




January 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>	<p><i>Please note: All groups and events will take place via Zoom</i></p>		<p>1 OFFICE CLOSED</p> 	<p>2</p>
<p>4</p> <p>MENTAL WELLNESS & SELF CARE A Parent Workshop 6:45-8:00 pm</p>	<p>5</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>6</p> <p>PARENT SUPPORT & RESPITE 7:00-8:30 pm</p>	<p>7</p>	<p>8</p>	<p>9</p>
<p>11</p> <p>MENTAL WELLNESS & SELF CARE A Parent Workshop 6:45-8:00 pm</p>	<p>12</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>13</p> <p>COFFEE BREAK 10:00-11:30 am</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>18 OFFICE CLOSED</p> 	<p>19</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>20</p> <p>PARENT SUPPORT & RESPITE 7:00-8:30 pm</p>	<p>21</p> <p>CODEPENDENCY & ENABLING BEHAVIORS A Parent Workshop 6:30-8:00 pm</p>	<p>22</p>	<p>23</p>
<p>25</p> <p>MENTAL WELLNESS & SELF CARE A Parent Workshop 6:45-8:00 pm</p>	<p>26</p> <p>PARENT SUPPORT & RESPITE 6:30-8:00 pm</p>	<p>27</p> <p>COFFEE BREAK 10:00-11:30 am</p> <p>FAMILY YOGA A Family Engagement 6:30-7:30 pm</p>	<p>28</p>	<p>29</p> <p>FAMILY ADVISORY COMMITTEE 1:00 – 2:00 pm</p>	<p>30</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 1/4, 1/11, 1/18 & 1/25.

PARENT SUPPORT GROUP

Date/Time: Wednesday 1/6 & 1/20

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 1/5 & 1/19.

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 1/12 & 1/26.

FAMILY SUPPORT

FAMILY ADVISORY COMMITTEE

Date/Time: Friday, January 29th

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 1/28.

**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. **

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 eventsrsvp@FCALL.org

NEW THIS MONTH

MENTAL WELLNESS & SELF CARE

A Parent Workshop

Date/Time: Mondays

January 4th, 11th & 25th

6:45 –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 1/4, 1/8 & 1/22.

CODEPENDENCY & ENABLING BEHAVIORS

A Parent Workshop

Date/Time: Thursday, January 21st

6:30 –8:00 pm

Location: Virtual Event Hosted
via Zoom

Join us for an educational evening, when Anthony Rizzuto, Director of Seaford Drug and Alcohol Rehabilitation Center will speak about Codependency and Enabling Behaviors. RSVP 1/20.

FAMILY YOGA

A Family Engagement

Date/Time: Wednesday, January 27th

7:00 –8:30 pm

Location: Virtual Event Hosted
via Zoom

Come join us online and relax, unwind, and have some family 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 relaxation with Dominique Fenner, Certified Yoga Instructor of I am Yogi Studios. RSVP 1/26.