As we close out the first month of 2021, COVID-19 continues to spread within our communities. Not only has the physical health of countless Long Islanders been significantly affected, but the pandemic has taken a large toll on the mental health of an even larger population. Those who may not even have contracted the virus are still feeling the emotional and psychological ramifications of this global health crisis.

FCA's essential workers continue to step up more than ever before to help combat the crippling effects of the pandemic on children and their families.

From support groups, to parent workshops, and virtual family activities, FCA's Children's Mental Health & Wellness Division has been pushing full steam ahead to make sure Long Island families are supported and provided with the guidance they need most during these trying times. Challenges brought on by the pandemic have caused FCA to find new and different ways to adapt and provide services to meet the increased needs of program participants.

Learn more here in the recent *Newsday* feature on these services and the mental health changes we are seeing in our youngest Long Islanders.
Please consider supporting FCA's Children's Mental Health & Wellness programs as we continue to provide for Long Island's most vulnerable children and families during these unprecedented times.

DONATE

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