

# Vocational Training Center

Our work center, an 18,000-square-foot building in the Grande Industrial Park in Saratoga Springs, provides training in both life and employment skills for individuals in recovery after experiencing mental illness. It includes employment opportunities to use these skills that boost self-esteem and personal pride, encourage independence, and facilitate community membership and participation. All of this occurs in a supportive environment that encourages people to reach their potential.

Services include:

- Fulfillment services
- Mailing services
- Assembly

## Work with Us

Unlimited Potential operates in partnership with:

- Saratoga County Mental Health
- NYS Adult HCBS
- NYS CORE Services

To get started, ask your program contact about Unlimited Potential, or reach out to us:

### Jennifer Myers

Program Director, Unlimited Potential  
Northern Rivers Family of Services

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518.587.2851

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## NORTHERNRIVERS

Founded where the Mohawk and Hudson meet, like the rivers that shaped our region, Northern Rivers Family of Services helps change lives by shaping the future of those we serve throughout the Capital Region and beyond. Northern Rivers is a family of human services agencies that work together and are committed to helping children, adults, and families.

Formed in 2012, Northern Rivers is the parent organization to Northeast Parent & Child Society (founded in 1888 in Schenectady), Parsons Child & Family Center (founded in 1829 in Albany), and Unlimited Potential (founded in Saratoga Springs in 1979). Together we serve more than 16,000 children, adults, and families across 35 counties in New York state who struggle with abuse, neglect, trauma, mental health challenges, educational difficulties, career training and employment, and service navigation through an innovative continuum of home-, clinic-, school-, and community-based vocational rehabilitation, supported employment, and senior-supporting programs that provide person-centered, trauma-informed innovative solutions to ensure clients live their best lives.

With a 1,400-strong workforce and informed by our nearly 200-year heritage, our quality of care, depth of programs, combined size, and passion for the mission make us a leading human services provider.

### Main Office

60 Academy Road

Albany, NY 12208

518.426.2600

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

## NORTHERNRIVERS

NORTHEAST PARENT & CHILD SOCIETY  
PARSONS CHILD & FAMILY CENTER  
UNLIMITED POTENTIAL



# UNLIMITED POTENTIAL



*Vocational, peer, and community support for those living with serious mental illness*

[www.northernrivers.org/up](http://www.northernrivers.org/up)

## Do you know...

- Or does someone you know live with serious mental illness?
- Or does someone you know need help and support to enter or reenter the workforce?
- Or does someone you know age 50 or older live with mental illness and social isolation?

**If you answered yes to these or similar questions:**

**Unlimited Potential is the answer!**

Unlimited Potential, an affiliate of Northern Rivers, helps increase the vocational opportunities of individuals with mental illness by providing a suite of vocational rehabilitation and employment services, training, peer support, empowerment, and social support services to help Saratoga County residents reach their goals and live more successful lives.

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*“For the first time in my life, I’ve got a steady job, my own apartment, and the support I need from Unlimited Potential to keep them both.”*

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## Getting to Work

### Prevocational Services

Community-based help with daily living skills, sensory-motor development, communication, problem-solving, safety, and administrative support to help individuals successfully enter or reenter the workforce.

### Employment Services

Personalized support to help individuals with mental illness identify, find, establish, and maintain the jobs they want. We can assist you with:

- Career exploration
- Preemployment skills training
- Resume preparation
- Interview skills training
- Job coaching

### Golden Club

A VIP social group for individuals ages 50 and older who receive mental health services offering a safe place to combat isolation and increase social interaction.

## Experienced Assistance

### Peer Support Services

Rehabilitation and recovery support including advocacy, outreach, skill-building, transitional assistance, and crisis help, provided by individuals with lived experience. Respectful, understanding, professional services by people who have been there before.

### Warm Line

Telephone support from peers who provide a safe space to talk about unique challenges faced by those living with serious mental illness. Talk to someone who understands.

**518.581.9809**

Hours of operation

Tuesday, Wednesday, and Thursday  
4–7 p.m.

Friday and Saturday  
7–9 p.m.

*Unlimited Potential = Unlimited Possibilities*