


# April 2023

# Mental Health & Wellness Division Family Support Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3</b> <b>MENTAL WELLNESS &amp; SELF CARE</b> <b>60 MINUTE LUNCHEBREAK</b> <b>A Parent Workshop</b> 12:30-1:30 pm  <b>ACTIVE PARENTING</b> <b>A Parent Workshop</b> 6:30 –8:30 pm	<b>4</b>  <b>PARENT SUPPORT</b> <b>(VIA ZOOM)</b> 6:30-8:00 pm	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>10</b> <b>MENTAL WELLNESS &amp; SELF CARE</b> <b>60 MINUTE LUNCHEBREAK</b> <b>A Parent Workshop</b> 12:30-1:30 pm	<b>11</b> <b>SPRING SEED STARTER</b> <b>FAMILY PROJECT</b> <b>A Family Engagement</b> 2:30-3:30 pm  <b>PARENT SUPPORT</b> <b>(IN PERSON)</b> 6:30-8:00 pm	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>17</b>  <b>ACTIVE PARENTING</b> <b>A Parent Workshop</b> 6:30 –8:30 pm	<b>18</b>  <b>PARENT SUPPORT</b> <b>(VIA ZOOM)</b> 6:30-8:00 pm	<b>19</b>	<b>20</b>	<b>21</b>  <b>FAMILY ADVISORY COUNCIL</b> 10:00 – 11:00 am	<b>22</b>
<b>24</b> <b>MENTAL WELLNESS &amp; SELF CARE</b> <b>60 MINUTE LUNCHEBREAK</b> <b>A Parent Workshop</b> 12:30-1:30 pm  <b>ACTIVE PARENTING</b> <b>A Parent Workshop</b> 6:30 –8:30 pm	<b>25</b>  <b>PARENT SUPPORT</b> <b>(IN PERSON)</b> 6:30-8:00 pm	<b>26</b>	<b>27</b>  <b>SUPPORTING AN LGBTQ</b> <b>CHILD’S MENTAL &amp; PHYSICAL HEALTH</b> <b>A Parent Workshop</b> 6:30–8:00 pm	<b>28</b>	<b>29</b>
				<div style="display: flex; flex-direction: column; gap: 10px;"> <div><span style="color: green;">■</span> Family Support</div> <div><span style="color: red;">■</span> New or Special</div> <div><span style="color: orange;">■</span> Office Closing</div> </div> <p><b>SEE BACK FOR GROUP &amp; RSVP INFORMATION</b></p>	 <p><b>FCA</b> FAMILY &amp; CHILDREN'S ASSOCIATION</p>

## FAMILY SUPPORT

### PARENT SUPPORT GROUP

**Date/Time:** Tuesday April 4 & 18  
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 4/3 & 4/17.

### IN PERSON PARENT SUPPORT GROUP

**Date/Time:** Tuesday April 11 & 25  
6:30-8:00 pm

**Location:** FCA Board Room  
377 Oak Street, 5Th Floor  
Garden City, New York

Parents are provided with an opportunity to share, network, obtain information, resources and support from other parents and Family Peer Advocates. COVID protocols will be followed. A light dinner will be provided. RSVP by 4/7 & 4/21.

### MENTAL WELLNESS & SELF CARE 60 MINUTE LUNCHEBREAK

#### A Parent Workshop

**Date/Time:** Mondays  
April 3, 10 & 24  
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 3/31, 4/7 & 4/21.

## FAMILY SUPPORT

### FAMILY ADVISORY COUNCIL

**Date/Time:** Friday, April 21  
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 4/17.

#### *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 "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](mailto: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

### ACTIVE PARENTING TEENS

#### A Parent Workshop

**Date/Time:** Mondays 6:30– 8:30pm  
March 20 & 27  
April 3, 17 & 24  
May 1

**Location:** Virtual Event Hosted  
via Zoom

Come join us as we learn ways to parent challenging teens through this evidence-based curriculum over a 6 week period. In order to receive a certificate you can not miss more than 1 session. All materials will be provided.

## NEW THIS MONTH

### SPRING SEED STARTER

#### FAMILY PROJECT

##### A Family Engagement

**Date/Time:** Tuesday April 11  
2:00 –3:30pm

**Location:** FCA Board Room  
377 Oak Street, 5Th Floor  
Garden City, New York

In preparation for Spring, FCA Families will gather together to decorate seed starter kits using recyclable materials. This event will be facilitated by Meghan Tuttle, Art Therapist and assisted by FCA Family Peer advocates. Light snacks and refreshments will be served. COVID protocols will be followed. RSVP 4/7.

### SUPPORTING AN LGBTQ CHILD'S MENTAL & PHYSICAL HEALTH

#### A Parent Workshop

**Date/Time:** Thursday April 27  
6:30 –8:00 pm

**Location:** Virtual Event Hosted  
via Zoom

Parents come together virtually to support and empower each other while engaging in self-care by sharing stories and learning best practices for supporting a LGBTQ child's mental and physical health. This workshop will be led by a Family Peer Advocate (FPA) with lived experience and assisted by Family Peer Advocates, who will provide a comfortable forum for parents to have conversation. RSVP by 4/25.