

PLACE  
STAMP  
HERE



**CT FAMILY SUPPORT NETWORK**

Jennifer Carroll, Statewide Coordinator  
460 Capitol Avenue  
Hartford, CT 06106

**ASSESSING  
THE QUALITY  
OF YOUR  
FAMILY  
SUPPORT**



**QUALITY FAMILY SUPPORT SHOULD:**

- Help you raise your children and strengthen your family and community
- Be tailored to your family's specific needs
- Be easy to access
- Respond to your personal and cultural preferences
- Be rooted in your community
- Be fair and accountable to you
- Be flexible and receptive to your changing needs
- Treat you and your child with respect
- Value your opinions
- Provide competent, well-trained service providers

**WHAT IS FAMILY SUPPORT?**

**FAMILY SUPPORT CAN INCLUDE:**

- IN HOME SUPPORT & RESPITE CARE
- RECREATION & AFTER SCHOOL PROGRAMS
- HEALTH CARE & CHILD CARE
- ACCESSIBLE TRANSPORTATION
- PARENT NETWORKING AND SUPPORT
- DISABILITY RELATED ITEMS, GOODS, & SERVICES
- HOME & VEHICLE MODIFICATIONS
- ASSISTIVE TECHNOLOGY
- INCLUSIVE EDUCATION PROGRAMS

**SIGN UP FOR OUR  
STATEWIDE EMAIL LISTSERVES**

**THEY OFFER A GREAT OPPORTUNITY TO  
SHARE & ACCESS INFORMATION & RESOURCES  
FOR FAMILIES, ADVOCATES & PROVIDERS**

To sign up for our listserves contact Jennifer Carroll at 1-877-FSN-2DAY or via email at [jtcarroll@cox.net](mailto:jtcarroll@cox.net).



**CONNECTICUT FAMILY SUPPORT NETWORK**

460 Capitol Avenue, Hartford, CT 06106  
Tel: 1-877-FSN-2DAY Fax: (860) 418-6002

[www.ctfsc.org](http://www.ctfsc.org)

Special thanks to the  
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**CONNECTICUT  
FAMILY SUPPORT  
NETWORK**

Are you raising a  
child with disabilities?

Would you  
like effective  
**FAMILY SUPPORT  
SERVICES**  
in your home  
and community?



**HOW TO MAKE YOUR  
FAMILY SUPPORTS WORK FOR YOU:**

A Resource for Families Raising Children with Disabilities

# THE CONNECTICUT FAMILY SUPPORT NETWORK

## WE CAN HELP YOU GET STARTED

The CT Family Support Network is a network of families who have children with disabilities. They are parents interested in helping other parents to find the supports they need. The Network was created by the Connecticut Family Support Council, a legislatively established partnership of parents and professionals working to improve supports for families of children with disabilities.

## WHAT SUPPORTS CAN I FIND THROUGH MY LOCAL FAMILY SUPPORT NETWORK?

The CT Family Support Network helps families to obtain supports and resources specific to their individual needs. They have been successful in offering the following:

- **Networking** and socializing with other families
- **Parent training** and educational workshops
- **A collective voice** that reaches policymakers
- **Agency referrals**
- **A philosophy that empowers parents**
- **Community-based** assistance and support
- **Telephone support**
- **Web-site links**
- **Regular Parent Support Group meetings**
- **IFSP and PPT preparation support**
- **Help with advocating** for local programs/ services
- **Child-care and travel stipends** (limited amount) to attend family support events



# GET INVOLVED!

## PERSONALIZING YOUR FAMILY SUPPORT

- **Identify** your family's needs
- **Don't be afraid** to ask for what you need
- **Help** make it happen if it is not available
- **Share** your story, increase awareness
- **Enlist** the help of others
- **Partner** with local leaders
- **Introduce** your family to your local legislators
- **Network** with other families
- **Engage** local advocacy groups
- **Provide** feedback on the supports you receive
- **Help** to make them better
- **Share** what you have learned

# WHO ARE YOUR PARTNERS?

## RESOURCES YOU CAN CONTACT

- Pediatricians/health professionals
- Infoline 211
- CT Birth to Three System
- State and local agencies
- School PTA or SEPTA
- Community Disability Commission or town ADA coordinator
- Parks and Recreation Departments
- Local faith-based organizations
- Local disability advocacy organizations
- Other parents of children with disabilities who share your experience

# CARING & SHARING

## CT FAMILY SUPPORT CONTACT INFORMATION

CALL US TO FIND OUT HOW TO MAKE YOUR FAMILY SUPPORTS WORK FOR YOU

### CTFSN – CONNECTICUT FAMILY SUPPORT NETWORK

<b>Jennifer Carroll</b>	CTFSN Statewide Coordinator	1-877-FSN-2DAY	jtcarrroll@cox.net
<b>Mona Tremblay</b>	CTFSN Northeast Coordinator	(860) 928-6514	monatremblay@sbcglobal.net
<b>April Dipollina</b>	CTFSN Southeast Coordinator	(860) 271-4371	adipollina@lmhosp.org
<b>Sheila Harris</b>	CTFSN North Central Coordinator	(860) 297-4358	afcampa@sbcglobal.net
<b>Tesha Imperati</b>	CTFSN South Central Coordinator	(203) 710-3041	teshaimp@comcast.net
<b>Alice B. Buttwell</b>	CTFSN Northwest Coordinator	(860) 350-6025	aliceMMBB@aol.com
<b>Lisa Sheppard</b>	CTFSN Southwest Coordinator	(203) 556-7317	linshep@aol.com
<b>TTY</b>	For Deaf and Hard of Hearing	(877) 743-5516	

### CTFSC – CONNECTICUT FAMILY SUPPORT COUNCIL

<b>Karen Zrenda</b>	CTFSC Co-Chair	(203) 688-4342	
<b>Laura Knapp</b>	CTFSC Co-Chair	(888) 410-1068	toll free



IF YOU WOULD LIKE MORE INFORMATION

ABOUT THE CONNECTICUT FAMILY SUPPORT NETWORK, PLEASE COMPLETE AND MAIL THIS POSTCARD.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email \_\_\_\_\_



Check All That Apply:  Parent  Professional  Advocate