



**IT'S WHO WE ARE.**

**IT'S WHAT WE DO.**



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](http://www.fhfacadiana.org)

## 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

### 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](mailto:info@fhfacadiana.org)**



# WORDS FROM THE DIRECTOR

As the crisp (well... a *little* cooler) Louisiana winter air settles in, it's the perfect time to embrace the magic of the season! For many of us, winter can bring a sense of wonder and excitement, and we believe that everyone deserves to experience that joy.

All of us at Families Helping Families of Acadiana are proud to serve the Region 4 community, and wish you all a wonderful holiday season. Whether you're enjoying the outdoors or cozying up inside, we look forward to continuing to assist families and the community in Acadiana.

Let's make the most of this beautiful season together, embracing every chilly moment with fun, connection, and family in mind!

Warm wishes,

**Nicole Flores**

Executive Director



## 2024 CALENDAR OF DISABILITY-RELATED DATES

**UPCOMING EVENTS!**

**December 2024**

LIVE WEBINAR

# EARLY STEPS FAMILY ORIENTATION

October  
25th  
11 AM

November  
22nd  
11 AM

December  
13th  
11 AM



*Gain knowledge of Louisiana's Part C program &  
Learn what to expect for your child and family!*

Contact: Kristie Curtis, COS Region 4

[kcurtis@fhfacadiana.org](mailto:kcurtis@fhfacadiana.org)

(337)984-3458



**Early Steps Family Orientation**

**December 13, 2024**

**11:00 am.**

Register



Our mission is to assist and strengthen individuals with disabilities and their families through a coordinated network of resources, services and supports.

FHF of Acadiana is located in Lafayette, La. and we cover Region 4, offering Peer Support, Information and Referral, Advocacy, Education and Training.

We understand that it may be difficult for many families to come to our office.

So, we are coming to you!

We travel to each parish in Region 4. While there we visit and enjoy local coffee shops. But, most of all, we get a chance to sit and talk to YOU.

**COME HAVE COFFEE WITH US!**

## REGION 4



ACADIA

EVANGELINE

IBERIA

LAFAYETTE

ST. LANDRY

ST. MARTIN

VERMILION

**Please continue to check your email and/or the FHF Facebook page for upcoming dates and locations.**

# REQUEST A *Training*



If there is a topic that you would like to know more about, please email us with your requests.

[Submit Requests](#)



[Join LaCAN](#)

LaCAN (Louisiana Council's Advocacy Network) furthers the Council's mission by advocating for policies and systems that support inclusion everywhere people learn, work, live, and play.

LaCAN advocates for service systems that support children and adults with

disabilities to live in their own homes and be fully-included and participating members of their local schools and communities.

LaCAN provides information and support to individuals wishing to effectively advocate for systems change in the areas of home and community-based services, education, and employment.

Regional LaCAN teams include individuals with disabilities, their family members, and professionals. These members are notified by email or phone when communication with state agency officials, legislators or the Governor is necessary.

### **Guiding Principles**

- Children, regardless of the severity of their disability, need families and enduring relationships with adults in a nurturing home environment to develop to their fullest potential.
- Adults with developmental disabilities should be afforded the opportunity to make decisions for themselves, live in typical homes and communities, and exercise their full rights and responsibilities as citizens.
- People with developmental disabilities, regardless of the severity of their disability, should have the opportunity and support needed to gain and maintain competitive, integrated, individualized employment.
- All students, with or without disabilities, should be provided the same opportunities to be educated in neighborhood schools as their sisters, brothers, friends, and neighbors.
- All students, with or without disabilities, should be provided with the support to learn together effectively, involving family, school, and community.

### **Benefits to Membership**

**You can help improve the systems that serve individuals with developmental disabilities by joining the LaCAN and participating in its advocacy efforts.**

**There are no dues or fees to join and your activity level is up to you.**

**Here are just a few of the benefits to joining LaCAN:**

- CONNECTION – become a part of a regional team of advocates
- INFORMATION – receive current information on proposed policy changes and how those changes may affect you and others
- TRAINING – learn skills to effectively advocate for systems change
- SUPPORT – receive assistance from a regional LaCAN Leader who will link you with your policymakers and support your advocacy efforts

**Linking lawmakers, individuals with disabilities, and family members to make positive change in systems serving people with disabilities.**

[Email](#)



# WE NEED TESTIMONY!

## We're Looking For:

Personal stories of how the following agenda items affect you or your family!

★Protect Disability Services from Cuts

★Restore Funding for Families Helping Families Regional Resource Centers

## INTERESTED? CONTACT:

Kristie Curtis, Team Leader Region 4  
(337) 492-3110  
[kcurtis@lacanadvocates.org](mailto:kcurtis@lacanadvocates.org)



**Legislative Session Starts April 14, 2025**

Restore Funding For Families Helping Families Regional  
Resource Centers

**HAPPY  
BIRTHDAY**

**EMPLOYEE BIRTHDAYS!!!**

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**January**

Annette Fruge'

**February**

AnnMarie Bihm  
Nicole Flores

**March**

Halon Cowsar, II



Thank you for your hard work and dedication.

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**Month of January**

**Kristie Curtis  
AnnMarie Bihm  
Lillian DeJean**

**Month of February**

**Brenda Bares**

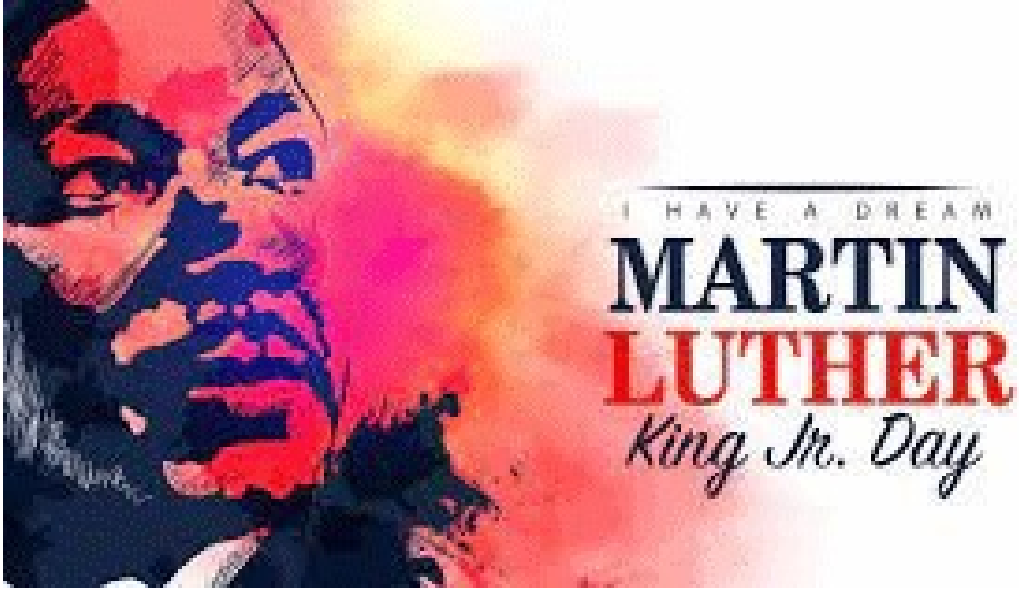
**OFFICE CLOSURES**

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**Merry Christmas and Happy New Year**  
**December 19, 2024 - January 1, 2025**

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**January 20, 2025**

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March 3, 2025 - March 4, 2025

**PARENT SUPPORT**



## **NEED SOMEONE TO TALK TO?**

**Every family is different, that is why we offer one-on-one individualized parent support.**

**These sessions can be held in person, phone or virtually.  
Families Helping Families of Acadiana provides a comfortable, nonjudgmental and confidential environment that will allow you to be at ease when confiding with us.**

## **WE'RE HERE TO LISTEN!**

Please call our office to schedule an appointment.

[Call Us!](#)



## **GROUP**

**We provide a 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.

[Visit our Website](#)

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# 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.**

## IN THE COMMUNITY









# A CHRISTMAS EXTRAYAGANZA







**TH**thank you**!U!**

**Our staff would like to thank the following companies who made this years Christmas Extravaganza a memorable event.**



**Store 531**

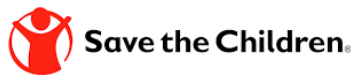
Monetary Donation

Monetary Donation



Catering

## COMMUNITY PARTNERS



**232 HELP**



**THE FAMILY TREE**  
INFORMATION, EDUCATION & COUNSELING CENTER





## PROGRAMS THAT ARE SUPPORTED THROUGH OUR CENTER



PARENT TO PARENT  
USA



ACADIANA  
PARENT CONNECTIONS



F2FHIC



# Meet Our Team

LEARN ABOUT OUR STAFF



**Nicole Flores**

Executive Director



**Annette Fruge'**

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



**Todd Fontenot**

Financial Manager  
Information & Referral Specialist



**Nicole Dejean**

Special Projects



**Kristie Curtis**

EarlySteps COS  
LaCAN Leader





**Danielle Ledet**

Education Liaison  
Information & Referral Specialist



**Susie Dupont**

Accounts Manager



**Harlon Cowsar, II**

Adult Program Coordinator  
Referral Specialist

**Brenda Bares**

Education Liaison



**Lillian DeJean**

Louisiana Youth Leadership  
Forum Coordinator



**AnnMarie Bihm**

Outreach Prep Specialist  
Education Liaison Aide

# MEET OUR OF BOARD DIRECTORS



**Terrell Bergeron**  
Chair



**Kisha Levy**  
Vice-Chair



**Jessica Leday**  
Secretary



**Rebecca Fruge'**  
Treasurer



**Denise Auzenne**  
Member



**Angie LaBorde**  
Member

*Photo  
Coming  
Soon!*



**Ashley LaBorde**  
Member

**Cherelly L.  
Williams**  
Member

**MAKE A DIFFERENCE**



**The Families Helping Families Network**



**IT'S WHO WE ARE.**

**IT'S WHAT WE DO.**

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  
Feliciana, 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  
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**

**Families Helping Families at the  
Crossroads of La., Inc.  
Region 6 - serving Avoyelles,  
Concordia, Catahoula, Grant,  
LaSalle, Rapides, Vernon and**

**324 West Hale Street  
Lake Charles, LA 70601  
337-436-2570 or 1-800-894-6558  
337-436-2578 Fax  
www.fhfswla.org**

**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.fhregion7.com**

**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**

**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 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**

**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 US

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