



• It's who we are. It's what we do. •

# CAPITAL AREA QUARTERLY

FALL NEWSLETTER FOR OCTOBER, NOVEMBER, DECEMBER 2025



2356 Drusilla Lane, Baton Rouge, LA 70809

Phone (225) 216-7474 | Fax: (225) 216-7977

[www.fhfgbr.org](http://www.fhfgbr.org)





# CAPITAL AREA QUARTERLY

Fall Newsletter / October - December 2025

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# OUR STAFF



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**COMMUNICATIONS & DATA**  
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**INCLUSIVE EDUCATION**  
**Cynthia Chesterfield**  
Program Director  
cchesterfield@fhfgbr.org



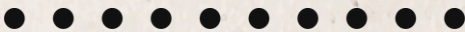
**DISABILITY INIATIVES**  
**Fran Peterson**  
Outreach & Resource Specialist  
fpeterson@fhfgbr.org



**CHILDREN & YOUTH WITH SPECIAL HEALTH CARE NEEDS**  
**Kimberly Smith**  
Outreach & Resource Specialist  
ksmith@fhfgbr.org

## BOARD OF DIRECTORS

CHAIRPERSON	JIMMIE SMITH
VICE CHAIR	HANNAH DEATON HELTZ
TREASURER	
SECRETARY	SARA ELDRIDGE
DIRECTORS	ERICA MATTHEWS
	ALEC REED
	JOSHUA ROY
	GEORGE WRIGHT
EX-OFFICIO	KIM HENLEY



## UPCOMING MEETINGS

October 16 & December 18

11:30 AM - 1:00 PM @ FHFGBR office

**BOARD MEETINGS ARE OPEN TO THE PUBLIC.**



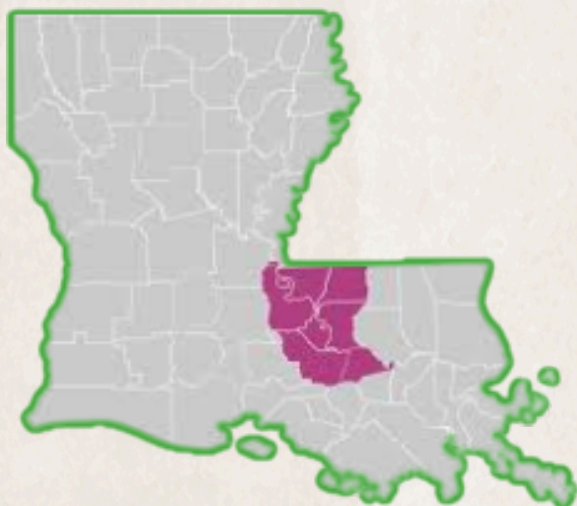


## OUR VISION

**“Access Inclusion.  
Empower Lives.”**

## OUR MISSION

Our mission is to provide the individualized services, information, resources, and support to positively enhance the independence, productivity, and integration of persons with disabilities into the community.



## PARISHES WE SERVE

### REGION 2:

East Baton Rouge  
West Baton Rouge  
East Feliciana  
West Feliciana  
Ascension  
Pointe Coupee  
Iberville



## OUR PROGRAMS



Bureau of Family Health  
Family 2 Family Health Information Center  
Inclusive Education  
Louisiana's Council's Advocacy Network  
Autism Spectrum Disorder Resource Program

## OUR SERVICES

**Education and Training** - Families receive training and information on their rights, responsibilities, and protections under federal and state laws and policies so they can actively participate in planning and decision-making that affects their children; help educate youth and adults with disabilities to increase their capacity for self-advocacy. Our education and training provide opportunities for families and youth/adults to build on existing strengths to become stronger advocates and self-advocates.

**Peer-to-peer Support** - Parents who are raising a child with disabilities or special healthcare needs often feel overwhelmed, helpless and alone. Many parents say what helped them the most was talking to another parent. FHFGBR Center staff are parents of children/adults with disabilities. FHFGBR staff are a source of hope and inspiration. We know your child can succeed.

**Information & Referral** - Families need to be aware of the resources and services available to them in the community. We can assist by providing you with referrals and helping you navigate complicated service systems and provide ways to overcome challenges faced in these settings. We can answer questions and provide assistance for any disability, any age. Our information services provide opportunities for families to increase their knowledge and build their own capacity. We are a resource for the community to help educate, increase awareness and acceptance of citizens with disabilities.

**Autism Spectrum Disorder Program** – A comprehensive source of unbiased and factual information for families that have a member with autism spectrum disorder (ASD). The program provides individualized services, information, parent-to-parent support, and family education on autism resources and offers referrals to available services. Individuals who work with the Autism Spectrum Disorder Program have resources and support that aim to positively affect the well-being of individuals with ASD and their families.



# LACAN

LOUISIANA COUNCIL'S ADVOCACY NETWORK



## APRIL HAMPTON

LaCAN Region 2 Leader

Serving Ascension, East Baton Rouge, East Feliciana, Iberville, Point Coupee, West Baton Rouge, and West Feliciana Parishes

Phone: (337) 522 6363 or (866) 216 7474

Email: [ahampton@lacanadvocates.org](mailto:ahampton@lacanadvocates.org)

## LOUISIANA COUNCIL'S ADVOCACY NETWORK

[WWW.LACANADVOCATES.ORG](http://WWW.LACANADVOCATES.ORG)

- Links lawmakers, individuals with disabilities and family members to make positive change in systems serving people with disabilities.
- Advocate for policies and systems that support inclusion everywhere people work, live, play, learn and grow!
- Support systems that help children and adults with disabilities to live in their own homes and be fully-included and participating members of their communities.
- LaCAN Leaders provide connection with a regional team of advocates, provide information on proposed policy changes and how those changes may affect you and others, provide training in skills to effectively advocate for systems change, and support you in linking with your policymakers!
- Complete our online membership form at [www.lacanadvocates.org](http://www.lacanadvocates.org)

**MEMBERSHIP IS FREE! NO DUES. NO FEES.**

[www.facebook.com/LaDDCouncil](http://www.facebook.com/LaDDCouncil)



# Intern Spotlight: Delaney Cline

A senior at LSU shares how her internship at FHFGBR shaped her understanding of inclusive education and family advocacy

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Hello everyone! My name is Delaney Cline. I am currently a senior student in the Human Development and Family Sciences program at Louisiana State University, and I plan on graduating this upcoming May with my degree.

Since early September, I have been working as an intern for Families Helping Families of Greater Baton Rouge under the direction of Ms. Cynthia Chesterfield, the Director of Inclusive Education.

During my time with FHFGBR, I have learned so much about the principles of inclusive education, state policies in regards to inclusive education, and the resources available for families who are in need of educational support. In addition to this, I have also acquired valuable professional and life skills that I will apply to my future career and any other endeavors I may take on after graduation. I have learned so much from both the staff and interacting with families, and I am so grateful for the opportunity to step my foot into the field.

After graduation, I plan to pursue a career in social services and I hope to attend graduate school in the future. I have thoroughly enjoyed my time with FHFGBR, and I will cherish everything that I have learned from my time here for the rest of my career. Thank you to FHFGBR providing me with this incredible professional opportunity, and I wish all of the families and staff a wonderful holiday season!



# Thanksgiving Safety

The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 3 feet away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

## Did you know?



Thanksgiving is the leading day of the year for home fires involving cooking equipment.

**Have activities** that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**

The leading information and knowledge resource  
on fire, electrical and related hazards





*Happy Holidays Start with Safety!*

# Top Tips for Celebrating Safely this Holiday Season

## Decorating

- Keep your live Christmas tree well-watered and look for the "Fire Resistant" label when buying an artificial tree.
- Place burning candles away from flammable items, and blow them out before leaving the room.
- Only use lights tested for safety and throw out sets with broken sockets, or frayed wires.

## Toys

- Follow safety information on packages, and choose toys that match your child's abilities.
- Get safety gear and ensure it's worn properly at all times and sized to fit.
- Keep small balls and toys with small parts away from children younger than age 3.



United States  
**Consumer Product Safety Commission**



CPSC.gov | USCPSC





# Special educational needs and disabilities (SEND)

Children and young people with SEND may face additional challenges online. Below we share some research and insights into how this may affect their wellbeing and safety.<sup>1</sup>

In this research children and young people with SEND identified with the following statements:

"I have learning difficulties"

"I have other forms of special educational needs"

"I have a physical disability"

"I have vision difficulties"

"I have a long-standing illness"

## Predicted risks

Children and young people's offline vulnerabilities can be used as a predictor for their online vulnerabilities.

Young people with SEND are significantly vulnerable to all high-risk online scenarios - contact, content, conduct and cyber scams. Physical disability is an indicator of conduct risks.

Special Educational Needs are an indicator for contact online risks. Experiencing contact online is then a predictor for further online harms:

- Exposure to harmful content
- Experiencing conduct risks
- Higher networking use
- Experiencing cyber aggression

## Key Insights

*Young people with special educational needs:*



More than **one in five** of those with learning difficulties has often seen comments or messages containing violence, hatred or racist views<sup>1</sup>



**26%** of young people with learning difficulties say they feel 'addicted' to their phone and **26%** often get irritated or anxious without their phone<sup>1</sup>



**27%** view sites promoting self-harm compared to **17%** of non-vulnerable peers



**25%** often view pro anorexia sites compared to **17%** of non-vulnerable peers



Young people with learning difficulties were **one third more likely** to spend more than 5 hours a day online



**One third more likely** to have their social media account hacked



**One third more likely** to say they were not taught how to stay safe online<sup>2</sup>



**Significantly more likely** to say they never follow online safety advice if taught

<sup>1</sup>. Cybersurvey 2019, by Youthworks in partnership with Internet Matters. <sup>2</sup> [Vulnerable Children in a Digital World](#)



### Young people with physical disabilities:<sup>1</sup>



**Over half** reported spending over 5 hours per day online



**Over one third** had experienced their social media account being hacked



Parents **least likely** to limit screen time



**54%** said parents had taught them how to stay safe online



**32%** said online safety advice or education was not good enough or useless



**More likely** to visit sites with adult content than their peers

<sup>1</sup> [Vulnerable Children in a Digital World](#)

## Risks explained

**Conduct risks** are associated with:

- use of chat rooms
- looking at pages meant for adults
- visiting gambling sites
- downloading music without paying

**Content risks** involve visiting or being exposed to websites that:

- urge young people to be very thin
- talk about self-harming or suicide
- promote hatred or racist views
- give dangerous advice
- sell illegal goods
- show nude pictures or videos that weren't searched for
- show very violent pictures or videos that young people didn't want to see

Victims of **cyber scams** have experienced abuse of their personal data and tend to agree with statements such as:

- My social media account has been hacked

- My personal details have been stolen or hacked
- I've had credit card details stolen and used
- I've been tricked into paying money for something I did not want to buy
- I've been tricked into buying fake goods

**Contact risks** have high risk online relationships involving sexting with reasons for doing so including:

- being pressured / blackmailed to do it
- being tricked into it
- being in a relationship and pressured to or wanting to share nudes
- sharing due to threats
- trying it for fun

**Cyber aggression:** online aggression that isn't always viewed as bullying. It can include comments, insults or threats due to appearance, race, religion, sexuality, gender or disability. It may also include threats to harm a person or their family

Visit: [www.internetmatters.org/inclusive-digital-safety](http://www.internetmatters.org/inclusive-digital-safety)

**INCLUSIVE**  
Digital Safety

internet  
matters.org

**SWGfL**  
Safe, Secure, Online

Data by  
**Youthworks**



## What is the EarlySteps Program?

EarlySteps is Louisiana's Early Intervention System for children with disabilities and developmental delays ages birth to three and their families. By providing resources and support during those critical years, EarlySteps helps children get off to a great start.

## Who is eligible?

Children with medical conditions likely to cause disability or developmental delay, or with delays in the following areas, may be eligible: physical development, cognitive development, social and emotional development, adaptive development and/or communication. We would like to invite you to our RICC and SICC meetings.

### Anyone can refer a child to Early Steps

If you know of a child that would benefit from receiving services from EarlySteps please call 225-925-2426. It's never too soon to ask questions about your baby's development.



### Services Provided by Early Steps:

- |                           |                        |                       |                          |
|---------------------------|------------------------|-----------------------|--------------------------|
| * Audiology               | * Special Instruction  | * Health Services     | * Family Training        |
| * Speech-Language Therapy | * Assistive Technology | * Nursing Services    | * Transportation         |
| * Occupational Therapy    | * Service Coordination | * Vision Services     | * Psychological Services |
| * Physical Therapy        | * Nutrition services   | * Medical Evaluations | * Social Work services   |



### State Interagency Coordinating Council (SICC)

The mission of the SICC is to work in collaboration with the Louisiana Department of Health and Hospitals, Office for Citizens with Developmental Disabilities, in an advisory capacity, to design and oversee the implementation of a family-centered, community-based, comprehensive, interagency service delivery system for infants and toddlers (birth through two) who are eligible for Part C services, and their families. The SICC meets quarterly on the second Wednesday of the month. All meetings are open to the public and held in accordance with the Louisiana Open Meeting Laws.

### Regional Interagency Coordinating Council (RICC)

The Regional Interagency Coordinating Council (RICC) is an essential component of the Part C early intervention system at the local level. The group's membership includes family

members of children with disabilities, as well as service providers, community leaders, and agency representatives. The RICC meets quarterly. All meetings are open to the public and are held in accordance with the Louisiana Open Meeting Laws.

The Early Steps Region 2 office is located at 566 Lobdell Ave in Baton Rouge.



# LOUISIANA WAIVER SUPPORT SERVICES

## Supporting Children & Youth with Special Healthcare Needs

*Raising a child with special healthcare needs can be challenging—but Louisiana offers Medicaid waiver programs that provide essential services to support children and youth in home and community settings.*

### Children's Choice Waiver (CCW)

*Supports children birth–20 years with services up to \$20,200/year:*

- Support Coordination
- Physical, Occupational, & Speech Therapy
- Family Training
- Respite Care
- Environmental Modifications
- Learn more: <https://ldh.la.gov/office-for-citizens-with-developmental-disabilities/childrens-choice-waiver>

### Supports Waiver (SW)

*For individuals 18+, focuses on independence and employment:*

- Supported Employment & Prevocational Services
- Day Habilitation & Habilitation Services
- Respite
- Learn more: <https://ldh.la.gov/office-for-citizens-with-developmental-disabilities/supports-waiver>

### Residential Options Waiver (ROW)

*Supports individuals of all ages with home & community-based services:*

- Community Living Supports
- Companion Care
- Host Home & Shared Living Options
- Environmental Modifications
- Learn more: <https://ldh.la.gov/office-for-citizens-with-developmental-disabilities/residential-options-waiver>

### Children's Special Health Services (CSHS)

*Ensures children with special healthcare needs have access to:*

- Specialty Medical Care
- Care Coordination
- Youth Health Transition Support
- Developmental Screening
- Learn more: <https://ldh.la.gov/bureau-of-family-health/childrens-special-health-services>



**Tip for Families: Start early! Work with your child's school and healthcare team to develop a plan tailored to your child's needs.**



# MEDICAID MEMBERS

## Don't risk losing your health coverage.

Keep your contact information up to date, including your address, phone number, cell phone number and email. Choose the way that is easiest for you:



Online at [mymedicaid.la.gov](https://mymedicaid.la.gov)



By email at [mymedicaid@la.gov](mailto:mymedicaid@la.gov)



By calling Louisiana Medicaid

toll-free at 1-888-342-6207,

or by calling your health plan

*(your plan's number is on your insurance card)*

Don't miss important updates about your health insurance. If you do get a letter in the mail, follow the instructions and respond to Medicaid.



[www.healthy.la.gov](https://www.healthy.la.gov)



LOUISIANA  
DEPARTMENT OF HEALTH  
Medicaid



2025  
FALL

# sunshine social



aug. 15



**FAN FEST**

sept. 19



**WILD WILD WEST**

oct. 17



**FESTIE WITH YOUR BESTIE**

nov. 21



**DOWN ON THE BAYOU**

dec. 19



**MERRY AND BRIGHT BALL**

*Disc jockey* DINNER PRIZES *SOCIALIZATION and FUN!*

*To register and for  
more information:*



[BREC.ORG/ADAPTIVEREGISTRATION](https://BREC.ORG/ADAPTIVEREGISTRATION)



[RECADAPTIVE@BREC.ORG](mailto:RECADAPTIVE@BREC.ORG)

**MILTON J. WOMACK**

**PARK BALLROOM**

**6-9 p.m.**

**Ages: 16+**

[with intellectual/developmental  
disabilities + their families]

**\$5/person**

BREC does not discriminate on the basis of race, creed, color, national origin, sex, disability, age, religion, veteran status or sexual orientation in its programs and activities.



# GOBBLE WOBBLE FOR AUTISM



• It's who we are. It's what we do. •



**Monday, November 24**



**9:00 AM - 1:00 PM**

**24700 J Gerald Berret Blvd, Plaquemine**



**Entry Fee: One New, Unwrapped Toy and/or Monetary Donation**



**Awareness Walk, Resources & Crafts**

**Gratitude Wall, Games & Photo Booth**



REGISTER



SCAN ME

**Sponsored by: Iberville Parish Government**





• It's who we are. It's what we do. •

# TOY DRIVE



Donate new, unwrapped toys for children with autism, other developmental exceptionalities, and their siblings (0-18). Sensory toys especially welcome—bring joy to families in our community!

**Accepting Donations Through  
12 DECEMBER 2025**

**FHFGBR OFFICE  
2356 Drusilla Lane, Baton Rouge**

Spread joy in just a few clicks—shop our Amazon Toy Drive Wish List!

**[tinyurl.com/FHFGBRToyDrive](https://tinyurl.com/FHFGBRToyDrive)**



For More Information: call 225-216-7474 or email [info@fhfgbr.org](mailto:info@fhfgbr.org)



# Sensory Santa



In partnership with Families Helping Families, the BREC Adaptive team invites you to come right down Santa Clause Lane and take a picture with Santa!

*Children and adults with sensory processing disorders have an opportunity to enjoy activities and have one-on-one time to take a picture with Santa, without the hassle of standing in line.*



DEC. 6

9 A.M.-NOON

North Sherwood Forest  
Community Park

SIGN UP AT: [BREC.ORG/SENSORYSANTA](https://www.brec.org/sensorysanta) | MORE INFO: [RECADAPTIVE@BREC.ORG](mailto:RECADAPTIVE@BREC.ORG)



# Holiday Helpers

## RESOURCE & TOY FAIR







**Friday, December 12 | 11:00 AM – 2:30 PM**

~~Drusilla Lane Park, Baton Rouge~~  
2356 Drusilla Lane, Baton Rouge

**NOTE:**  
Location  
Change!



-  **Toy Fair:** Gifts from our Christmas Toy Drive for registered families
-  **Resources:** Meet local community partners and service providers
-  **Activities:** Crafts, treats, and holiday fun
-  **Photo Spot:** Capture festive family moments

For More Information: call 225-216-7474 or email [info@fhfgbr.org](mailto:info@fhfgbr.org)



**#AFA2026**

# ACTIVE FOR AUTISM

FHFGBR.ORG

**5K RUN/WALK AND FUN FEST**

**BENEFITTING FAMILIES HELPING FAMILIES OF GREATER BATON ROUGE**



**25**  
**APRIL**

**SATURDAY**

**2026**

**LOCATION:**

Pennington Biomedical Research Center  
6400 Perkins Rd.  
Baton Rouge, LA 70808

**8:00AM TO 12:00 PM**

☀️ **Calling All Community Partners!** ☀️

Join us as a sponsor, vendor, or volunteer and be part of this  
fun-filled day supporting families.

Email [fpeterson@fhfgbr.org](mailto:fpeterson@fhfgbr.org) for details.

**SCAN HERE**





# QUARTERLY CALENDAR



Thursday, **October 16**  
11:30 AM - 1:00 PM

FHFGBR Full Board Member  
Meeting

FHFGBR Office



Friday, **October 17**  
6:00 PM - 9:00 PM

Sunshine Social: Festie with  
Your Bestie  
Ages 16+/\$5 per person

Milton J. Womack Park  
Ballroom, Baton Rouge



Monday, **October 20**  
11:00 AM - 12:00 PM

Tips from the Trenches:  
IEPS

Free Webinar  
[tinyurl.com/102025IEPTips](https://tinyurl.com/102025IEPTips)



Wednesday, **October 22**  
11:00 AM - 12:00 PM

Louisiana Medicaid  
Enrollment Options

Free Webinar  
[tinyurl.com/OpenEnroll2026](https://tinyurl.com/OpenEnroll2026)



Monday, **November 3**  
1:00 PM - 2:00 PM

How to Write Ambitious  
IEP Goals

Free Webinar  
[tinyurl.com/110325Ambitious](https://tinyurl.com/110325Ambitious)



Thursday, **November 13**  
10:00 AM - 11:15 AM

504? Special Education?  
What's the Difference?

Free Webinar  
[tinyurl.com/504orSPED](https://tinyurl.com/504orSPED)



Monday, **November 17**  
11:00 AM - 12:00 PM

People First Language

Free Webinar  
[tinyurl.com/4wtc9det](https://tinyurl.com/4wtc9det)



Friday, **November 21**  
6:00 PM - 9:00 PM

Sunshine Social: Down on the  
Bayou  
Ages 16+/\$5 per person

Milton J. Womack Park  
Ballroom, Baton Rouge



# QUARTERLY CALENDAR



Monday, **November 24**  
9:00 AM - 1:00 PM

Gobble Wobble for Autism &  
Toy Drive

IPRD Park, Plaquemine



Saturday, **December 6**  
9:00 AM - 12:00 PM

Sensory Santa

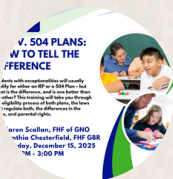
North Sherwood Forest  
Community Park, Baton Rouge



Friday, **December 12**  
11:00 AM - 2:30 PM

Holiday Helpers Resource &  
Toy Fair

FHFGBR Office



Monday, **December 15**  
2:00 PM - 3:00 PM

IEP v. 504 Plans: How to Tell  
the Difference

Free Webinar  
[tinyurl.com/121525IEPv504](https://tinyurl.com/121525IEPv504)



Monday, **December 15**  
6:00 PM - 7:00 PM

Parent Meeting: Parent Trust  
Fund

ZCSD Main Office  
3755 Church Street, Zachary



Thursday, **December 18**  
11:30 AM - 1:00 PM

FHFGBR Full Board Member  
Meeting

FHFGBR Office



Friday, December 19  
6:00 PM - 9:00 PM

Sunshine Social: Merry &  
Bright Ball  
Ages 16+/\$5 per person

Milton J. Womack Park  
Ballroom, Baton Rouge

## STAY UPDATED!

For more information, check out our Event Calendar on our website at [www.fhfibr.org](http://www.fhfibr.org).

Follow us on Facebook, Instagram & Twitter X for news and updates.





# AWARENESS DATES

## OCT 25

ADHD Awareness Month  
Breast Cancer Awareness Month  
Depression Education Awareness Month  
Down Syndrome Awareness Month  
Dyslexia & Learning Disability Awareness  
National Disability Employment Awareness  
Spina Bifida Awareness Month  
Stomp Our Bullying Month

5 Veterans Disabled for Life Awareness Day  
7 World Day of Bullying Prevention  
6 World Cerebral Palsy Awareness Day  
10 World Mental Health Day  
15 Blind Americans Safety Day  
20-31 Disability Mentoring Days

## NOV 25

Alzheimer's Awareness Month  
Diabetes Awareness Month  
Epilepsy Awareness Month

12 World Pneumonia Day  
14 World Diabetes Day  
24 N24 Awareness Day

## DEC 25

1 World AIDS Day  
3 International Day of Persons with Disabilities  
10 Human Rights Day





# Parents & Caregivers... You're not alone.

If your child has a developmental or learning disability, **we can help.**  
*Resources. Information. Peer support from those who understand.*



## Parishes we serve...

East Baton Rouge • West Baton  
 Rouge • Pointe Coupee  
 East Feliciana • West Feliciana  
 Iberville • Ascension



**save the date**  
**04.25.26**



**Annual**  
**5k Run/Walk**  
**& Fun Fest**

**We're here for you—reach out today! Check out our website or social media for events, resources, and support for your family.**

2356 Drusilla Lane, Baton Rouge, LA 70809  
 225.216.7474 • [info@fhfgr.org](mailto:info@fhfgr.org) • [www.fhfgr.org](http://www.fhfgr.org)



### Families Helping Families (FHF)

is the Louisiana Developmental Disabilities Council's statewide network of ten family-directed and family-staffed regional resource centers which provide information on all types of services, goods, technologies, and activities that improve the quality of life in the community; help individuals understand their rights and how to advocate for themselves; and lend support from someone "who has been there."

**REGION 2 – FHF of Greater Baton Rouge, Inc.**  
*Serving parishes of East and West Baton Rouge, East and West Feliciana, Iberville, Pointe Coupee, Ascension*  
 Dr. Marilyn Thornton, Executive Director  
 2356 Drusilla Lane  
 Baton Rouge, Louisiana 70809  
 225-216-7474 or 1-866-216-7474, 225-216-7977 Fax  
 Email: [info@fhfgr.org](mailto:info@fhfgr.org)  
 Website: [www.fhfgr.org](http://www.fhfgr.org)

### Region Map



### REGION 3 – Bayou Land FHF, Inc.

*Serving parishes of Assumption, Lafourche, St. Charles, St. James, St. John, St. Mary, Terrebonne*  
 Jacki Pierce, Executive Director  
 286 Hwy. 3185 Thibodaux, Louisiana 70301  
 985-447-4461 or 1-800-331-5570, 985-447-7988 Fax  
 Email: [jpierce@blfhf.org](mailto:jpierce@blfhf.org)  
 Website: [www.blfhf.org](http://www.blfhf.org)

### REGION 4 – FHF of Acadiana, Inc.

*Serving parishes of Acadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermillion*  
 Nicole Flores, Executive Director  
 100 Benman Road  
 Lafayette, Louisiana 70506  
 337-984-3458 or 1-855-984-3458, 337-984-3468 Fax  
 Email: [info@fhfacadiana.org](mailto:info@fhfacadiana.org)  
 Website: <http://www.fhfacadiana.org/>

### REGION 5 – FHF of Southwest Louisiana, Inc.

*Serving parishes of Allen, Beauregard, Calcasieu, Cameron, Jeff Davis*  
 Susan Riehn, Executive Director  
 324 W. Hale St.  
 Lake Charles, Louisiana 70601  
 337-436-2570 or 1-800-894-6558, 337-436-2578 Fax  
 Email: [info@fhfswla.org](mailto:info@fhfswla.org)  
 Website: [www.fhfswla.org](http://www.fhfswla.org)

### REGION 6 – FHF at the Crossroads of La., Inc.

*Serving parishes of Avoyelles, Concordia, Catahoula, Grant, LaSalle, Rapides, Vernon and Winn*  
 Jim Sprinkle, Executive Director  
 Kristen Reed, Deputy Director  
 2840 Military Hwy., Suite A  
 Pineville, Louisiana 71360  
 318-641-7373 or 1-800-259-7200, 318-640-4299 Fax  
 Email: [fhfroads@gmail.com](mailto:fhfroads@gmail.com)  
 Website: [www.fhfroads.com](http://www.fhfroads.com)

### REGION 7 – FHF of Region 7, Inc.

*Serving parishes of Bienville, Bossier, Caddo, Claiborne, Desoto, Red River, Natchitoches, Sabine, Webster*  
 Chanel Jackson, Executive Director  
 215 Bobbie Street, Suite 100  
 Bossier City, Louisiana 71112  
 318-226-4541 or 1-877-226-4541, 318-425-8295 Fax  
 Email: [info@fhfregion7.com](mailto:info@fhfregion7.com)  
 Website: [www.fhfregion7.com](http://www.fhfregion7.com)

### REGION 8 – FHF of Northeast Louisiana, Inc.

*Serving parishes of Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union, West Carroll*  
 Stacey Guidry-Little, Executive Director  
 5200 Northeast Road Monroe, Louisiana 71203  
 318-361-0487 or 1-888-300-1320, 318-361-0417 Fax  
 Email: [info@fhfnela.org](mailto:info@fhfnela.org)  
 Website: [www.fhfnela.org](http://www.fhfnela.org)

### REGION 9 – Northshore FHF, Inc.

*Serving parishes of Livingston, St. Helena, St. Tammany, Tangipahoa, Washington*  
 Karen Artus, Executive Director  
 108 Highland Park Plaza, Suite 108  
 Covington, Louisiana 70433  
 985-875-0511 or 1-800-383-8700, 985-875-9979 Fax  
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 Website: [www.fhfnorthshore.org](http://www.fhfnorthshore.org)

### REGION 1&10 – FHF of Greater New Orleans, Inc.

*Serving Orleans, Plaquemines, St. Bernard, and Jefferson Parish*  
 Laura S. Nata, Executive Director  
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# OFFICE CLOSURES

Veteran's Day: November 11

Thanksgiving: November 27 - 28

Christmas: December 22 - January 2

**Office Hours: Monday to Friday 8 am - 4 pm**

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***FHFGBR does not endorse or promote any legislation, institutions, individuals, or methods of treatment or therapy.***