

# Sharing The Center for Family Support Stories



At the **Center for Family Support**, we have the privilege of working with **1,500 amazing individuals** and employ nearly the same number of compassionate **support staff**. We want to tell your stories, one article or social post at a time!

**And you're the best way to make these stories come to life.**

*Have you created a person-centered support plan for someone you work with?*

*Did you come up with a unique solution to a problem?*

*Is the individual you support participating in an integrated program you helped create?*

*Are you doing something spontaneous and fun?*

**We want to hear from you!**

**Share your story ideas, photos, or videos with us at [development@cfsny.org](mailto:development@cfsny.org) to have them featured on CFS's website, Facebook, Instagram, LinkedIn, and Twitter accounts!**



**Our participants love seeing themselves and you in our posts, and our followers love seeing them and you, too.**

**Here are some tips:**

- If you know of an event that is coming up that you think would be great for us to feature, let us know and we'll send someone to the event to take pictures, and interview people there to make it easier for you.
- If you are taking a video or photograph, have everyone fill out a release form right when you take it! It's easy to fill out online from your phone: <https://cfsny.org/consent-form/>.
- Here are some tips for taking good photos and videos:
  - **Clean your camera lens.** Everyone's cell phones get dirty, and a simple wipe with your shirt can go a long way!
  - **Check the lighting.** Natural light is best, with the light in front of the subject. For example, don't take a picture with their back to a window.
  - **Take photos horizontally (landscape).** Vertical photos (portrait) are difficult to post on most platforms.
  - **If you can avoid it, don't zoom in** because then the image can get blurry.
  - In the image screen you can **tap on your subject** to get better focus on them.
  - **Take multiple pictures from multiple angles.** Remember to keep everyone in the photo as you move around.
  - It's always nice to have **close up shots** to choose from, when that's possible.
  - Don't ask people to pose. **Take natural candid and action shots.** People love to see others having fun!



**And remember to follow us on social media and share the posts you see of yourselves, your colleagues, and the wonderful people we work with!**