


MAY 2021

Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	4 PARENT SUPPORT & RESPITE 6:30-8:00 pm	5 YOGA IN THE PARK A Family Engagement 6:30-7:30 pm	6	7	8
10 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	11 PARENT SUPPORT & RESPITE 6:30-8:00 pm	12 COFFEE BREAK 10:00-11:30 am	13 MOTHER'S DAY DINNER A Parent Only Event 6:30-8:30 pm	14	15
17 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	18 PARENT SUPPORT & RESPITE 6:30-8:00 pm	19	20	21 FAMILY ADVISORY COMMITTEE 10:00 – 11:00 am	22
24 MENTAL WELLNESS & SELF CARE A Parent Workshop 7:00-8:00 pm	25 PARENT SUPPORT & RESPITE 6:30-8:00 pm	26 COFFEE BREAK 10:00-11:30 am	27 IT'S A BRAVE NEW NON-BINARY WORLD A Parent Workshop 6:30-8:30 pm	28	29
31 OFFICE CLOSED				<ul style="list-style-type: none"> ■ Family Support ■ New or Special ■ Office Closing <p>SEE BACK FOR GROUP & RSVP INFORMATION</p>	 <p>FCA FAMILY & CHILDREN'S ASSOCIATION</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 5/3, 5/10, 5/17 & 5/24.

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 5/11 & 5/25.

FAMILY ADVISORY COMMITTEE

Date/Time: Friday, May 21st

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 5/20.

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

***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

A Parent Workshop

Date/Time: Mondays

May 3rd, 10th, 17th & 24th

7:00 – 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 4/30, 5/7, 5/14 & 5/21.

YOGA IN THE PARK

A Family Engagement

Date/Time: Wednesday, May 5th

6:30 – 7:30 pm

Location: Eisenhower Park

Come relax, unwind, and have some 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 outdoor relaxation with Dominique Fenner, Certified Yoga Instructor from I am Yogi Studios. Rain date 5/26. RSVP 5/4.

NEW THIS MONTH

A MOTHER'S DAY DINNER

A Parent Only Event

Date/Time: Thursday May 13th

6:30 – 8:30 pm

Location: Villa d'Aqua

2565 Bellmore Ave, Bellmore

Join us for a special evening in honor of Mother's Day We will celebrate your role in your child's life with an evening of fun and food. **Please note this event is for ENROLLED families only.** RSVP by 5/8.

IT'S A BRAVE NEW NON-BINARY WORLD

A Parent Workshop

Date/Time: Thursday, May 27th

6:30 – 8:00 pm

Location: Virtual Event Hosted
via Zoom

Presenters Patricia Hillenbrand, FPA, Mobile Integration Team, Sagamore Children's Hospital and Peter Hillenbrand, will explore how family acceptance of a child's gender identity contributes to increased physical and mental health, and their family's journey towards acceptance of their child's transgender identity. They will be sharing their experience, strength and hope. Followed by a panel discussion with parents of youth who self identify as LGBTQIA. Panel Members: Maryann Barraco, FPA, Parent to Parent, Family Service League; Denise Delio, FPA, SCO, Madonna Heights RTF; Danielle Skelly, FPA, Adoptive and Foster Family Coalition; Andrea Marinelli, FPA, Adoptive and Foster Family Coalition and Andrea Stoltz, parent. RSVP 5/26.