

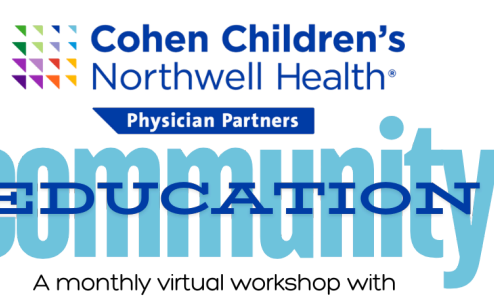


Chat with Our Experts: Upcoming Parenting Education Workshops

Empowering Parents: Setting Limits with Love and Consistency

Scott Falkowitz, DO
Date: October 24, 2024
12:00pm-1:00pm

[Click Here to Register](#)

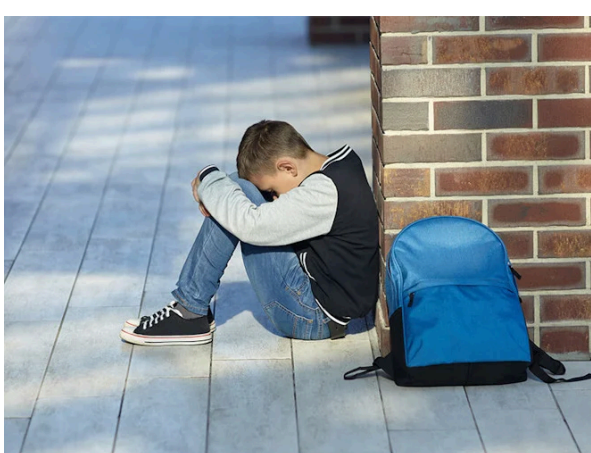


A monthly virtual workshop with Northwell experts & peer support

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.

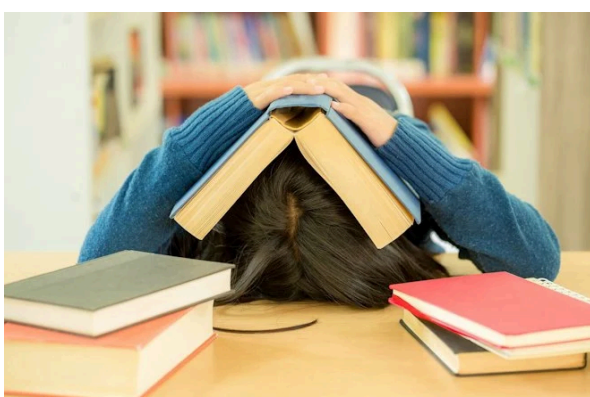
[Click Here to Register](#)

"Supporting Your Anxious Child" Parent Workshop

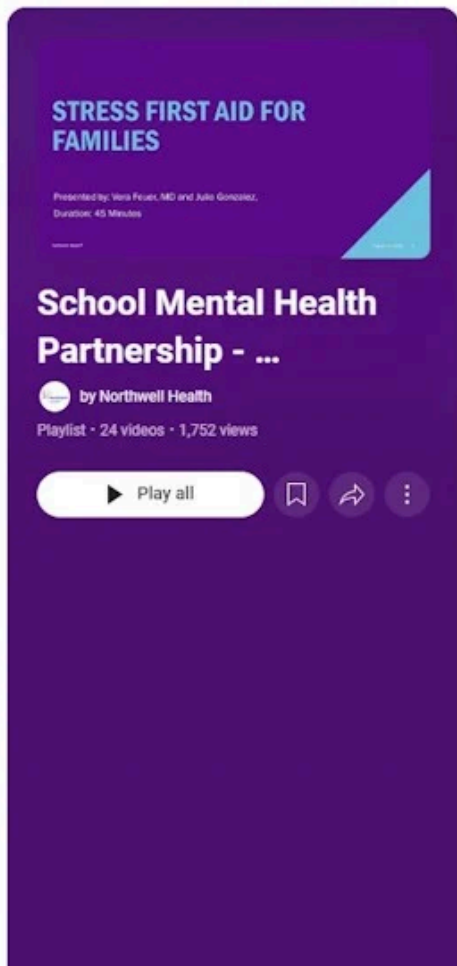
Is your child struggling with anxiety?

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](#)



Please visit our refreshed **YOUTUBE Page** with many great topics for parents and caregiver, covered by Northwell subject matter experts! Below, you will find a sample of recent educational videos! [Click here](#) to explore!



| | | |
|---|--|---|
| 1 | STRESS FIRST AID FOR FAMILIES | Stress First Aid for Families Northwell Health • 5 views • 1 month ago |
| 2 | RAISING CONFIDENT, EMOTIONALLY HEALTHY KIDS | Raising Confident, Emotionally Healthy Kids Northwell Health • 9 views • 1 month ago |
| 3 | RISK BEHAVIORS IN TEENS | Risk Behaviors in Teens Northwell Health • 4 views • 1 month ago |
| 4 | MENTAL HEALTH IN LGBTQ+ YOUTH | Mental Health in LGBTQ+ Youth Northwell Health • 4 views • 1 month ago |
| 5 | ADDRESSING STRESS AND TRAUMA IN FAMILIES | Addressing Stress and Trauma in Families Northwell Health • 5 views • 1 month ago |
| 6 | HEALTHY EATING FOR A HEALTHY MIND | Healthy Eating for a Healthy Body and Mind Northwell Health • 5 views • 1 month ago |

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

Mental Illness Awareness Week is October 6th - October 12th, 2024.

This week has been celebrated since 1990 as a way to bring awareness to the importance of caring for our mental health.

To read more about Mental Illness Awareness Week, please [Click here](#) to visit the National Alliance on Mental Health (NAMI) website.

For more information on "What you need to know about mental health, please [Click here](#).



Recognizing ADHD Awareness month

[Click here](#) to learn more about parenting a child with ADHD



National Hispanic Heritage Month

September 15- October 15

[Click here](#) to learn more about National Hispanic Heritage month, and visit the virtual exhibits!



Recognizing OCD Awareness Week

[Click here](#) to read about Obsessive Compulsive Disorder (OCD)



The Substance Abuse and Mental Health Service Administration (SAMHSA) offers a variety of helpful resources.

[Click here](#) to explore SAMHSA, Federal and other valuable resources to support parents/caregivers and children in need.



Quick Reads:

Northwell - The Well

Title: [Why kids need more outdoor time](#)
[Click here](#) to read

Northwell - The Well

Title: [How to raise resilient kids](#)
[Click here](#) to read

Mommy Poppins

Li fall day trips guide: Orchards, Farms, Festivals and Family Getaways 2024
[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