



September 2021

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<ul style="list-style-type: none"> ■ Family Support ■ New or Special ■ Office Closing <p>SEE BACK FOR GROUP & RSVP INFORMATION</p>	1	2	3	4
<p>6 OFFICE CLOSED</p> 	7	8	9	10	11
<p>13</p> <p>MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm</p>	<p>14</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>15</p> <p>BACK TO SCHOOL BREAKFAST (In Person) A Parent Event 10:00-11:30 am</p>	16	17	18
<p>20</p> <p>MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm</p>	<p>21</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	22	23	<p>24</p> <p>FAMILY ADVISORY COUNCIL 10:00 – 11:00 am</p>	25
<p>27</p> <p>MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm</p>	<p>28</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>29</p> <p>COFFEE BREAK 10:00-11:30 am</p>	<p>30</p> <p>FAMILY COOKING (In Person) A Family Engagement 6:30-8:00 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 9/13, 9/20 & 9/27.

FAMILY ADVISORY COUNCIL

Date/Time: Friday, September 24th

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 9/22.

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 "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

BACK TO SCHOOL BREAKFAST

A Parent Event

Date/Time: Wednesday September 15th

10:00-11:30 am

Location: FCA Board Room

377 Oak Street, 5th Floor Garden City, 11530

Join us for breakfast as we celebrate and welcome a new school year! Take this opportunity to mingle and chat with other parents and Family Peer Advocates about ways to make this school year the best for both YOU and your child! RSVP by 9/13.

FAMILY COOKING

A Family Engagement

Date/Time: Thursday September 30th

6:30 – 8:00 pm

Location: The Well- Seasoned Chef

45 New Hyde Park Road

Garden City, 11530

Join us for a fun night making a homemade meal with your child! Come learn to make fresh pasta and sauce, meatballs, & homemade ice cream with the help of a professional chef! RSVP 9/27.

MENTAL WELLNESS & SELF CARE

60 MINUTE LUNCHEBREAK

A Parent Workshop

Date/Time: Mondays

September 13th, 20th & 27th

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 9/10, 9/17 & 9/24.