


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<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>		<p><b>1</b></p> <p><b>ACTIVE PARENTING TEENS</b>  <b>A Parent Workshop</b>                      6:30-8:30 pm                      (Session 3 of 6)</p>	<p><b>2</b></p>	<p><b>3</b></p>
	<p><b>5</b></p>	<p><b>6</b></p> <p><b>PARENT SUPPORT &amp; RESPITE</b>                      6:30-8:00 pm</p>	<p><b>7</b></p>	<p><b>8</b></p> <p><b>ACTIVE PARENTING TEENS</b>  <b>A Parent Workshop</b>                      6:30-8:30 pm                      (Session 4 of 6)</p>	<p><b>9</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p><b>PARENT SUPPORT &amp; RESPITE</b>                      6:30-8:00 pm</p>	<p><b>14</b></p> <p><b>COFFEE BREAK</b>                      10:00-11:30 am</p> <p><b>ACCESS VR PRESENTATION</b>  <b>A Parent Workshop</b>                      6:30-8:30 pm</p>	<p><b>15</b></p> <p><b>ACTIVE PARENTING TEENS</b>  <b>A Parent Workshop</b>                      6:30-8:30 pm                      (Session 5 of 6)</p>	<p><b>16</b></p> <p><b>60 MINUTE MINDFUL LUNCH BREAK</b>  <b>A Parent Workshop</b>                      12:30-1:30 pm</p>	<p><b>17</b></p>
<p><b>19</b></p> <p><b>MENTAL WELLNESS &amp; SELF CARE</b>  <b>A Parent Workshop</b>                      7:00-8:00 pm</p>	<p><b>20</b></p> <p><b>PARENT SUPPORT &amp; RESPITE</b>                      6:30-8:00 pm</p>	<p><b>21</b></p>	<p><b>22</b></p> <p><b>ACTIVE PARENTING TEENS</b>  <b>A Parent Workshop</b>                      6:30-8:30 pm                      (Session 6 of 6)</p>	<p><b>23</b></p> <p><b>60 MINUTE MINDFUL LUNCH BREAK</b>  <b>A Parent Workshop</b>                      12:30-1:30 pm</p>	<p><b>24</b></p>
<p><b>26</b></p> <p><b>SPRING FUN FAMILY PAINT NIGHT</b>  <b>A Family Engagement</b>                      6:30-8:00 pm</p>	<p><b>27</b></p> <p><b>PARENT SUPPORT &amp; RESPITE</b>                      6:30-8:00 pm</p>	<p><b>28</b></p> <p><b>COFFEE BREAK</b>                      10:00-11:30 am</p>	<p><b>29</b></p>	<p><b>30</b></p> <p><b>FAMILY ADVISORY COMMITTEE</b>                      10:00 – 11:00 am</p>	

## 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 4/5, 4/12, 4/19 & 4/26.

### 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 4/13 & 4/27.

### FAMILY ADVISORY COMMITTEE

**Date/Time:** Thursday, April 30<sup>th</sup>

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 4/29.

### *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](mailto: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

### ACCESS VR PRESENTATION

#### *A Parent Workshop*

**Date/Time:** Wednesday, April 14<sup>th</sup>

6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Zoom

Join us for an informative presentation by Larry Forni MS Ed. CR from NYSED AC-CES-VR to learn more about their program. The presentation will be followed by a brief question and answer period. RSVP 4/13.

### 60 MINUTE MINDFUL LUNCH

#### *BREAK A Parent Workshop*

**Date/Time:** Friday, April 16<sup>th</sup>, 23<sup>rd</sup>

12:30 –1:30 pm

**Location:** Virtual Event Hosted  
via Zoom

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 4/15 & 4/22.

## NEW THIS MONTH

### MENTAL WELLNESS & SELF CARE

#### *A Parent Workshop*

**Date/Time:** Monday, April 19<sup>th</sup>

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 4/16.

### FAMILY FUN BINGO NIGHT

#### *A Family Engagement*

**Date/Time:** Monday, April 26<sup>th</sup>

6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Zoom

Have some family art fun at our Spring Family Fun Paint Night! Megan Tuttle, Art Therapist will guide the families in the creative, painting process. All supplies will be provided. RSVP 4/20.