

Family Support Services

Contact Info

Family Support Services is open to parents, siblings, and extended family members of individuals with disabilities and special needs throughout Central PA.

Is your family in need of some support?

Contact:
Family Support Services

Tel: 717-737-3477, x123 or x134

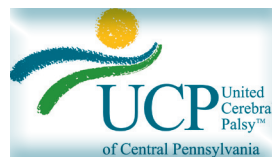
Toll-free: 800-998-4827

Email: FamilySupportServices@ucpcentralpa.org
www.ucpcentralpa.org

The program is funded in part, by the community's contribution to the United Way of Carlisle and Cumberland County.



UCP assures equal opportunities for all individuals regardless of age, sex, race, color, religious creed, ancestry, national origin, disability, handicap, sexual preference, life style, political belief, union membership, limited English proficiency, and any other class of individuals protected from discrimination under state or federal law.



For more information about UCP programs and services, call locally: 717-737-3477
call toll-free: 800-998-4827
or visit www.ucpcentralpa.org

Find us at ucpcentralpa.org:    



a service of UCP Central PA



Because life without limits includes some plain, old-fashioned fun.



The family unit as a whole is strengthened when...

the unique needs of each family member are met.

the potential of A Full Family Life

UCP's Family Support Services (FSS) Team is committed to the well-being of the entire family unit. To that end, we offer a broad system of support for parents, siblings, and extended family of children, youth, and young adults with a disability or special need.

The expression "been there, done that" has special significance for us. **We are all parents of children with a disability or special need, so we have a keen sense of what you are going through.** Each member of our team has extensive hands-on experience navigating the vast network of human service offerings and funding options available throughout Central Pennsylvania.



Our individual and collective experience and expertise has proven to be an invaluable source of support for families in similar life circumstances. An essential component of that support involves helping parents and guardians understand their rights related to the education and human service systems.

As a result, you not only become a more effective advocate for your child, but **together you are able to experience richer fuller lives.**



• **Family Activities** provide a safe, stress-free environment where the entire family can enjoy some much-needed downtime together, while getting to know others in similar circumstances. Our online calendar of events allows you to plan ahead and build some fun time into your family's schedule.

• **Sibshops' unique sibling support program** gives brothers and sisters of a child with a disability the opportunity to give and receive peer support and to share their feelings in a fun, recreational setting.



• **Respite Care** offers family members and caregivers a short term break that can relieve stress, restore your outlook, and promote balance in your life. UCP routinely offers Friday night respite at two convenient locations... because taking care of yourself makes you a better caregiver.

• **Workshops and Training** on topics related to raising a child with a disability are offered free of charge throughout the year. Hear from specialists in such areas as special education law, estate planning, behavioral intervention, family dynamics, and more.

• **Community Connections** give you access to print and digital resources that connect you to others. Community Links is a comprehensive online resource that "links" individuals and families with 24/7 access to information and local events in Central PA.



the power of Shared Experiences

It's all in a day's work. Success for our team means your family feels a little less stressed and overwhelmed by life... and a little more open to the possibility of experiencing life without limits.

“Please sign up the Tobin Family (all 4 of us) for the FSS bowling event again this year. That was one of the best times we had as a family in all of 2019!”

~Melinda Tobin

