

# Wildwood's Family Support Services Network

For more information please contact:

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# About Wildwood's Family Support Services Network

Wildwood's Family Support Services Network department offers a variety of assistance. The services are available to both individuals and their family members and/or caregivers. Services are at no cost to individuals and families, and are funded through a grant from the New York State Office for People with Developmental Disabilities (OPWDD).



## Supportive Counseling for Individuals



- Understanding and managing disability-related issues
- Adjusting to life transitions
- Dealing with illness, loss, and grief
- Coping with life stress: individual and family relationships, employment, and financial concerns
- Skill building: assertiveness, advocacy, identifying emotions, managing conflicts, and interpersonal communication

## Supportive Counseling for Families



- Adjusting in dealing with a new diagnosis of a developmental disability
- Managing family stress
- Assisting with developing healthy coping strategies
- Developing skills to manage life transitions

## Trainings & Workshops



- Hosted at Wildwood's Latham office or held online
- Occur in the spring and fall
- Experts present on topics such as Medicaid, Estates and Trusts, Social Security, Guardianship, and other relevant subjects for families and individuals

## Therapeutic Yoga Services



- Designed to provide a more peaceful and calm state of being through breath, purposeful postures, and meditation
- Both group and individual sessions focusing on specific needs or conditions, i.e. anxiety, caregiving
- Can be independent of or in conjunction with counseling services