

## Contact Us

---

### For more information contact:

Deputy Director  
**Michele Kelly, Psy.D.,**  
845-452-6077 ext. 114.



**Sponsored By: Catholic Charities of the Archdiocese of New York**



**Accredited By: The Joint Commission Contract Agency of Dutchess County**



*...Because every child deserves a childhood.*

### Executive Director/ CEO

---

James McGuirk, Ph.D  
Astor Services for Children & Families  
6339 Mill Street, P.O. Box 5005  
Rhinebeck, NY 12572  
Tel: (845) 871-1000  
Fax: (845) 876-2020  
Website: [www.astorservices.org](http://www.astorservices.org)

**Astor Services for Children & Families**  
6339 Mill Street, P.O. Box 5005  
Rhinebeck, NY 12572  
Return Service Requested

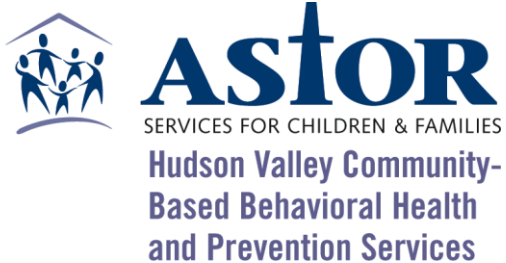


## Families Together



*...Because every child deserves a childhood.*





**"Sometimes a child just needs us to be there. I can't imagine doing anything that could provide me deeper satisfactions, than the joy of seeing young children grow and heal."**

- Dr. David Crenshaw, Retired Clinical Director of Astor Services for Children & Families and Astor's Board of Directors Co-Chair.

### **A Tradition of Excellence...**

Astor Services for Children & Families, has since 1953, promoted the well-being of children, adolescents and their families through a range of programs that prevent and treat emotional problems and facilitate healthy development. Now serving over 6,000 children and families annually, Astor's current range of services to families in the Mid-Hudson Valley and the Bronx include: Residential Treatment, Therapeutic Foster Family Care, Early Childhood Programs, and Community-Based Behavioral Health and Prevention Services.

### **Our Mission**

To provide behavioral and educational services in a caring environment where children and their families find strength, healing, hope and trust.

### **Our Vision**

To see children meet life's challenges, pursue their dreams and reach their full potential.



### **What is Families Together?**

Families Together is a group therapy program held at the **Kingston YMCA** to assist Ulster County youth ages 5-18 and their families.

There are developmentally appropriate groups for elementary school aged youth, middle school aged youth, high school aged youth, and a parent group all held simultaneously.

All groups run from **6:00-8:00 PM** and are held every other week. There is a recreation component where youth can swim or participate in structured activities in the YMCA gym.

### **How Does The Program Work?**

Group sessions are offered in the summer, the fall and the spring. Children/youth will have specific treatment goals and plans. The groups will explore pertinent life issues and provide:

- Psycho-education
- Skill development
- Relaxation
- Recreation (use of gym or swim in the pool)

### **Fees**

- Insurance
- Medicaid
- Self-pay

### **Services Available**

#### **Warm Line**

The Warm Line is a Family Advocacy component available to families who receive Families Together Services.

This support service will be a resource between the hours of 9 am to 8 pm Monday through Thursday and 9am-5pm on Friday.

### **Services Available Continued.....**

The warm line will provide parents with an advocate to answer non-clinical and non-emergency questions about parenting or advocacy needs.

#### **Childcare**

We provide free child care for siblings of all ages.

#### **Transportation**

We provide free transportation if needed. Please let us know immediately if your family requires transportation so we can efficiently coordinate the bus routes.

### **Eligibility and Enrollment Requirements**

To be eligible for Families Together, the youth must:

1. Reside in Ulster
2. Be between the ages of 5-18
3. Have a mental health concern that interferes with their own life, the family's life, or life within the community.
4. They must complete an initial intake assessment at an Astor Counseling Center located in Kingston, New Paltz, and/or Ellenville. Walk-in hours for intakes are between 9 am – 2 pm Monday through Friday

