



Family Support Groups at FBR

As part of our commitment to community outreach, Family Behavioral Resources offers **Family Support Groups** in each region we serve. Partnered with the Advisory Board on Autism and Related Disorders (ABOARD), our support groups offer parents and other family members to access much needed camaraderie, resources, and support in relation to their struggles with the diagnosis of an Autism Spectrum Disorder. Our groups are facilitated by members of the Autism Team, yet remain parent-driven. The monthly group format varies between open discussion and topics or speakers based on feedback from our members. One consistent element of the groups is to share success stories about our children with a diagnosis. It reminds us that even the smallest of accomplishments speaks volumes, as our loved ones often struggle to achieve what comes so naturally to others.

Coinciding with our Family Support Groups are **Social Skill/Play Groups** for diagnosed children and their siblings. Our groups for children are structured to include therapeutic activities that focus on the development of social play skills. We pair children by age and skill level to encourage appropriate peer modeling. Snacks are provided to the children, and children with special dietary needs can often be accommodated upon request.

Groups are held monthly in an FBR office unless otherwise noted. RSVPs are encouraged, but not required, for the adult portion of the group. We do require RSVPs for the social skill groups, so that we can ensure enough staff and materials for the evening. Families are welcome to attend more than one group to reap the benefits of support. Families need not be served by FBR to attend our groups.

Based on attendance, our Bedford, Somerset, and New Kensington offices provides a **Sibling Support Group** as well as an **Asperger's Syndrome Support Group** for older children on the spectrum.

We are open to hosting more groups as needs are identified. Contact us today if your area could benefit from an FBR H.O.P.E. for Tomorrow Focus Group to assess community needs.

If you are a parent or family member struggling with the diagnosis of ASD, we encourage you to call one of our office locations. You can speak to an individual group facilitator, or to Cathy Hughes, Family Support Coordinator, about how our support groups can help your family.

To learn more about our support group options, visit our website at www.familybehavioralresources.com. Click on "Our Services," and "Support Groups." The site is frequently updated to reflect changes in day or time, as well as provide information about monthly topics.

"For a community to be whole and healthy, it must be based on people's love and concern for each other." ~ Millard Fuller

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