



February 2022

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 PARENT SUPPORT 6:30-8:00 pm	2	3	4	5
7 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEBREAK A Parent Workshop 12:30-1:30 pm	8 PARENT SUPPORT 6:30-8:00 pm	9	10 VALENTINE'S CLAY ART A Family Engagement 6:30-8:00 pm	11	12
14 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEBREAK A Parent Workshop 12:30-1:30 pm	15 PARENT SUPPORT 6:30-8:00 pm	16	17 HOW TO CREATE AN EDUCATION / MENTAL HEALTH RECORD FOR YOUR CHILD A Parent Workshop 6:30-8:00 pm	18 FAMILY ADVISORY COUNCIL 10:00 – 11:00 am	19
21 OFFICE CLOSED 	22 PARENT SUPPORT 6:30-8:00 pm	23	24	25	26
28 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEBREAK A Parent Workshop 12:30-1:30 pm				<div style="display: flex; flex-direction: column; align-items: flex-start;"> <div style="display: flex; align-items: center; margin-bottom: 5px;"> Family Support </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> New or Special </div> <div style="display: flex; align-items: center; margin-bottom: 5px;"> Office Closing </div> <div style="margin-top: 10px; color: red; font-weight: bold;"> SEE BACK FOR GROUP & RSVP INFORMATION </div> </div>	

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 1/30, 2/7, 2/14 & 2/21.

MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEBREAK

A Parent Workshop

Date/Time: Mondays
February 7, 14 & 22
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 2/4, 2/11 & 2/25.

FAMILY ADVISORY COUNCIL

Date/Time: Friday, February 18
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 2/17.

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

VALENTINE'S CLAY ART

A Family Engagement

Date/Time: Thursday February 10
6:30 –8:00 pm

Location: Virtual Event Hosted
via Zoom

Have some family fun with clay! Megan Tuttle, Art Therapist will guide the family in the creative process. All supplies will be provided. RSVP 2/8.

HOW TO CREATE AN EDUCATION/ MENTAL HEALTH RECORD FOR YOUR CHILD

A Parent Workshop

Date/Time: Thursday, February 17
6:30 –8:00 pm

Location: Virtual Event Hosted
via Zoom

Just in time for CSE time! Join us as we create an Education/Mental Health Records Organizer and discover tips on how to keep your medical and education reports, IEP, special evaluations, and important paperwork in order. Presented by Marlene C. Patti, Regional Coordinator of NY State Parent to Parent. Sectioned Binders will be supplied to each participant. Have your paperwork ready! RSVP by 2/15.