Suites 102/103

Davidson, NC 28036

Phone: 704-892-1321 or Parent Info. Line: 800-962-6817

Fax: 704-892-5028

*Parent organization committed to improving the lives and educations of ALL children, with a special emphasis on children with disabilities. Advocates for the right of all individuals to appropriate education and other needed services. Programs include:*

- ❖ *Parent Training and Information Center – Parent educators are parents of children with disabilities.*
- ❖ *Parent Partners*
- ❖ *Bridging the Gap – Helps to enhance the transition from hospital to home for children ages 0-3 eligible (or potentially eligible) for North Carolina Early Intervention Services.*

# Family Support Resources

- ❖ *NC State Improvement Project – Works to improve the quality of education for students with disabilities (especially reading and behavior).*
- ❖ *Parent Technical Assistance Project – Provides support, training and technical assistance to parent organizations.*
- ❖ *North Carolina Families United – Coordinating office for a statewide network for families of children with mental illness.*
- ❖ *Family Leadership – trains and supports parent leadership*
- ❖ *Legislative and policy development*
- ❖ *Community awareness – Provides programs, speakers bureau, articles, public relations, and awards to outstanding high school students with disabilities*
- ❖ *Information about and referrals to professionals in North Carolina.*

## **Fetal Alcohol Syndrome Community Resources**

c/o The Arc of Rowan County  
1918 W. Innes St.  
Salisbury, NC 28144  
Phone: 704-637-1521  
E-mail: [arcrowan@cbil.net](mailto:arcrowan@cbil.net)

*Provides information to parents and professionals about Fetal Alcohol Syndrome and Fetal Alcohol Effects (FAS/FAE), one of the most prevalent known causes of mental retardation in the U.S.*

## **North Carolina Families United**

907 Barra Row  
Suites 102/103  
Davidson, NC 28036  
Phone: 800-962-6817  
Fax: 704-892-5028  
E-mail: [NCFamiliesUnited@ecacmail.org](mailto:NCFamiliesUnited@ecacmail.org) or [psolomon@ecacmail.org](mailto:psolomon@ecacmail.org)  
Website: [www.NCFamiliesUnited.org](http://www.NCFamiliesUnited.org)

*Links families of children with serious emotional, behavioral or mental health challenges to state and community partners for the purpose of improving the lives of these children and their families. Connected to the Exceptional Children's Assistance Center.*

## **PACER Center**

8161 Normandale Boulevard  
Minneapolis, MN 55437-1044  
Phone: 952-838-9000 or 952-838-0190 (TTY)  
Fax: 952-838-0199  
E-mail: [pacer@pacer.org](mailto:pacer@pacer.org)  
Website: [www.pacer.org](http://www.pacer.org)

*Minnesota-based resource center whose mission is to expand opportunities and enhance the quality of life of children and young adults with disabilities and their families, based on the concept of parents helping parents. Offers programs for: Parents and Families, Technology Education, and Students/Schools/Professionals.*

# Family Support Resources

## **Parenting of Adolescents Program Exchange Clubs' Family Center**

1200 Broad Street, Suite 209

Durham, NC 27705

Phone: 919-286-9106

Fax: 919-286-4716

*Free 12-week in-home counseling program to assist parents with effective limit-setting, developing and strengthening relationships, and connecting to resources. Families must be referred through Juvenile Justice or Law Enforcement.*

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## **Respite**

### **The Arc of Durham County**

3500 Westgate Dr.

Suite 303

Durham, NC 27707

Phone: 919-493-8141

Fax: 919-489-3434

E-mail: [melibe@mindspring.com](mailto:melibe@mindspring.com)

Contact Person: Melissa Bent

*Employs trained short-term, non-medical direct care providers in order to provide occasional relief for families of people with developmental disabilities. Includes Voucher Respite program, which reimburses families for short-term care by their own providers.*

### **Easter Seals United Cerebral Palsy**

Phone: 336-449-7904 (Phyllis Stevenson) or 919-740-6605 (Jane McCloud)

*Offers emergency and planned out-of-home respite care (formerly operated through Volunteer Families of NC). After transitioning, will form a new division known as Volunteer Families.*

### **Human Service Alliance**

3983 Old Greensboro Road

Winston-Salem, NC 27101

Phone: 910-761-8745

Fax: 910-722-7882

E-mail: [inquiry@hsa.org](mailto:inquiry@hsa.org)

Website: [www.hsa.org/service](http://www.hsa.org/service)

*Offers families temporary relief from care of their children with developmental disabilities. Parents inform volunteer respite providers of the educational goals of their children so that volunteers can help them achieve these goals. Services include center-based respite care in Winston-Salem, home-based respite care, and extend-a-family*

# Family Support Resources

*care, in which a child with a disability enters temporarily into the home life of a volunteer family.*

## **National Caregiver Training Program**

Healing Arts Communications, A Division of Health Care Training Systems, Inc.  
1911 United Way  
Medford, OR 97504  
Phone: 888-846-7008  
Fax: 541-858-6696  
E-mail: [info@homecarecompanion.com](mailto:info@homecarecompanion.com)  
Website: [www.homecarecompanion.com](http://www.homecarecompanion.com)

Contact Person: Teresa Smith, Program Specialist

*Offers an 18-hour curriculum for training care providers quickly and easily. Curriculum is supported by an Administrator's Manual, Instructor's Manual, textbooks, videos/DVDs, tests, certificates of completion, and support materials.*

## **Professional Education and Respite Services, LLC**

P.O. Box 1015  
Stephens City, VA 22655  
Phone: 540-664-9886  
Website: [www.vacationrespite.com](http://www.vacationrespite.com)

*Offers vacation respite to U.S. citizens throughout the United States.*

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## **Support for Spanish-Speaking Families**

**El Centro Hispano**  
201 W. Main Street  
Durham, NC 27701  
Phone: 919-687-4635

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## **Therapeutic Humor**

### **Carolina Health and Humor Association (Carolina Ha Ha)**

265 W. Highway 54  
Suite 161  
Durham, NC 27713  
Phone: 919-544-2370  
Fax: 919-544-9627  
E-mail: [ruth@carolinahaha.org](mailto:ruth@carolinahaha.org)  
Website: [www.carolinahaha.org](http://www.carolinahaha.org)

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# Family Support Resources

## Therapeutic Support

### **Post-Partum Support Program**

Phone: 919-681-6840

E-mail: [william.meyer@duke.edu](mailto:william.meyer@duke.edu)

Contact Person: Bill Meyer

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