<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>MENTAL WELLNESS &amp; SELF CARE 60 MINUTE LUNCHBREAK A Parent Workshop 12:30-1:30 pm</td>
<td>PARENT SUPPORT 6:30-8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>PARENT SUPPORT 6:30-8:00 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>MENTAL WELLNESS &amp; SELF CARE 60 MINUTE LUNCHBREAK A Parent Workshop 12:30-1:30 pm</td>
<td>MINDFULNESS IN THE PARK A Parent Workshop 6:30-8:00 pm</td>
<td></td>
<td>MOTHER’S DAY DINNER A Parent Event 6:30-8:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td></td>
<td>PARENT SUPPORT 6:30-8:00 pm</td>
<td></td>
<td>FAMILY ADVISORY COUNCIL 10:00 – 11:00 am FAMILY SELF CARE THROUGH MUSIC A Family Engagement 6:30 –8:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>OFFICE CLOSED</td>
<td>31</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**See Back for Group & RSVP Information**
FAMILY SUPPORT

PARENT SUPPORT GROUP
Date/Time: The 1st 4 Tuesdays
6:30-8:00 pm
Location: Virtual Group Hosted via Zoom
Parents are provided with an opportunity to share, network, obtain information, resources and support from other parents and Family Peer Advocates. RSVP by 5/1, 5/8, 5/15 & 5/22.

MENTAL WELLNESS & SELF CARE
60 MINUTE LUNCHBREAK
A Parent Workshop
Date/Time: Mondays
May 2 & 16
12:30 –1:30 pm
Location: Virtual Event Hosted via Zoom
Join us for a series of soothing relaxation and guided meditation session with a focus on selfcare from the convenience of your own home. Mindfulness helps can help lessen anxiety and help us regulate our emotions. RSVP by 4/29 & 5/13.

FAMILY ADVISORY COUNCIL
Date/Time: Thursday, May 26
10:00 – 11:00 am
Location: Virtual Group Hosted via Zoom
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 5/24.

MINDFULNESS IN THE PARK
A Parent Workshop
Date/Time: Monday May 16
6:30 –8:00 pm
Location: Eisenhower Park
East Meadow, New York
Join us for an in person soothing relaxation and guided meditation session with a focus on selfcare in the park. Mindfulness can help decrease anxiety and help us regulate our emotions. Spend your evening with us doing your own self care. COVID protocols will be followed. RSVP by 5/13.

MOTHER’S DAY DINNER
A Parent Only Event
Date/Time: Thursday May 19
6:30 –8:30 pm
Location: Domenico’s of Levittown
3270-A Hempstead Tpke.
Levittown, NY 11756
Join us for a special evening in honor of Mother’s Day. We will celebrate your role in your child’s life with an evening of fun and food. Covid protocols will be followed. RSVP by 5/16.

FAMILY SELF CARE THROUGH MUSIC
A Family Engagement
Date/Time: Thursday May 26
6:30 –8:00 pm
Location: Eisenhower Park
East Meadow, New York
Join us for an in-person night of musical fun and self-care in the park for the whole family. COVID protocols will be followed. RSVP by 5/23.

*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.*