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The 9 **Family Resource Centers (FRCs)** provide individual and group-based family support services to parents/caregivers of children and youth (birth- age 24) identified as having or at risk for developing emotional, behavioral, or mental health challenges using a family and youth peer model.

• **FRCs provide 8 core services:**

- Emotional support
- Advocacy to assist in navigating child-serving systems
- Information about mental health conditions, services and family rights
- Referrals to appropriate services and resources
- Skill development through educational workshops
- Recreational activities
- Care coordination
- Respite Care

• The FRCs are stand-alone, community based programs. There are 2 in each borough except Staten Island where there is one. Most services are offered in English and Spanish (The FRCs in Lower Manhattan and Western Queens are also able to meet needs of the Asian Community).

• **These services are free of charge, and no referral is needed to access services!**

NYC Family Support Network:

<p>FRC of Northern Bronx - MHA of NYC 975 Kelly Street, Suite 301 Bronx, NY 10459 Program Director: Wanda Greene Phone: 718-220-0456</p>	<p>FRC of Western Queens - MHA of NYC 29-46 Northern Boulevard, 2nd Floor Long Island City, NY 11101 Program Director: Ina Concepcion Phone: 718- 651-1960</p>
<p>FRC of Southern Bronx - MHA of NYC 975 Kelly Street, Suite 301 Bronx, NY 10459 Program Director: Yvette Pena Phone: 718-220-3868</p>	<p>FRC of Eastern Queens - St. John's Episcopal 148-45 Hillside Avenue, Suite 203 Jamaica, NY 11435 Program Director: Kathy Gardini Phone: 347-644-5711</p>
<p>FRC of Northern Manhattan - MHA of NYC 1 West 125th Street, 2nd Floor New York, NY 10027 Program Director: Laneska Rosario Phone: 212-410-1820</p>	<p>FRC of Northern Brooklyn – ICL 2581 Atlantic Ave. – 2nd Floor Brooklyn, NY 11207 Program Director: Terri Johnson Phone: 877-425-8133</p>
<p>FRC of Southern Manhattan – MHA of NYC 50 Broadway, 19th Floor New York, NY 10004 Program Director: Janet Rosa Phone: 212-964-5253</p>	<p>FRC of Southern Brooklyn – JCCA 858 East 29th Street Brooklyn, NY 11210 Program Director: Denise Stephenson Phone: 347-394-5186</p>
<p>Staten Island FRC-JBFCS 2795 Richmond Ave Staten Island, NY 10314 Program Director: Deborah Miller Phone: 718-698-5307</p>	