

## Mission Statement

The mission of FLIP's support group is to provide a supportive, safe, non-judgmental, and confidential environment.

To give families the power to create and share and aim to remove communication barriers and help families re-connect with one another.

Where families can create a nurturing place of faith, order, truth, love, happiness and relaxation.

To provide opportunities for everyone to become responsible and independent, in order to better serve their community.

# Family Life Improvement Project



**Giving Families the power to create, share and communicate.**



FLIP  
45 Colvin Avenue, 2nd Floor Albany NY 12204



## Who Are We?

**Family Life Improvement Project (FLIP) is an independent, re-entry resource, support group.**

**We provide an opportunity for ex-offenders and family members to come together and share personal experiences, feelings, coping strategies, or firsthand information about resources that are provided to make the person/persons whole upon post incarceration.**

**Family Life Improvement Project (FLIP) is an extension of Addiction Care Services of Albany and Capital District Recovery Center.**

What are some of the reasons why ex-offenders return to prison?

- little or no community-based support groups.
- lack of employment, negative social stigmas, and lack of support upon release.
- Economic and societal obstacles.
- Poor supervision and discipline, family conflict, family history of problem behavior, parental involvement in and attitudes condoning problem behavior.
- Low income and poor housing.

What supports are provided?

**FLIP provides the following supports:**

- Emotional Support.
- Informational Support- Alcohol and Substance abuse treatment, Housing, employment/Training, and Health Services.
- Tangible Support.
- Self-esteem or Affirmational Support.
- Belonging Supports.

How can we help?

**Our Family support groups are evidence-based practice that offers hope, guidance, advocacy, and camaraderie of ex-offender and their family's post-incarceration, mental health, substance use, and related service systems.**

**We have professionals on sight; (recovery Coach, family Navigator, Licensed QHP, volunteers, discussion leader and facilitators).**

**The support group is made up of ex-offenders and family members, (people who are directly affected by the family member incarceration) or a particular issue, illness, or circumstance.**

## Contact Us

### FLIP

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