

# GET ON THE BUS CENTRAL

## FAMILY EMPOWERMENT DAY RALLY & MARCH MARCH 21, 2023

Register at [ftnys.org/family-empowerment-month/](https://ftnys.org/family-empowerment-month/) and choose your pick-up site for bus transportation to the Capitol in Albany.



### PICK-UP LOCATIONS & TIMES:

**Watertown | 6:30am**  
210 Court Street  
Watertown, NY 13601

**Lowville | 7:15am**  
5220 Jackson Street  
Lowville, NY 13367

**Utica | 8:30am**  
Oneida County Tourism Welcome  
Center  
NY State Thruway Exit 31,  
Utica, NY 13501

For busing information,  
contact Lamanda Cook

 [lamandac@nrcil.net](mailto:lamandac@nrcil.net)

**Families  
Together**  
in New York State



**FAMILY** Our Voice  
Shapes Policy.  
**EMPOWERMENT  
MONTH**