


# July 2021

# Mental Health & Wellness Division Family Support Activities

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><i>SEE BACK FOR GROUP &amp; RSVP INFORMATION</i></p>		1	2	3
<p>5 <b>OFFICE CLOSED</b></p> 	6	7	8	9	10
12	13	14	15	16	17
<p><b>"IN PERSON"</b> <b>MENTAL WELLNESS &amp; SELF CARE</b> <b>A Parent Workshop</b> 7:00-8:00 pm</p>	<p><b>PARENT SUPPORT &amp; RESPITE</b> 6:30-8:00 pm</p>	<p><b>COFFEE BREAK</b> 10:00-11:30 am</p> <p><b>ACTIVE PARENTING A Parent Workshop</b> 10:30 am -12:30 pm</p>	<p><b>YOGA IN THE PARK</b> <b>A Family Engagement</b> 6:30-7:30 pm</p>		
19	20	21	22	23	24
<p><b>MENTAL WELLNESS &amp; SELF CARE</b> <b>A Parent Workshop</b> 7:00-8:00 pm</p>	<p><b>PARENT SUPPORT &amp; RESPITE</b> 6:30-8:00 pm</p>	<p><b>ACTIVE PARENTING A Parent Workshop</b> 10:30 am -12:30 pm</p>		<p><b>FAMILY ADVISORY COUNCIL</b> 10:00 – 11:00 am</p>	
26	27	28	29	29	31
<p><b>"IN PERSON"</b> <b>MENTAL WELLNESS &amp; SELF CARE</b> <b>A Parent Workshop</b> 7:00-8:00 pm</p>	<p><b>PARENT SUPPORT &amp; RESPITE</b> 6:30-8:00 pm</p>	<p><b>COFFEE BREAK</b> 10:00-11:30 am</p> <p><b>ACTIVE PARENTING A Parent Workshop</b> 10:30 am -12:30 pm</p> <p><b>BIRDS &amp; THE BEES A Parent Workshop</b> 6:30-8:30 pm</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 7/2, 7/12, 7/19, & 7/26.

### 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 7/11 & 7/21.

### FAMILY ADVISORY COUNCIL

**Date/Time:** Friday, July 23<sup>rd</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 7/21.

### *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@FCALL.org](mailto:eventsrsup@FCALL.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, July 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 7/16.

### "IN PERSON" MENTAL WELLNESS & SELF CARE

#### A Parent Workshop

**Date/Time:** Mondays, July 12<sup>th</sup> & 26<sup>th</sup>

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 7/9 & 7/23.

## NEW THIS MONTH

### ACTIVE PARENTING

#### A Parent Workshop

**Date/Time:** 10:30am – 12:30pm

Wednesdays: July 7<sup>th</sup>, 14<sup>th</sup> 21<sup>th</sup> 28<sup>th</sup>

August 4<sup>th</sup> & 11<sup>th</sup>

**Location:** Virtual Event Hosted  
via Zoom

Come join us as we learn ways to parent challenging children through this evidence-based curriculum over a 6 week period. All materials are provided to parents and this course is being offered virtually through Zoom. RSVP by 7/2.

### YOGA IN THE PARK

#### A Family Engagement

**Date/Time:** Thursday, July 15<sup>th</sup>

6:30 –7:30 pm

**Location:** Eisenhower Park  
Come relax, unwind, and have some fun! Yoga stretches and exercises are designed to increase flexibility and help release stress and tension. Join other families for an evening of self-care and outdoor relaxation with Dominique Fenner, Certified Yoga Instructor from I am Yogi Studios. Rain date 7/22. RSVP 7/12.

### BIRDS & THE BEES

#### A Parent Workshop

**Date/Time:** Wednesday July 28<sup>th</sup>

6:30 –8:30 pm

**Location:** Virtual Event Hosted  
via Zoom

This workshop will provide you with insight and understanding of the changes in your children's bodies, including the role of emotions, and how this can affect them as they mature, will be discussed receive tips and strategies on how to address these changes with your children in a supportive and loving way. RSVP by 7/26.