



Iroquois Family Support Center

Hi, my name is Julia Zelaski, LMSW and I am the Director of the Iroquois Family Support Center. We are here to provide support to families in our community. Here's some ways we can help:

Mental Health Services

- **Resources:** Community mental health centers, private practices, online therapy, and nonprofits (e.g., NAMI).
Next Steps: Refer families to local counselors or free support groups.

2. Substance Use Services

- **Resources:** Free programs like AA/NA, substance use counseling, and state assistance.
Next Steps: Provide contact info for support groups and rehab centers.

3. Food Insecurity

- **Resources:** Local food banks, HEAP/SNAP/WIC programs, school meal programs.
Next Steps: Help families find food pantries or apply for food assistance.

4. Job Insecurity

- **Resources:** Job placement services, vocational training,
Next Steps: Guide families to job fairs or employment services.

5. Financial Needs

- **Resources:** Financial counseling (NFCC) and community help.
Next Steps: Connect to budgeting workshops or public assistance programs.

6. Medical Needs

- **Resources:** Community health clinics and health care providers.
Next Steps: Find local clinics or help with insurance sign-ups.

7. Homelessness

- **Resources:** Shelters, housing assistance (Section 8), housing programs, and outreach programs.
Next Steps: Assist with finding emergency housing. Assist with clothing needs.

Contact information: fsc@iroquoiscsd.org (716)652-3000 x1304

MISSION STATEMENT

The Iroquois Family Support Center is committed to obtaining affordable and accessible resources to meet families' needs.