



February 2021

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 PARENT SUPPORT & RESPITE 6:30-8:00 pm	3 PARENT SUPPORT & RESPITE 7:00-8:30 pm	4	5	6
8 SSI & GUARDIANSHIP A Parent Workshop 6:30-8:00 pm	9 60 MINUTE MINDFULL LUNCHBREAK A Parent Workshop 12:30-1:30 pm PARENT SUPPORT & RESPITE 6:30-8:00 pm	10 COFFEE BREAK 10:00-11:30 am	11	12	13
15 OFFICE CLOSED 	16 FEBRUARY ART FUN A Family Engagement 1:00-2:30 pm PARENT SUPPORT & RESPITE 6:30-8:00 pm	17 PARENT SUPPORT & RESPITE 7:00-8:30 pm	18	19 FAMILY MOVIE FUN A Family Engagement 3:30-7:00 pm	20
22 PARENT PAINT NIGHT A Parent Workshop 6:30-8:00 pm	23 60 MINUTE MINDFULL LUNCHBREAK A Parent Workshop 12:30-1:30 pm PARENT SUPPORT & RESPITE 6:30-8:00 pm	24 COFFEE BREAK 10:00-11:30 am	25 FAMILY ADVISORY COMMITTEE 1:00 – 2:00 pm	26	27
				<ul style="list-style-type: none"> ■ Family Support ■ New or Special ■ Office Closing <p>SEE BACK FOR GROUP & RSVP INFORMATION</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 2/1, 2/8, 2/15 & 2/22.

PARENT SUPPORT GROUP

Date/Time: Wednesday 2/3 & 2/17

7:00-8:30 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 2/2 & 2/16.

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 2/9 & 2/16.

FAMILY SUPPORT

FAMILY ADVISORY COMMITTEE

Date/Time: Thursday, February 25th

1:00 –2:00 pm

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 2/24.

**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

SSI & GUARDIANSHIP

A Parent Workshop

Date/Time: Monday, February 8th

6:30 –8:00 pm

Location: Virtual Event Hosted
via Zoom

Family Peer Advocates will provide an overview on the legal and financial preparations needed to protect assets and obtain benefits for your child with special needs. Social Security Income information will also be discussed. RSVP by 2/7.

60 MINUTE MINDFULL

LUNCHEBREAK

A Parent Workshop

Date/Time: Tuesday, February 9th, 23rd

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 2/8 & 2/22.

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 "0" 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

NEW THIS MONTH

FEBRUARY ART FUN

A Family Engagement

Date/Time: Tuesday, February 16th

1:00 –2:30 pm

Location: Virtual Event Hosted
via Zoom

Come together and create a unique piece of art during the February break. All art supplies will be provided. Megan Tuttle, Art Therapist will facilitate this event. RSVP 2/11.

FAMILY MOVIE FUN

A Family Engagement

Date/Time: Friday, February 19th

3:30 –7:00 pm

Location: AMC Raceway Theater
Westbury, 11590

Come together to relax watch a movie, laugh, and take a break. The movie playing will be "The War with Grandpa" starring Robert DeNiro. This will be a socially distanced and masked event. Parent and child only. RSVP 2/17.

PARENT PAINT NIGHT

A Parent Workshop

Date/Time: Monday, February 22nd

6:30 –8:00 pm

Location: Virtual Event Hosted
via Zoom

Join us and participate in some creative fun! Parents will complete a painting in the comfort of their home while receiving Instruction from Meghan Tuttle, Art Therapist. All supplies will be provided. RSVP 2/16.