

## Family Support Services **Contact Info**

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

**Could your family use some additional support?**

**Complete the online form:**  
<https://bit.ly/fss-request>

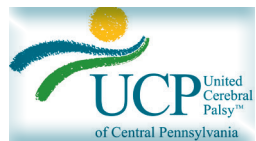
**Or contact us directly:**

Tel: 717-737-3477 / Toll-free: 800-998-4827  
Email: [FamilySupportServices@ucpcentralpa.org](mailto:FamilySupportServices@ucpcentralpa.org)



Family Support Services 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](http://www.ucpcentralpa.org)

Find us at [ucpcentralpa.org](http://ucpcentralpa.org):



a service of UCP Central PA



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

*It is our philosophy that...*



*the family unit as a whole is strengthened when the unique needs of each family member are met.*



## the potential of A Full Life for the Family

UCP's Family Support Services (FSS) Team is committed to the well-being of the entire family unit. We offer a broad system of support for parents, siblings, and extended family of children, youth, and adults of all abilities.

Our caring, committed staff realize that every family's journey is different. Still, the nature of our work gives us a keen sense of what you are going through, and we can relate. Individually and collectively, we have the personal and professional experience, expertise, and insights to come alongside you and support you in your journey.



That means you not only become a more effective advocate, but **as a family you are able to experience richer, fuller lives.**



- **Family Activities** provide the entire family with occasions to enjoy some much-needed downtime together, while getting to know others in similar circumstances.

- **Sibshops (a unique sibling support program)** provide opportunities to give and receive peer support and to share feelings in a safe, fun, recreational setting.



- **Workshops and Training** let you hear from specialists on relevant topics in such areas as special education law, estate planning, behavioral intervention, family dynamics, and more.

- **Respite Care (for family members and caregivers)** is routinely offered two Friday evenings a month... *because taking care of yourself makes you a better caregiver.*

## the power of Shared Experiences

Success for all involved is when your family feels a little less stressed and overwhelmed by life... and a little more **open to the possibility of experiencing life without limits.**

### Additional Resources for Families

UCP's FSS staff also serve as conduits for you to access additional resources that can provide meaningful connections. Our staff can help you navigate the human services network throughout Central PA as you determine which services best meet your family's needs. These include:

- **Community Links** website and Facebook page "links" individuals and families to information and resources, as well as local events throughout Central PA.



- **Employment 1st** is an initiative in collaboration with Dauphin and Cumberland/Perry Counties that supports three key groups (individuals seeking employment, employers seeking greater inclusion, and service providers seeking to connect them) in an effort to help individuals with disabilities make a successful transition from school days to pay days.



- **UCP Early Intervention and Family Support Services Facebook** page provides updates on family-related educational opportunities and resources, as well as social activities going on throughout the community we serve.

