


# August 2020

# Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	5	6 <b>DAYTIME SUPPORT &amp; RESPITE</b> (Microsoft Teams) 12:30-2:00 pm  <b>ACTIVE PARENTING A Parent Workshop</b> (Microsoft Teams) 6:30-8:30 pm (Session 5 of 6)	7	8
10 <b>FAMILY ART IN THE PARK</b> A Family Engagement *Face coverings are required* 12:30-2:00 pm	11 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	12 <b>COFFEE BREAK</b> (Microsoft Teams) 10:00-11:30 am  <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 7:00-8:30 pm	13 <b>DAYTIME SUPPORT &amp; RESPITE</b> (Microsoft Teams) 12:30-2:00 pm  <b>ACTIVE PARENTING A Parent Workshop</b> (Microsoft Teams) 6:30-8:30 pm (Session 6 of 6)	14	15
17 <b>GETTING ORGANIZED FOR BACK TO SCHOOL</b> A Parent Workshop (Microsoft Teams) 7:00-8:30 pm	18 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	19 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 7:00-8:30 pm	20 <b>BACK TO SCHOOL WORRY WORKSHOP</b> A Parent Workshop (Microsoft Teams) 12:30-2:00 pm	21	22
24	25 <b>PARENT SUPPORT &amp; RESPITE</b> (Microsoft Teams) 6:30-8:00 pm	26 <b>COFFEE BREAK</b> (Microsoft Teams) 10:00-11:30 am  <b>MINIATURE GOLF</b> A Family Engagement *Face coverings are required* 5:30-7:00 pm	27 <b>DAYTIME SUPPORT &amp; RESPITE</b> (Microsoft Teams) 12:30-2:00 pm  <b>BACK TO SCHOOL WORRY WORKSHOP</b> A Parent Workshop (Microsoft Teams) 6:30-8:00 pm	28 <b>FAMILY ADVISORY COMMITTEE</b> (Microsoft Teams) 11:00 am– 12:30 pm	29
31				 <p><b>FCA</b> FAMILY &amp; CHILDREN'S ASSOCIATION</p>	<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 7/31, 8/7, 8/14 & 8/21.

### PARENT SUPPORT GROUP

#### Limited Respite

**Date/Time:** Wednesdays

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 8/4, 8/11 & 8/25.

### DAYTIME PARENT SUPPORT GROUP

#### Limited Respite

**Date/Time:** Thursdays

12:30-2:00 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 8/5, 8/12 & 8/26.

## FAMILY SUPPORT

### COFFEE BREAK

#### Limited Respite

**Date/Time:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

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 8/10 & 8/24.

### FAMILY ADVISORY COMMITTEE

**Date/Time:** Thursday, August 28<sup>th</sup>

11:00am -12:30 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 8/26.

**\*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. \***

## NEW THIS MONTH

### FAMILY ART IN THE PARK

#### A Family Engagement

**Date/Time:** Monday, August 10<sup>th</sup>

12:30 -2:00 pm

**Location:** Eisenhower Park  
Field TBD

Join us for some creative fun socially distanced in the park. We will be making a "worry doll" and a "Junk Journal" utilizing everyday objects found around the house. Families will work together to create works of art which also helps us deal with our emotions. Snacks and beverages will be provided. **Face coverings are required for attendance.** RSVP by 8/7. \*Rain date 8/24\*

### GETTING ORGANIZED FOR BACK TO SCHOOL IN THE NEW NORMAL

#### Limited Respite

#### A Parent Workshop

**Date/Time:** Monday August 17<sup>th</sup>

7:00 -8:30 pm

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

Alice Price, Certified Professional Organizer and Coach, will provide some techniques, strategies and tools that will help you stay organized as you get ready for school in the new normal. RSVP by 8/14.

### MINIATURE GOLF

#### A Family Engagement

**Date/Time:** Wednesday, August 26<sup>th</sup>

5:30 -7:00 pm

**Location:** Spring Rock Golf Center  
377 Denton Avenue  
New Hyde Park, 11040

Join us to relax and share some laughs while playing a round of socially distanced miniature golf. **Face coverings are required for attendance.** RSVP by 8/24. \*Rain date 9/2\*

## NEW THIS MONTH

### BACK TO SCHOOL

#### WORRY WORKSHOP

#### Limited Respite

#### A Parent Workshop

**Date/Time:** Thursday August 20<sup>th</sup>

12:30 -2:00 pm

Thursday August 27<sup>th</sup>

6:30 -8:00 pm

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

Join us to express your concerns about the pandemic and the return to school. Family Peer Advocates will provide feedback and help you to strategize on how to move forward. RSVP by 8/19 & 8/26.

### *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  
[eventsrsvp@FCALL.org](mailto:eventsrsvp@FCALL.org)

**\*Children receiving respite services via Microsoft Teams will need access to an electronic device.**