

October 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><i>SEE BACK FOR GROUP & RSVP INFORMATION</i></p>			1	2
4 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm	5 PARENT SUPPORT & RESPITE 6:30-8:00 pm	6 ACTIVE PARENTING A Parent Workshop 10:30 am -12:30 pm	7	8	9
11 OFFICE CLOSED  Columbus Day	12 PARENT SUPPORT & RESPITE 6:30-8:00 pm	13 ACTIVE PARENTING A Parent Workshop 10:30 am -12:30 pm	14	15	16
18 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm	19 PARENT SUPPORT & RESPITE 6:30-8:00 pm	20 ACTIVE PARENTING A Parent Workshop 10:30 am -12:30 pm	21 FAMILY SPIN ART FUN (In Person) A Family Engagement 6:30-8:00 pm	22 FAMILY ADVISORY COUNCIL 10:00 – 11:00 am	23
25 MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEON A Parent Workshop 12:30-1:30 pm	26 PARENT SUPPORT & RESPITE 6:30-8:00 pm	27 ACTIVE PARENTING A Parent Workshop 10:30 am -12:30 pm	28 TEACHING OUR CHILDREN FINANCIAL RESPONSIBILITY (In Person) A Parent Event 6:30-8:00 pm	29	30

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 10/1, 10/8, 10/18 & 10/25.

FAMILY ADVISORY COUNCIL

Date/Time: Friday, October 22th

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 10/21.

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@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

MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHBREAK

A Parent Workshop

Date/Time: Mondays

October 4th, 18th & 25th

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 10/1, 10/15 & 10/22.

ACTIVE PARENTING

A Parent Workshop

Date/Time: 10:30am – 12:30pm

Wednesdays

October 6th, 13th, 20th & 27th

November 3rd & 10th

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 10/5.

NEW THIS MONTH

FAMILY SPIN ART FUN

A Family Engagement

Date/Time: Thursday October 21st

6:30 – 8:00 pm

Location: Casa De Spin
81 Grand Avenue
Massapequa, 11578

Join us and participate in some creative family fun! Create a piece of colorful spin art with your family. RSVP 10/19.

TEACHING OUR CHILDREN FINANCIAL RESPONSIBILITY

A Parent Event

Date/Time: Thursday October 28th

6:30 – 8:00 pm

Location: FCA Board Room
377 Oak Street, 5th Floor
Garden City, 11530

Join us in the showing of a Webinar put together by CHADD about teaching our children financial responsibility. There will be a discussion period after the viewing. Dinner will be provided. RSVP by 10/27.