



## Big News: Cohen Children's Top 50 in Pediatric Behavioral Health!



We're excited to share that Cohen Children's has been recognized in the **Top 50 nationally for Pediatric & Adolescent Behavioral Health in the U.S. News & World Report Best Children's Hospitals rankings**. This new ranking highlights our commitment to addressing the growing mental health needs of children and adolescents. In addition to this important recognition, Cohen Children's maintained its high overall ranking as #2 in New York State and #6 in the mid-Atlantic region. Congratulations to our entire team!

## Introducing Our New Resource!

### THE RESILIENCY TOOLKIT: A DIGITAL ACCESS HUB

*A comprehensive hub of resources, easily downloadable and specific to your family's needs.*

[Click here to download the flyer!](#)



### THE RESILIENCY TOOLKIT

A DIGITAL ACCESS HUB

Cohen Children's  
Northwell Health

## Chat with Our Experts: Upcoming Parenting Education Workshops

### Substance Abuse and Teens *Health at Home Series*

Date: November 12, 2024

7:00pm-8:00pm

[Click Here to Register](#)

### Cohen Children's Northwell Health

Physician Partners

## community

A monthly virtual workshop with Northwell experts & peer support

### Stress First Aid for Parents:

*Dr. Juliet Vogel, PhD*

Date: November 14, 2024

12:00pm-1:00pm

[Click Here to Register](#)

### Beyond the Prescription: A Parent's Guide to Safe Medication Practices:

*Kevin Qosja, MD/Scott Falkowitz, DO*

Date: November 21, 2024

12:00pm-1:00pm

[Click Here to Register](#)



### School Avoidance Workshop

*Is your child struggling with school attendance?*

Join our free, supportive 6-week lunch-and learn workshop series: "Supporting Students Overcoming School Avoidance."

This program is designed to empower parents like you with the knowledge and tools to address school avoidance and help your child thrive.

[Click Here to Register](#)

### "Supporting Your Anxious Child" Parent Workshop

*Is your child struggling with anxiety?*

Give them the tools to manage it!

The School Mental Health Program presents "Parenting Through Anxiety," a free, 5-week lunch-and-learn workshop series. This program provides you with the knowledge and strategies to help your child thrive.

[Click Here to Register](#)



## Stay Connected, Parent Strong: We're in this Together!



### Visit Our YouTube

View our library of workshops led by Northwell experts, covering a wide range of parenting topics, from navigating screen time to supporting healthy sleep habits, giving you practical strategies and information to help you thrive as a parent!

[Click Here To View Channel](#)



### Visit Our Website

Our website provides office information, expert advice, and insightful articles from leading professionals. Find the guidance you need or stay informed with our comprehensive resources. Explore our site today!

[Click Here To Visit Our Website](#)



### Sign Up For Our Emails

Stay in the loop with all things Northwell Behavioral Health Center! Join our email list and be the first to know about upcoming community education events, exciting center updates, and other important news. We'll keep you informed about everything happening, from new offerings to special events!

[Click Here To Sign Up Today](#)



### Join Our Remind

Stay connected with Northwell Behavioral Health Center with the Remind App. Sign up for to our group and get text alerts about events, hours, special happenings, & more. Use class code **nwh4school** to join.

[Join Now On Your Remind!](#)

## What's Happening This Month



### Anti-Bullying Week: Choose Respect November 11th-15th

[Click here](#) to learn more about how bullying impacts both victims and bullies:



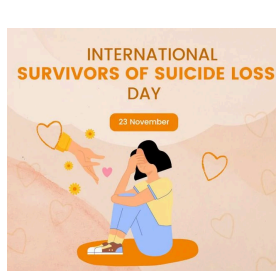
### World Kindness Day November 13

[Click here](#) to learn more about World Kindness Day which is a global movement that promotes kindness and compassion.



### Transgender Awareness Week November 13th-19th

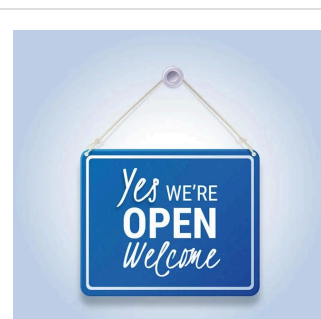
[Click here](#) to learn more about transgender awareness week and the issues members of the community face.



### International Survivors of Suicide Loss Day November 23rd

[Click here](#) to learn more about International Survivors of Suicide Loss Day: This day provides support and community for those affected by suicide loss.

## Behavioral Health Center Hours



All centers will be **OPEN** on Monday, November 11, Wednesday, November 27 & Friday, November 29



All centers will be **CLOSED** on Thursday, November 28



### Quick Reads:

#### Northwell - Newsroom

Title: The solution for teen phone addiction is at our fingertips  
[Click here](#) to read

#### Food Network

Title: Our Top 50 Thanksgiving Recipes  
[Click here](#) to read

#### Northwell: The Well

Title: Revamped Recipes for Thanksgiving Leftovers  
[Click here](#) to read

#### Homework

Title: How to Have a Happy (Less-Stressful) Thanksgiving  
[Click here](#) to read

#### Positive Psychology

Title: How to Express Gratitude to Others:  
[Click here](#) to read

## Important Phone Numbers to Know

- RVC Behavioral Health Center - 516-927-1630
- Mineola Behavioral Health Center - 516-321-5770
- Commack Behavioral Health Center - 631-775-3280
- South Oaks Hospital Admissions - 631-608-5885
- Cohen Children's Medical Center Pediatric Behavioral Health Urgent Care - 718-470-3148
- Cohen Children's Medical Center Pediatric Emergency Department - 718-470-3768
- Long Island Crisis Center - 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline - Call or Text 988