

WE BELIEVE THAT:

- Strong families influence a child's well-being by providing guidance, skills and motivation.
- Families can change their environment to meet the situational challenges that affect most families.
- School and parents need to work together to achieve home and school success.

HOW DOES THE CENTER HELP?

The FSC helps families cope with the changes and challenges of everyday life.

We can also assist families in seeking their own solutions in a manner that will build confidence and hope.



SAFE TRUSTING CONFIDENTIAL

OUR MISSION

Partnering with community human service agencies to provide support for families' social, education, mental and physical health needs through:

Individual and family counseling

Support groups

Parenting groups

Referrals to outside community resources

Wellness activities

COLLABORATIVE PARTNERS

Parent Network of WNY

Mental Health Advocates of WNY

Gateway Longview Behavioral Health

Other agencies will be added as on-site partners. The center will also act as a conduit for referrals to outside agencies to meet the needs of each family.

Amherst Central FSC Website

www.amherstschools.org/familysupportcenter

Check out our web page for information on free, local workshops for parents, mental health resources and more!

AMHERST CENTRAL FAMILY SUPPORT CENTER



Where mental health matters and strong families succeed

Located at St. Paul's Lutheran Church
4007 Main St., Amherst, NY 14226

Use entrance from back parking lot

FSC STAFF

Jill Glowniak, LCSW, FSC Liaison
jglowniak@amherstschools.org
716-362-3072

Marlana Howard, LCSW
mhoward@amherstschools.org
716-362-3073

Juliane Grover, School Counselor
jgrover@amherstschools.org
716-362-3071

Monday through Friday
8 a.m. — 3 p.m.

Evening hours are available upon request.
Call to schedule appointments outside of
office hours.

Confidential voicemail
716-362-3072

Services through the FSC are available to
families that have students in the
Amherst Central School District

What Issues Can be Addressed On-Site or Through Referral?

- Alcohol/Substance Abuse
- Bullying
- Common Sense Parenting
- Communication Skills
- Depression
- Discipline
- Divorce/Separation
- Domestic Violence
- Eating Disorders
- Family Issues
- Food Assistance
- Grief/Loss Issues
- Housing Assistance
- Parenting Support & Education
- Special Education Parent Programs
- Stress Control
- Study Skills
- Underage Gambling

WHAT DOES THE FAMILY SUPPORT CENTER OFFER?

How does it work?

Families can be referred to the FSC by an Amherst Central School District counselor, social worker or psychologist. Families can also call the FSC directly to schedule an appointment. At your first appointment, you will speak with the Family Support Center Liaison and depending on your needs, you will either be seen directly at the Family Support Center or referred to another service in the community.

What will it cost?

Many of the services and group sessions are free, however, if you receive individual counseling with one of our partner agencies, it may go through your insurance.

What is not provided?

We don't provide long-term intensive mental health treatment or medications.

Are there other services?

We provide FREE workshops on a variety of topics. We also provide linkage to services. If there are particular services that we do not provide, we can assist families with connecting to outside resources.



Gateway Longview Behavioral Center has partnered with our school district and Gateway counselors will be at the FSC as of September 2021.

Who provides the counseling?



**Jill Glowniak
LCSW**

A licensed clinical social worker with more than 15 years of social work experience working with students at Buffalo Public Schools and ECMC/ Children's Psychiatric Center.



**Marlana Howard
LCSW**

A licensed clinical social worker with more than five years experience working with children and adolescents at an outpatient counseling center.



**Juliane Grover
School Counselor**

A school counselor with over 15 years experience working in Gateway Longview schools. Her focus has been on helping children and families improve their mental health.

The Family Support Center falls within the district's Pupil Personnel Staff programming administered by Michael Belle-Isle, Assistant Superintendent for Student and Staff Services, 362-3060.

We follow the school calendar and are closed during school holidays and summer vacation. We will also be closed if there is a snow day in the Amherst Central School District. If you would like to leave a message when the Center is closed, feel free to do so on our confidential voicemail, 716-362-3072.