



# September 2022

# Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3
<b>5 OFFICE CLOSED</b> 	<b>6</b> PARENT SUPPORT 6:30-8:00 pm	7	8	9	10
<b>12</b> MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHBREAK A Parent Workshop 12:30-1:30 pm	<b>13</b> PARENT SUPPORT 6:30-8:00 pm	<b>14</b> BACK TO SCHOOL PARENT BREAKFAST A Parent Workshop 10:00am-12:00 pm	15	16	17
<b>19</b> MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHBREAK A Parent Workshop 12:30-1:30 pm	<b>20</b> PARENT SUPPORT 6:30-8:00 pm	21	<b>22</b> WISH DOLL ART PROJECT A Family Engagement 6:00 –8:00 pm	<b>23</b> FAMILY ADVISORY COUNCIL 10:00 – 11:00 am	24
<b>26</b> MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHBREAK A Parent Workshop 12:30-1:30 pm	<b>27</b> PARENT SUPPORT 6:30-8:00 pm	28	29	30	<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>

## 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 9/2, 9/9, 9/16 & 9/23.

### MENTAL WELLNESS & SELF CARE

#### 60 MINUTE LUNCHEBREAK

##### *A Parent Workshop*

**Date/Time:** Mondays  
September 12, 19 & 26  
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 9/9, 9/16 & 9/23.

### FAMILY ADVISORY COUNCIL

**Date/Time:** Friday, September 23  
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 9/20.

#### *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

### BACK TO SCHOOL

#### PARENT BREAKFAST

##### *A Parent Workshop*

**Date/Time:** Wednesday September 14  
10:00 am—12:00 pm

**Location:** FCA Board Room  
377 Oak Street, 5Th Floor  
Garden City, New York

Parents come together to support and empower each other while learning about best practices for getting their kids and home Back To School ready. This breakfast will be led by FCA's Family Peer Advocates who will provide a comfortable forum for parents to have conversation, express their concerns, share resources and experience self-care. COVID protocols will be followed. RSVP by 9/12.

### WISH DOLL ART PROJECT

#### *A Family Engagement*

**Date/Time:** Thursday September 22  
6:00 –8:00 pm

**Location:** FCA Board Room  
377 Oak Street, 5Th Floor  
Garden City, New York

Parents and children come together to spend time with each other, socialize with other FCA families, form friendships and engage in a family friendly art project making small doll figures they will stuff with their wishes for a successful Back to School experience. Lead by Meghan Tuttle, Art Therapist. Family Peer Advocates will assist to provide a comfortable, safe space for families to engage with each other and meet other families who are facing similar challenges. COVID protocols will be followed. RSVP by 9/19.