





# November 2020

# Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	4 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 7:00-8:30 pm	5	6	7
9 <b>ACTIVE PARENTING TEENS</b> A Parent Workshop (Microsoft Teams) 6:30-8:30 pm (Session 1 of 6)	10 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	11 <b>OFFICE CLOSED</b> 	12 <b>HOLISTIC HEALING TECHNIQUES</b> A Parent Workshop (Microsoft Teams) 6:30-8:00 pm	13	14
16 <b>ACTIVE PARENTING TEENS</b> A Parent Workshop (Microsoft Teams) 6:30-8:30 pm (Session 2 of 6)	17 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	18 <b>THANKSGIVING HOLIDAY</b> <b>ART FUN</b> A Family Engagement (Microsoft Teams) 6:30-8:00 pm <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 7:00-8:30 pm	19 <b>FAMILY MINDFULNESS FUN</b> A Family Engagement (Microsoft Teams) 6:30-8:00 pm	20 <b>FAMILY ADVISORY COMMITTEE</b> (Microsoft Teams) 10:00 – 11:30 am	21
23 <b>ACTIVE PARENTING TEENS</b> A Parent Workshop (Microsoft Teams) 6:30-8:30 pm (Session 3 of 6)	24 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	25 <b>COFFEE BREAK</b> (Microsoft Teams) 10:00-11:30 am	26 <b>OFFICE CLOSED</b>  Happy Thanksgiving	27 <b>OFFICE CLOSED</b> 	28
30 <b>ACTIVE PARENTING TEENS</b> A Parent Workshop (Microsoft Teams) 6:30-8:30 pm (Session 4 of 6)				<ul style="list-style-type: none"> <li><span style="color: green;">■</span> Family Support</li> <li><span style="color: red;">■</span> New or Special</li> <li><span style="color: orange;">■</span> Office Closing</li> </ul> <p><b>SEE BACK FOR GROUP &amp; RSVP INFORMATION</b></p>	

## FAMILY SUPPORT

### PARENT SUPPORT GROUP

#### Limited Respite

**Date/Time:** Tuesdays

6:30-8:00 pm

**Location:** Virtual Group Hosted  
via Microsoft Teams

Parents are provided with an opportunity to share, network, obtain information, resources and support from other parents and Family Peer Advocates. RSVP by 11/2, 11/9, 11/16 & 11/23.

### PARENT SUPPORT GROUP

#### Limited Respite

**Date/Time:** Wednesday 11/4 & 11/18

7:00-8:30 pm

**Location:** Virtual Group Hosted  
via Microsoft Teams

Parents are provided with an opportunity to share, network, obtain information, resources and support from other parents and Family Peer Advocates. RSVP by 11/3 & 11/17.

### COFFEE BREAK

#### Limited Respite

**Date/Time:** Wednesday November 25<sup>th</sup>

10:00-11:30 am

**Location:** Virtual Group Hosted  
via Microsoft Teams

This lighthearted daytime support group offers parents a chance to engage in supportive conversation with other parents and Family Peer Advocates. RSVP by 11/24.

### FAMILY ADVISORY COMMITTEE

**Date/Time:** Thursday, November 20<sup>th</sup>

6:30 –7:30 pm

**Location:** Virtual Group Hosted  
via Microsoft Teams

The Family Advisory Committee is open to any family, past or present, who has received services from any of the Mental Health and Wellness Programs. The programs have had many changes and we're looking for help to enhance our services. Your input is crucial to help us improve our services and ensure children receive the best possible care. The Family Advisory Committee meets monthly. You are welcome to come as often as you are able; no monthly commitment necessary. RSVP by 11/19.

*\*Please note: Family support groups and activities are open to all enrolled families and Nassau County residents with children ages 5-21 who are diagnosed or at-risk of being diagnosed with a mental health diagnosis. If your child is not enrolled in any of our programs and you would like respite during group when it is available, a brief intake must be completed before the RSVP date. Respite is only provided to children ages 5-17. \**

## FAMILY SUPPORT

## NEW THIS MONTH

### ACTIVE PARENTING TEENS

#### Limited Respite

**A Parent Workshop**

**Date/Time:** 6:30– 8:30pm

Mondays: November 9<sup>th</sup> 16<sup>th</sup> 23<sup>rd</sup> 30<sup>th</sup>  
December 7<sup>th</sup> & 14<sup>th</sup>

**Location:** Virtual Event Hosted  
via Microsoft Teams

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities of growth. Please note this is a 6 week class. RSVP by 11/6.

### HOLISTIC HEALING TECHNIQUES

#### Limited Respite

**A Parent Workshop**

**Date/Time:** Thursday November 12<sup>th</sup>

6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Microsoft Teams

Come and experience Holistic Healing. You will learn tools that can be used on a daily basis to support our children and our own journeys through life. This event will be facilitated by Long Island Regional Youth Partner Robbie Lettieri of Families Together in New York State. RSVP by 11/10.

### THANKSGIVING HOLIDAY ART FUN

#### A Family Engagement

**Date/Time:** Wednesday, November 18<sup>th</sup>

6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Microsoft Teams

Join us online for some creative holiday art fun for the whole family! This event will be facilitated by Meghan Tuttle, Art Therapist. RSVP 11/16.

## NEW THIS MONTH

### FAMILY MINDFULNESS FUN

#### A Family Engagement

**Date/Time:** Thursday, November 19<sup>th</sup>

6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Microsoft Teams

Mindfulness techniques will be taught in order to reduce stress and anxiety in a meaningful and fun way. This event will be facilitated by Cathy Riva, Riva Events. RSVP 11/18.

### Family Support Group RSVP Process

#### Phone Option & RSVP Mailbox:

516-485-5976 - After calling the main line, you will hear "To RSVP for a group or event, press "0" which will transfer you to the Receptionist (this can also be entered as soon as the outgoing message is heard). This line is used for confirmations and cancellations as well.

Email Option: You may RSVP to [eventsrsup@FCALI.org](mailto:eventsrsup@FCALI.org)