



Go from surviving to thriving.

Build resources.

Remove barriers.

Get support in your journey to self-sufficiency.

Write your own future story.

For more information on Getting Ahead or Mentorship, contact our Family Development Manager at 518-371-1185.

CAPTAIN Community Human Services offers over thirty programs and services throughout the Capital District, North Country, and the Mohawk Valley.

We work to support and empower people of all ages to reach their goals of personal growth and self-sufficiency. We strengthen communities.

Clifton Park Office | 518.371.1185
5 Municipal Plz, Ste 3, Clifton Park, NY 12065

Glenville Office | 518.399.4624
543 Saratoga Rd, Glenville, NY 12302

Gloversville Office
31 E Fulton St, Gloversville, NY 12078

Saratoga Springs Office
1 Freeman Ln, Saratoga Springs, NY 12866

Cheryl's Lodge | 518.373.8873
25 Fern Ln, Clifton Park, NY 12065

CAPTAIN's Treasures | 518.383.1788
1705 Route 9, Clifton Park, NY 12065

Runaway & Homeless Youth Shelter
Confidential Location, Malta, NY

For the most up-to-date information about our programs and services, upcoming events, and more, please visit our website:

captaincares.org



CAPTAIN
Community Human Services

Lifting people up. Building brighter futures.

FAMILY DEVELOPMENT



Our **Getting Ahead** program is a 16-week group workshop to help people stabilize their situations and build resources to improve their lives. The program guides participants through the process of assessing their own lives and circumstances, teaches them how to build those resources and how to develop tools and skills as part of their move to self-sufficiency.

Getting Ahead participants create their own plan for a sustainable life, build healthy relationships with others, set short- and long-term goals, and develop a step-by-step plan to achieve those goals.

Transportation and child care are available if needed. A meal is always included.

In Getting Ahead Workshops, you will:

- Establish your own achievable short- and long-term goals
- Develop a step-by-step plan to achieve those goals
- Explore resources needed for sustainability
- Build healthy relationships with others
- Improve financial skills
- Begin the process of writing your own future story
- Celebrate your successes!

As a Getting Ahead participant, we ask that you:

- Make a commitment to attend each class
- Be on time
- Participate in discussions
- Be respectful
- Demonstrate application of what is learned

Family Development is an empowerment-based mentoring program where volunteer mentors, working in partnership with families or individuals, build relationships of mutual respect.

Mentoring provides guidance, advocacy, and support to individuals and families seeking to restore their sense of hope and healthy independence.

Typical mentoring activities include: financial literacy counseling; budgeting; helping people access and navigate community services; time management skills; organizational skills; parenting; life skills; and more!

Mentors have several key roles which help families become more self-sufficient:

- To help families assess, recognize, and develop their own strengths
- To help families create their own short- and long-term goals
- To help families connect and gain access to resources they need to reach their goals
- To help families develop and practice new skills
- To help families reclaim and write their own future stories
- To encourage communities to support families in their journey toward self-sufficiency.

