


June 2021

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PARENT SUPPORT & RESPITE 6:30-8:00 pm	2	3	4	5
7 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	8 PARENT SUPPORT & RESPITE 6:30-8:00 pm	9 COFFEE BREAK 10:00-11:30 am	10	11	12
14 "IN PERSON" MENTAL WELLNESS & SELF CARE A Parent Workshop 6:30-7:30 pm	15 PARENT SUPPORT & RESPITE 6:30-8:00 pm	16	17 MINIATURE GOLF A Family Engagement 6:30-8:00 pm	18 FAMILY ADVISORY COMMITTEE 10:00 – 11:00 am	19
21 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	22 PARENT SUPPORT & RESPITE 6:30-8:00 pm	23 COFFEE BREAK 10:00-11:30 am	24 PARENT PAINT NIGHT A Parent Workshop 6:30-8:00 pm	25	26
28 "IN PERSON" MENTAL WELLNESS & SELF CARE A Parent Workshop 6:30-7:30 pm	29 PARENT SUPPORT & RESPITE 6:30-8:00 pm	30		<p>■ Family Support</p> <p>■ New or Special</p> <p>■ Office Closing</p> <p>SEE BACK FOR GROUP & RSVP INFORMATION</p>	 FCA FAMILY & CHILDREN'S ASSOCIATION

FAMILY SUPPORT

PARENT SUPPORT GROUP

Date/Time: 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 5/31, 6/7, 6/14, 6/21 & 6/28.

COFFEE BREAK

Date/Time: 2nd & 4th Wednesdays

10:00-11:30 am

Location: Virtual Group Hosted
via Zoom

This lighthearted daytime support group offers parents a chance to engage in supportive conversation with other parents and Family Peer Advocates. RSVP by 6/8 & 6/22.

FAMILY ADVISORY COMMITTEE

Date/Time: Friday, June 18th

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 6/15.

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 "o" 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

**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

MENTAL WELLNESS & SELF CARE

A Parent Workshop

Date/Time: Mondays, June 7th & 21st

7:00 – 8:00 pm

Location: Virtual Event Hosted
via Zoom

With the uncertainty of the COVID 19 Worldwide Pandemic anxiety is running high. Join us for a soothing relaxation session and guided meditation session from the convenience of your own home. Mindfulness helps can help lessen anxiety and help us regulate our emotions. RSVP by 6/4 & 6/18.

"IN PERSON" MENTAL WELLNESS & SELF CARE

A Parent Workshop

Date/Time: Mondays, June 14th & 28th

7:00 – 8:00 pm

Location: Eisenhower Park
(If it rains, this will be held via Zoom)
With the uncertainty of the COVID 19 Worldwide Pandemic anxiety is running high. Join us for a series of in person soothing relaxation and guided meditation session at Eisenhower Park. Mindfulness helps can help lessen anxiety and help us regulate our emotions. COVID restrictions and masks required. RSVP by 6/11 & 6/25.

NEW THIS MONTH

MINIATURE GOLF

A Family Engagement

Date/Time: Thursday, June 17th

6:30 – 8:00 pm

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

Join us, for some outdoor in-person family fun! Relax, and share some laughs playing miniature golf, an event for the whole family! COVID restrictions and masks required. Rain date 6/30. RSVP 6/14.

PARENT PAINT NIGHT

A Parent Only Event

Date/Time: Thursday June 24th

6:30 – 8:00 pm

Location: Virtual Event Hosted
via Zoom

Join us and participate in some creative fun! Parents will complete a painting in the comfort of their home while receiving instruction from Meghan Tuttle, Art Therapist. All supplies will be provided. RSVP by 6/17.