

FAMILIES HELPING FAMILIES OF ACADIANA



PARISHES WE SERVE

Acadia - Evangeline - Iberia - Lafayette - St. Landry - St. Martin - Vermilion

Throughout history, families have been turning to other families that have dealt with similar struggles and it is within our nature to do so. Families Helping Families has been developed to aid families in the search for the support, information, and resources that can help them.

A very powerful bond and commitment exists between families who share like circumstances and travel a similar path.

An informed, educated, and supported family raises a strong, nourished, and capable child with a bright and successful future.

We believe access to this kind of support and resources should be available to everyone who needs it and Families Helping Families is here to help.

[Website](#)



Does Your Child Have
Special Health Care Needs?

Do you care for
someone with a disability?

Need help with the
school system?

We're here to help!

- Early Intervention
- Education Issues
- Health Concerns
- Home & Community-Based Supports and Services
- Resources
- And Much More!

*Talk with someone
who gets it...*

Families Helping Families
of Acadiana

100 Benman Road
Lafayette, LA 70506

Toll Free: (855) 984-3458

Fax: (337) 984-3468

www.fhfacadiana.org

(337) 984-3458

Office Hours

Monday - Thursday
8:00 am - 4:00 pm
Friday
8:00 am - 12:00 pm

Contact Information

100 Benman Road
Lafayette, La. 70506
Phone: 337-984-3458
Fax: 337-984-3468
Email:
info@fhfacadiana.org

*Merry Christmas
From
Families Helping Families
of Acadiana*





WORDS FROM THE DIRECTOR

From our families to yours, Families Helping Families of Acadiana wishes you a Merry Christmas and a very Happy New Year.

All of us are grateful for the opportunity to continue to serve families just like ours. We are thankful that we have the chance to make a positive impact and change for people with disabilities and their families each and every year.

As we leave 2022 behind and move into 2023, we wish you and your family a wonderful holiday season and a New Year filled with possibilities!

Nicole Flores
Executive Director

2023 CALENDAR OF DISABILITY-RELATED DATES

January, 2023

- Wednesday, January 04, 2023 - Saturday, January 14, 2023
- **World Braille Day - International**
- Wednesday, January 04, 2023
- **World Braille Day - International**
- Tuesday, January 24, 2023
- **Moebius Syndrome Awareness Day**
- Monday, January 30, 2023
- **CTE Awareness Day (Chronic Traumatic Encephalopathy)**
- Tuesday, January 31, 2023

February, 2023

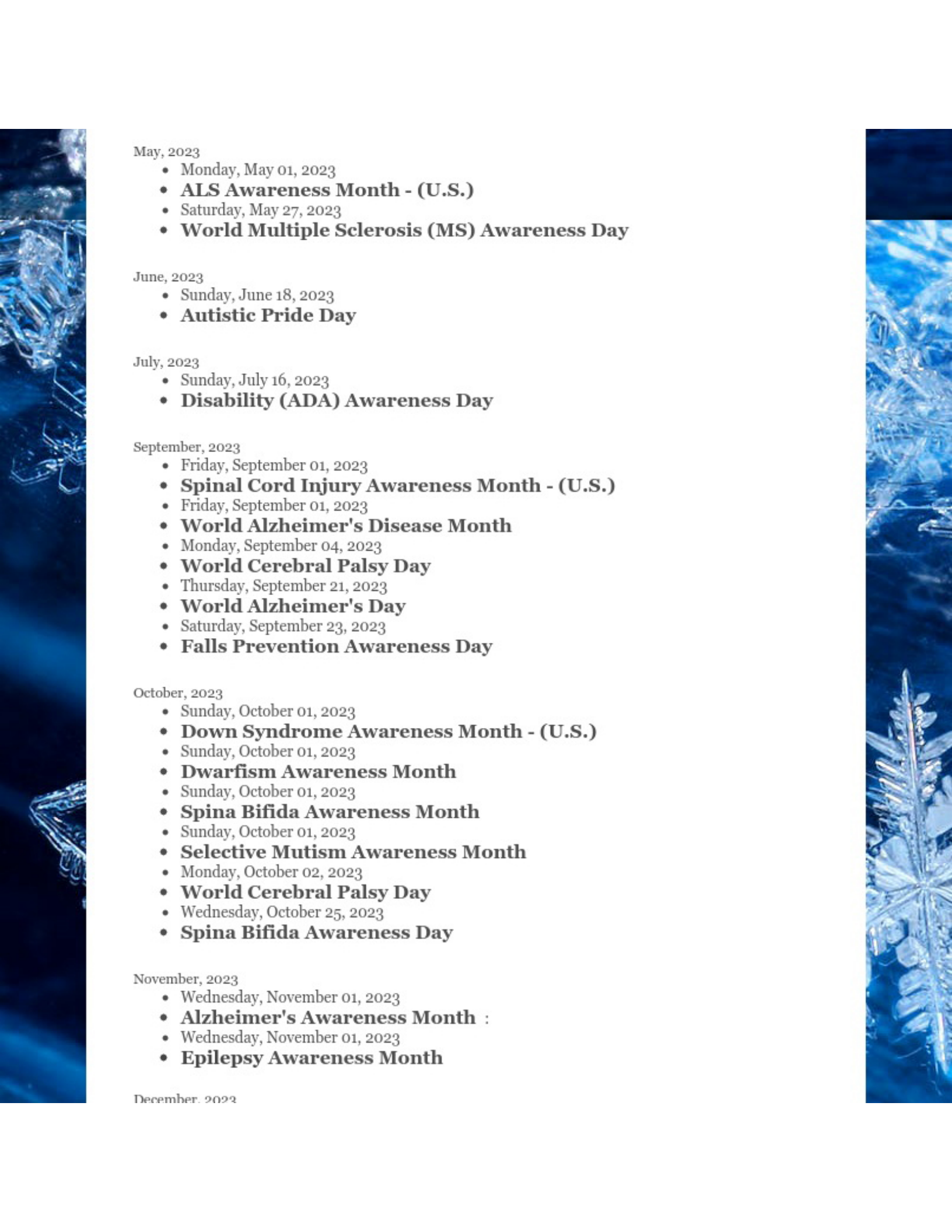
- Tuesday, February 28, 2023
- **Rare Disease Day (29th in leap year)**

March, 2023

- Wednesday, March 01, 2023
- **March is Developmental Disabilities Month**
- Wednesday, March 01, 2023
- **Cerebral Palsy Awareness Month - (U.S.)**
- Wednesday, March 01, 2023
- **Multiple Sclerosis (MS) Awareness Month - (U.S.)**
- Thursday, March 16, 2023
- **Brain Injury Awareness Day (Global)**
- Tuesday, March 21, 2023
- **World Down Syndrome Day**
- Saturday, March 25, 2023
- **U.S. National Cerebral Palsy Awareness Day**

April, 2023

- Saturday, April 01, 2023
- **Autism Awareness Month (Canada and U.S.)**
- Saturday, April 01, 2023
- **Parkinson's Disease Awareness Month**
- Sunday, April 02, 2023
- **World Autism Awareness Day**
- Saturday, April 08, 2023
- **Cushing Disease/Syndrome Awareness Day**
- Tuesday, April 11, 2023
- **Parkinson's Disease International Awareness Day**
- Thursday, April 13, 2023
- **Functional Neurological Disorder (FND) Awareness Day (International)**



May, 2023

- Monday, May 01, 2023
- **ALS Awareness Month - (U.S.)**
- Saturday, May 27, 2023
- **World Multiple Sclerosis (MS) Awareness Day**

June, 2023

- Sunday, June 18, 2023
- **Autistic Pride Day**

July, 2023

- Sunday, July 16, 2023
- **Disability (ADA) Awareness Day**

September, 2023

- Friday, September 01, 2023
- **Spinal Cord Injury Awareness Month - (U.S.)**
- Friday, September 01, 2023
- **World Alzheimer's Disease Month**
- Monday, September 04, 2023
- **World Cerebral Palsy Day**
- Thursday, September 21, 2023
- **World Alzheimer's Day**
- Saturday, September 23, 2023
- **Falls Prevention Awareness Day**

October, 2023

- Sunday, October 01, 2023
- **Down Syndrome Awareness Month - (U.S.)**
- Sunday, October 01, 2023
- **Dwarfism Awareness Month**
- Sunday, October 01, 2023
- **Spina Bifida Awareness Month**
- Sunday, October 01, 2023
- **Selective Mutism Awareness Month**
- Monday, October 02, 2023
- **World Cerebral Palsy Day**
- Wednesday, October 25, 2023
- **Spina Bifida Awareness Day**

November, 2023

- Wednesday, November 01, 2023
- **Alzheimer's Awareness Month :**
- Wednesday, November 01, 2023
- **Epilepsy Awareness Month**

December, 2023

December, 2023

- Sunday, December 03, 2023
- **International Day of Persons with Disabilities**





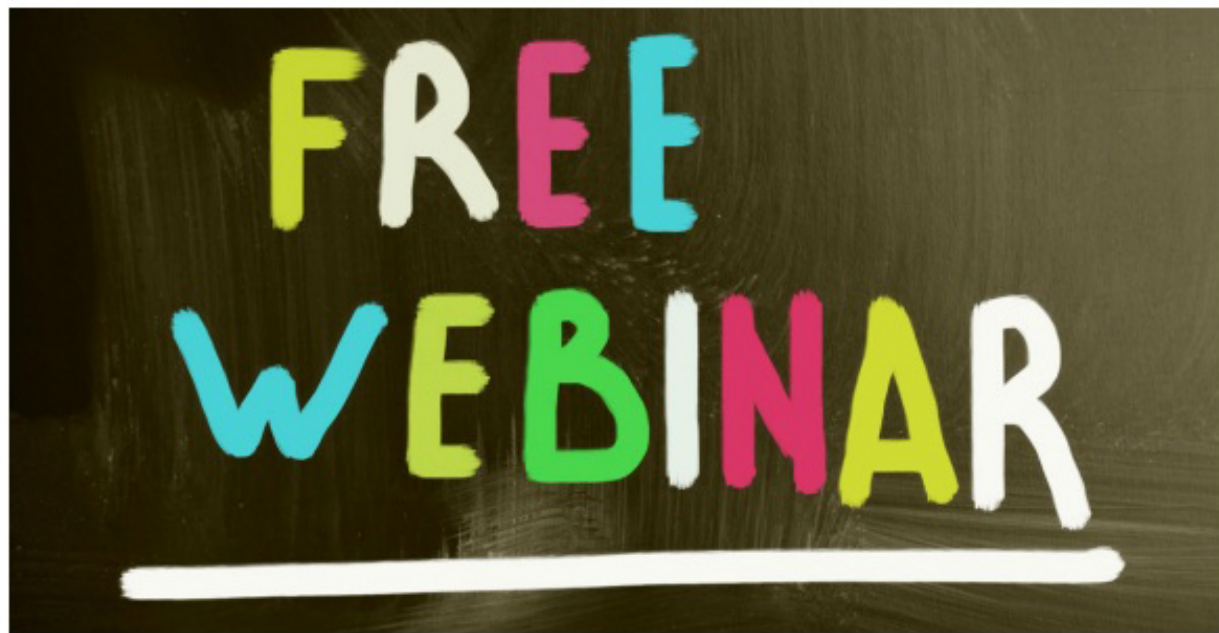
NEED SOMEONE TO TALK TO?

Families Helping Families of Acadiana Parent Support Group is a group of Caregivers of individuals with a disability gathering once a month to discuss issues, challenges and concerns that all parents/caregivers may face. You will also enjoy personal time with newfound friends in the community.

WE'RE HERE TO LISTEN

Parent Support Group
January 19, 2023
6:00 pm

[Register](#)



Promoting Healthy Mental Health within the Family

Here is what will be covered:

Explore psychosocial factors of development.

Review relevant parenting approaches.

Learn targeted familial stress coping strategies.

Throughout this virtual workshop our presenter will be here to answer all of your questions.

**January 26, 2023
1:00 PM**

Register



WHATEVER IT TAKES

Act 378 Community and Family Supports: The Origin of Waivers

Join us to learn about the history of the Community & Family Support Act - Act 378 and what supports are available to individuals with developmental disabilities and their families.

Learn more about how advocacy led to systems change – the creation of home and community-based services allowing people with disabilities to receive needed supports in their homes and the communities in which they live.

January 31, 2023
11:00 AM

[Register](#)

QPR

QUESTION PERSUADE REFER

3 SIMPLE STEPS ANYONE CAN LEARN TO HELP SAVE A LIFE FROM SUICIDE

QPR IS AN EVIDENCE-BASED EMERGENCY MENTAL HEALTH INTERVENTION
FOR SUICIDAL PERSONS CREATED IN 1995 BY PAUL QUINNETT

- LEARN ABOUT THE MOST RECENT SUICIDE STATISTICS
- DISCUSS COMMON MYTHS AND MISCONCEPTIONS OF SUICIDE
- RECOGNIZE WARNING SIGNS OF A SUICIDE CRISIS
- LEARN HOW TO QUESTION, PERSUADE, AND REFER SOMEONE TO HELP
- BECOME A CERTIFIED QPR GATEKEEPER



MALLORY GOTHE
SUICIDE PREVENTION SPECIALIST
CERTIFIED QPR INSTRUCTOR
PROVISIONAL ASIST TRAINER



**YOUR VIRTUAL QPR GATEKEEPER
TRAINING IS SCHEDULED FOR**

FEBRUARY 8, 2023

10:00-12:00

VIA ZOOM



ACADIANA AREA
HUMAN SERVICES DISTRICT



PARTNERS FOR
FAMILY HEALTH
LOUISIANA



VIRTUAL QPR GATEKEEPER TRAINING

Learn about the most recent suicide statistics
Discuss common myths and misconceptions of suicide
Recognize warning signs of a suicide crisis
Learn how to question, persuade, and refer someone to help
Become a certified GPR Gatekeeper

Register

Understanding Medicare



LUNCH & LEARN

Tuesday
February 7, 2023
12:00 PM - 1:30 PM

Get simple, straight-forward answers to your questions to better understand Medicare and the options available to you!

TOPICS:

- WHEN TO SIGN UP BASED ON YOUR SITUATION
- COVERAGE CHOICES
- DRUG COVERAGES
- EXTRA HELP

COMMON QUESTIONS:

- WHAT IF IM STILL WORKING?
- HOW MUCH DOES MEDICARE COST?
- WILL I BE PENALIZED?
- WHAT ARE MY CHOICES?

[Register](#)



ADVOCACY SPOTLIGHT

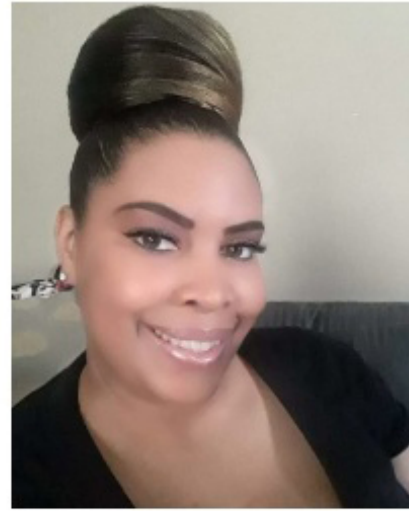
We are spotlighting those who embody our mission to assist and strengthen individuals with disabilities and their families each and every day.



Elliot Mitchell
Acadia Parish



Ryan LeDay Williams
Evangeline Parish



Kristi Pellerin
Iberia Parish



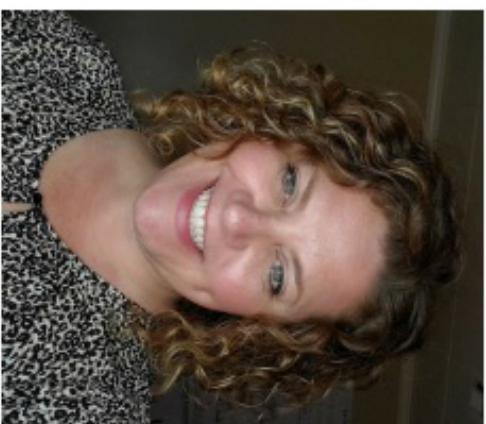
Maria Evans Revere
Lafayette Parish



Kem Dwyer
St. Landry Parish



Libby Airhart
St. Martin Parish



Stacey Lopez
Vermilion Parish



LET'S READ TOGETHER

I See Without My Eyes



Mark Brauner Hayward

Illustrated by Nancy Lee Harrison

The Abilities in me

Cerebral Palsy

Gemma Keir

Illustrated by Stephanie Lissowsky



KATIE CAN

A Story About Special Needs



BY
KEVIN PALMER
ILLUSTRATED BY
JOHN JOSEPH

My Friend Has Autism



by Amanda Querny-Townell

Illustrated by Katie Stone

HAPPY BIRTHDAY

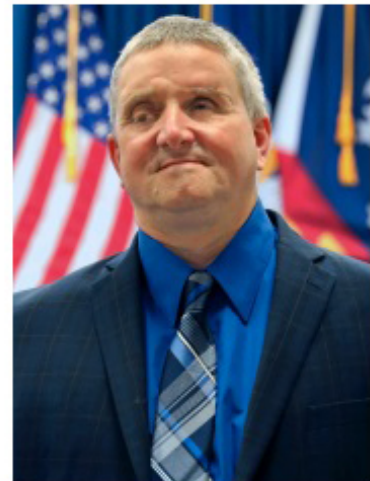
JANUARY



FEBRUARY



MARCH

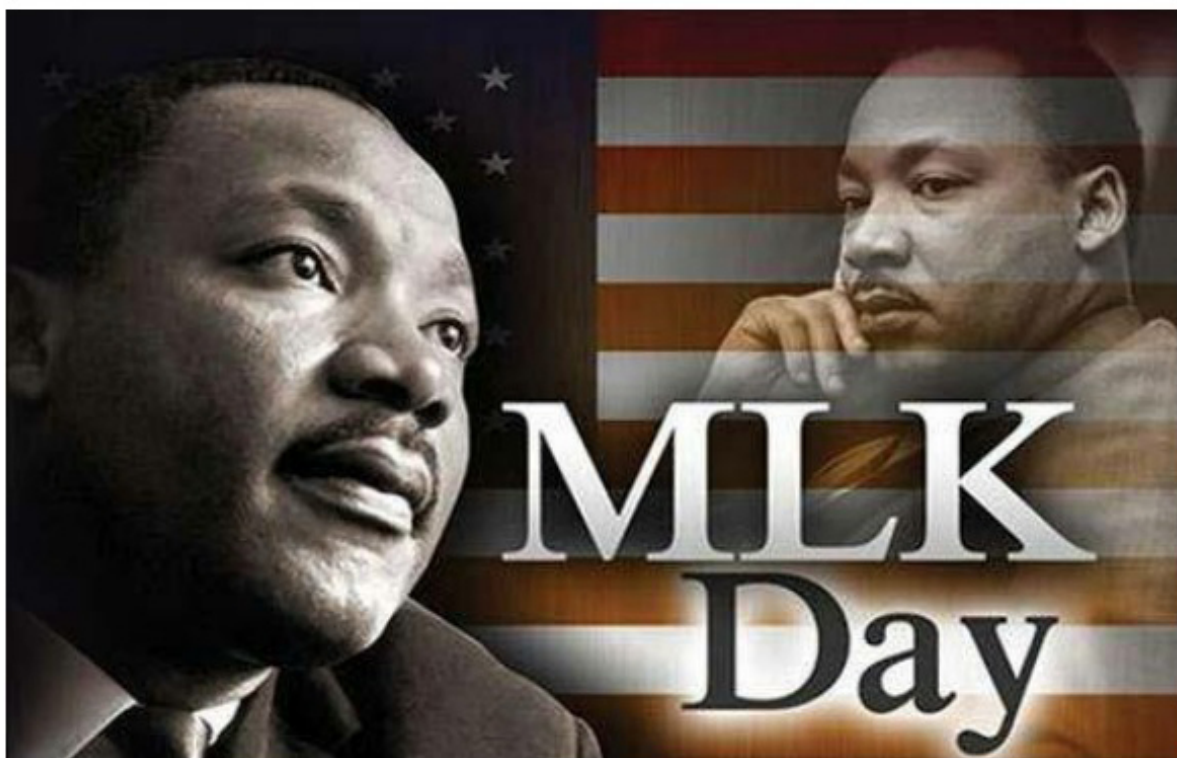


OFFICE CLOSURES



CLOSED FOR THE HOLIDAYS

December 19, 2022 - January 2, 2023



January 16, 2023



February 20, 2023 - February 21, 2023



PARENT

Every family is different, that is why, we offer one-on-one individualized parent support. These sessions can be held in person or virtually.

FHFOA provides a comfortable, nonjudgmental and confidential environment, that will allow you to be at ease when confiding with us.

Please call our office to schedule an appointment.

GROUP

We provide an holistic, all inclusive support group setting for our families.

Multiple topics are discussed and everyone feels a sense of belonging.

All are welcome.

Please continue to check our website and/or all our social media platforms for scheduled dates.





Community **OUTREACH**

If you are interested in finding out more information about Families Helping Families of Acadiana and the services we provide, please call our office and we will be more than happy to schedule an in person/virtual meeting or call with you!

We are striving to educate **EVERYONE** in the community about the services we offer, as well as express the importance of inclusion and empowering individuals with disabilities.



**THANK
YOU!**





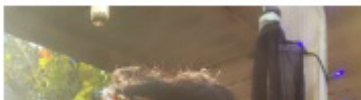
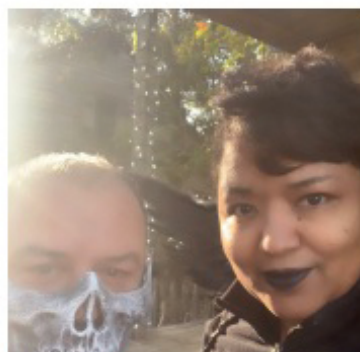
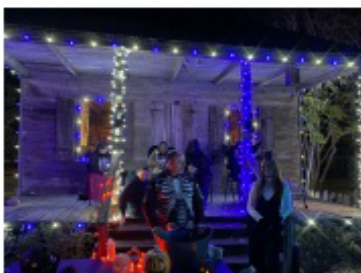
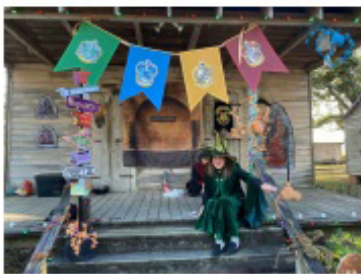
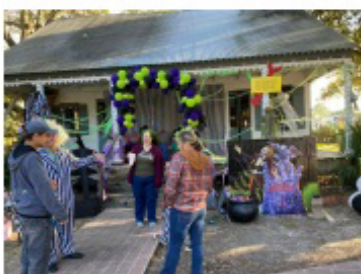


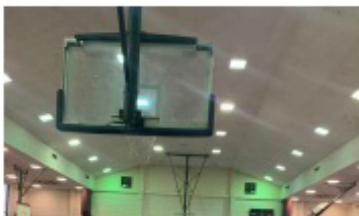
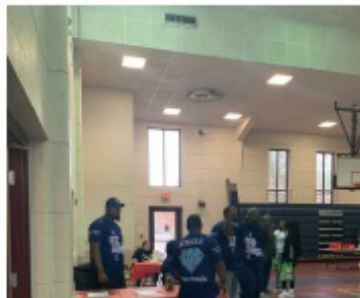
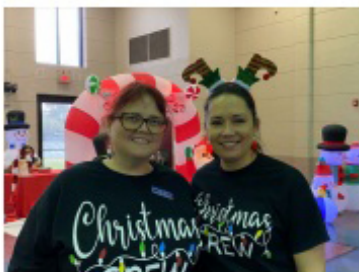
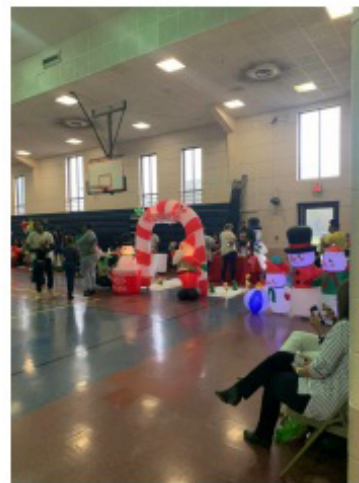
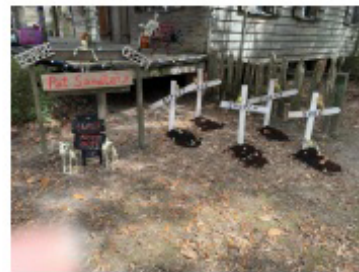
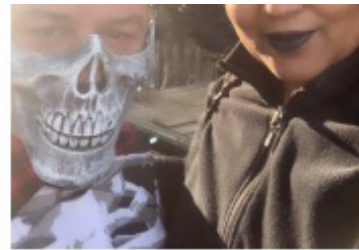
IN THE COMMUNITY

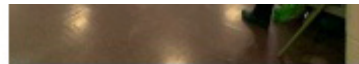
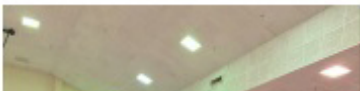
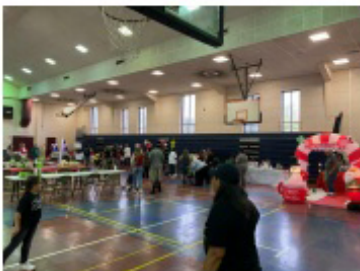


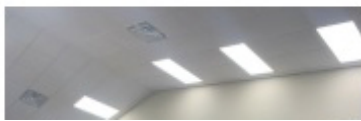
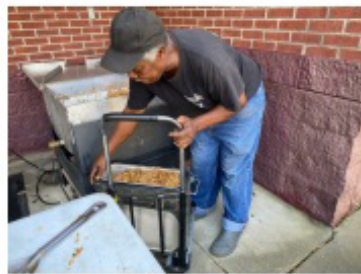


ACADIAN VILLAGE FOR
"TREATS AT THE VILLAGE"



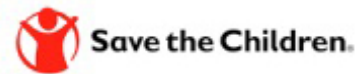








COMMUNITY PARTNERS





PROGRAMS THAT ARE SUPPORTED THROUGH OUR CENTER



[Read Article](#)



MEET OUR *Team*



Nicole Flores
Executive Director





Annette Fruge'

Director of Family and Community Support
Information & Referral Specialist
Community Resource Specialist



Todd Fontenot

Financial Manager
Information & Referral Specialist



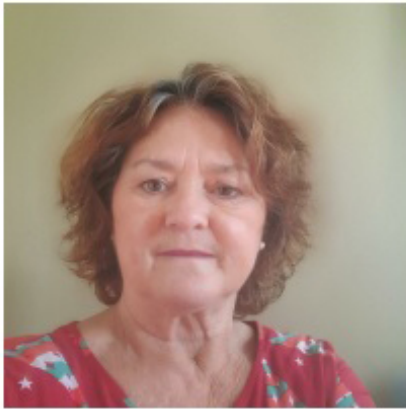
Nicole Dejean

Disabilities Information & Support Specialist



Kristie Curtis

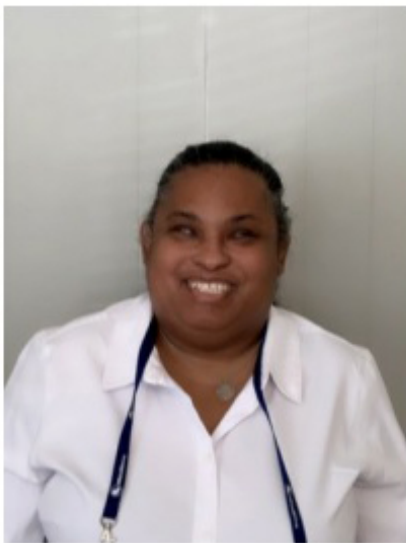
EarlySteps COS
LaCAN Leader



Susie Dupont
Accounts Manager



Brenda Barres
Education Liaison



Danielle Ledet
Education Liaison
Information & Referral Specialist



Harlon Cowsar, II
Adult Program Coordinator
Referral Specialist

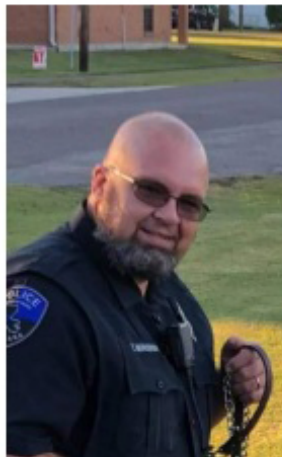




MEET OUR BOARD OF DIRECTORS



Libby Airhart
Chair



Terrell Bergeron
Vice-Chair



Jessica Leday
Secretary



Rebecca Fruge'
Treasurer



Micah Moscovis
Member



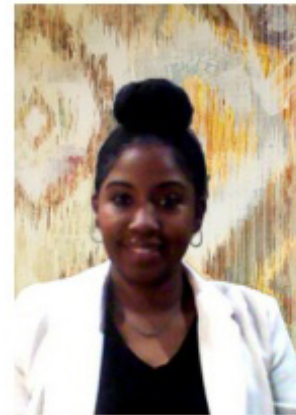
Angie LaBorde
Member



Trina Stelly
Member



Alvada Willis
Member



**Cherelly L.
Williams**
Member



Photo





Jessica Ballard
Member

*Photo
Coming
Soon!*

Ashley LaBorde
Member



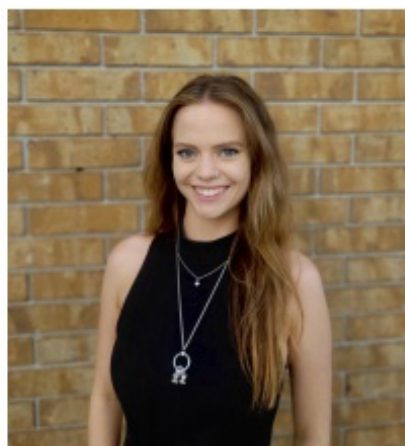
Stacey Lopez
Member





Thank You...

We would like to take this opportunity to thank you for the hard work that you put in during your time here. It was a pleasure to work with you, and we sincerely hope that your experiences at our agency were both engaging and insightful.



**University of Louisiana at Lafayette Intern
AnnMarie Bihm**

**Major: Human Development & Family Science
(formerly known as Child & Family Studies)
Minor: Psychology**

Graduation: December 2022

MAKE A DIFFERENCE



The Families Helping Families Network

Please visit www.familieshelpingfamilies.org to find the FHF Center located in your area of the state.

The Families Helping Families Network

Please see below to find the FHF Center located in your area of the state.

The Families Helping Families Networks are individual, non-profit, family-driven resource centers.

They are a group of families, who, through their own experiences, promote advocacy and are committed to reaching other families who have members with disabilities.

The term "disability" includes physical, mental, emotional, behavioral, and/or academic needs. The FHF Centers are directed and staffed by parents, self-advocates, or family members of individuals with disabilities. The Centers provide education and trainings, peer support, and information and referrals as part of their free services.

Families Helping Families of Southeast Louisiana, Inc.

Region 1 - serving Orleans, Plaquemines, St. Bernard

2401 Westbend Parkway, Suite 3090

New Orleans, LA 70114

504-943-0343 or 1-877-243-7352

504-940-3242 Fax

www.fhfsela.org

Families Helping Families of Greater Baton Rouge, Inc.

Region 2 - serving East and West Baton Rouge, East and West

Feliciano, Iberville, Pointe Coupee, and Ascension

2356 Drusilla Lane

Baton Rouge, LA 70809

225-216-7474 or 1-866-216-7474

225-216-7977 Fax

www.fhfgbr.org

Bayou Land Families Helping Families, Inc.

Region 3 - serving Assumption, Lafourche, St. Charles, St. James, St.

John, St. Mary, Terrebonne

286 Highway 3185

Thibodaux, LA 70301

985-447-4461 or 1-800-331-5570

985-447-7988 Fax

www.blfhf.org

Families Helping Families of Acadiana, Inc.

Region 4 - serving Acadia, Evangeline, Iberia, Lafayette, St. Landry, St.

Martin, and Vermilion

100 Benman Road



Families Helping Families of Acadiana, Inc.
Region 4 - serving Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, and Vermilion
100 Benman Road
Lafayette, LA 70506
337-984-3458 or 1-855-984-3458
337-984-3468 Fax
www.fhfacadiana.org

Families Helping Families of Southwest Louisiana, Inc.
Region 5 - serving Allen, Beauregard, Calcasieu, Cameron, and Jefferson Davis
324 West Hale Street
Lake Charles, LA 70601
337-436-2570 or 1-800-894-6558
337-436-2578 Fax
www.fhfsvla.org

Families Helping Families at the Crossroads of La., Inc.
Region 6 - serving Avoyelles, Concordia, Catahoula, Grant, LaSalle, Rapides, Vernon and Winn
2840 Military Hwy., Suite A
Pineville, LA 71360
318-641-7373 or 1-800-259-7200
318-640-4299 Fax
www.familieshelpingfamilies.net

Families Helping Families Region 7
Region 7 - serving Bienville, Bossier, Caddo, Claiborne, Desoto, Lincoln, Red River, Natchitoches, Sabine, and Webster
215 Bobbie St., Ste. 100
Bossier City, LA 71112
318-226-4541 or 1-877-226-4541
318-742-7260 Fax
www.fhfregion7.com

Families Helping Families of Northeast Louisiana, Inc.
Region 8 - serving parishes of Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, and West Carroll
5200 Northeast Road
Monroe, LA 71203
318-361-0487 or 1-888-300-1320

Families Helping Families of Northeast Louisiana, Inc.
Region 8 - serving parishes of Caldwell, East Carroll, Franklin,
Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas,
Union, and West Carroll
5200 Northeast Road
Monroe, LA 71203
318-361-0487 or 1-888-300-1320
318-361-0417 Fax
www.fhfnela.org

Northshore Families Helping Families, Inc.
Region 9 - serving Livingston, St. Helena, St. Tammany, Tangipahoa,
Washington
108 Highland Park Plaza
Covington, LA 70433
985-875-0511 or 1-800-383-8700
985-875-9979 Fax
www.fhfnorthshore.org

Families Helping Families of Greater New Orleans (FHF of GNO)
Region 10 - serving Jefferson Parish and the State of Louisiana
700 Hickory Ave
Harahan, LA 70123
504-888-9111 or 1-800-766-7736
504-353-2350 Fax
www.fhfogno.org



Families Helping Families of Acadiana | 100 Benman Road, Lafayette, LA 70506

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with



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