


October 2020

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FCA FAMILY & CHILDREN'S ASSOCIATION</p>	<ul style="list-style-type: none"> ■ Family Support ■ New or Special ■ Office Closing <p><i>SEE BACK FOR GROUP & RSVP INFORMATION</i></p>		1	2	3
5	6	7	8	9	10
	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 6:30-8:00 pm</p>	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 7:00-8:30 pm</p>	<p>UNDERSTANDING YOUR CHILD'S IEP A Parent Workshop (Microsoft Teams) 6:30-8:00 pm</p>		
12	13	14	15	16	17
<p>OFFICE CLOSED</p>  <p>Columbus Day</p>	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 6:30-8:00 pm</p>	<p>COFFEE BREAK (Microsoft Teams) 10:00-11:30 am</p>	<p>FAMILY FUN MASK DECORATING A Family Engagement (Microsoft Teams) 6:30-8:00 pm</p>		
19	20	21	22	23	24
<p>MINDFUL MINUTE LUNCH BREAK A Parent Workshop (Microsoft Teams) 12:30-1:30 pm</p>	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 6:30-8:00 pm</p>	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 7:00-8:30 pm</p>	<p>FAMILY ADVISORY COMMITTEE (Microsoft Teams) 6:30 – 7:30 pm</p>		
26	27	28	29	30	31
<p>MINDFUL MINUTE LUNCH BREAK A Parent Workshop (Microsoft Teams) 12:30-1:30 pm</p>	<p>PARENT SUPPORT & RESPITE (Microsoft Teams) 6:30-8:00 pm</p>	<p>COFFEE BREAK (Microsoft Teams) 10:00-11:30 am</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 10/2, 10/9, 10/16 & 10/23.

PARENT SUPPORT GROUP

Limited Respite

Date/Time: Wednesday 10/7 & 10/21

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 10/6 & 10/20.

COFFEE BREAK

Limited Respite

Date/Time: 2nd & 4th 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 10/12 & 10/26.

FAMILY SUPPORT

FAMILY ADVISORY COMMITTEE

Date/Time: Thursday, October 22nd

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 10/19.

**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. **

NEW THIS MONTH

UNDERSTANDING YOUR CHILD'S IEP

Limited Respite

A Parent Workshop

Date/Time: Thursday October 8th

6:30 –8:00 pm

Location: Virtual Event Hosted
via Microsoft Teams

Family Peer Advocates will provide an explanation on how to read and understand the sections of a child's Individualized Educational Plan. There will be an opportunity to ask questions and to discuss the issues such as compliance during the COVID 19 era. RSVP by 10/7.

MINDFUL MINUTE LUNCH BREAK

Limited Respite

A Parent Workshop

Date/Time: Monday October 19th

12:30 –1:30 pm

Monday October 26th

12:30 –1:30 pm

Location: Virtual Event Hosted
via Microsoft Teams

This event will review the benefits of mindfulness and mindful practice. Parents will engage in mindfulness, breathing exercises and guided meditations facilitated by Gloria Drewitz, Wellness Coach and Certified Hypnotist of Restora Hypnosis LLC. RSVP by 10/16 & 10/23.

NEW THIS MONTH

FAMILY FUN MASK DECORATING A Family Engagement

Date/Time: Thursday, October 15th

6:30 –8:00 pm

Location: Virtual Event Hosted
via Microsoft Teams

Join us for some creative fun which will help keep our families healthy. Decorate face masks using our face mask decorating kits virtually, while getting direction from Art Therapist, Meghan Tuttle for some creative, family art fun! RSVP 10/12.

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