

FSL is having a big impact on the lives of our clients during this health crisis.

Everyday FSL's professionally trained staff offer over sixty programs which help children, families, and seniors who are struggling. Services include counseling, advocacy, treatment, and referrals to critical resources. FSL programs are often a life-line for those looking to begin their journey to a better tomorrow.



Alternatives For Youth (AFY) is a program designed for adolescences, and their families, who are at risk of entering the juvenile justice system. The program features counseling, visits to the home, and offers various support services.

On March 30th, Joey, a 16-year-old participant of AFY, contacted his FSL case worker to share his concerns about his father being diagnosed with COVID-19 and family being in quarantine together. His home life had been strained for a few years, but now his parents and siblings were arguing constantly. He shared his emotional challenges which included a real sense of fear that his family would become ill and concern that there would be very limited money coming into his household. Joey's case worker was able to arrange on-line counseling where they discussed focusing on his strengths, developing coping skills, and concentrating on schoolwork so he didn't fall behind again. Joey decided this was the time to make some positive changes and acknowledged that the group of friends he had been hanging out with were not helping him with his dream of graduating and going to college. Being in quarantine gave him the unexpected opportunity to distance himself from those who did not share the goals he had set for himself. The case worker contacted Joey's mother to arrange for her to come to the food pantry and provided an outlet for the other family members to receive counseling support. Over the past eight weeks, Joey and his family have begun to develop a new routine which includes better communication skills and acknowledging the importance of supporting each other. Thankfully, his father has recuperated and is working again. Plans have been made for Joey to continue with the counseling sessions and he is on track to graduate from high school next June.

Healthy Families Suffolk is a home-visiting program offering services to expectant families and new parents with infants under the age of three months. This vital resource is based in the Brentwood, Bay Shore, Central Islip, Copiague, Amityville, and Wyandanch communities. Client may receive long-term, in-home services until their child is pre-school age or kindergarten ready. The program helps those who are vulnerable by enhancing family functioning through education, improving support systems, teaching problem-solving skills, building positive parent-child interaction, and promoting healthy child development.

Annie, a 21-year-old woman, has been dealing with sporadic incidents of domestic violence from her partner for the past two years. She came to FSL when she was pregnant with a goal of breaking the cycle of violence that she found herself in. Annie admitted that this was a very similar environment to which she and her siblings were raised and became accustomed to after years of abuse. She loved her partner, but realized that his outburst had become more frequent and unpredictable. She attributed this to the stress of being together all

the time due to the quarantine of Covid-19, and the loss of his second job combined with his increased drinking. Something had to change, his erratic behavior made her fear for the safety of her child. During a recent counseling session Annie suggested that she wanted the FSL social worker to call Child Protective Services and asked that her abuser be removed from their home. Although, the situation was a much safer environment for both the young mother and her 10-month-old baby, this presented a pressing financial burden. FSL staff was able to provide Annie with an appointment for the food pantry, referrals for Domestic Violence counseling, assisted her in signing up for SNAP benefits, and provided essential items for them to begin their new life.

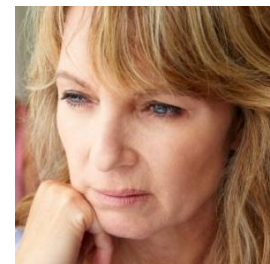
These are just two of the thousands of people we are able to help thanks to the support of generous individuals and corporations who believe in the important mission of Restoring Hope and Rebuilding Lives. FSL's clients and their families have expressed endless gratitude to have someone to talk with and programs to rely on as they overcome the emotional and financial difficulties in their lives.



Visit the "**Find Help**" page of www.fsl-li.org for information on services and programs for children, families, and seniors.

Do you have thoughts of hurting yourself?
Are you facing a mental health crisis or dealing with the challenges of an addiction?
Are you feeling overwhelmed, especially combined with the stress of COVID-19?
You are not alone.
Call 631-952-3333 today to find the help you need.

The DASH Crisis Stabilization Center is open 24-hours a day and staffed with compassionate, trained healthcare professionals who want to help you through this difficult time. DASH is a beacon of hope for Suffolk County children and adults who are struggling to cope. FSL can help you begin your journey to a better life. Everyday FSL's team of healthcare professionals are providing vital care coordination and counseling services to thousands of Long Islanders. To protect all FSL is strictly following CDC physical distancing protocols at all facilities and is offering needed care via telehealth.



No estás solo.
Llame al 631-952-3333 para Atención de Crisis las 24 Horas.
Terapistas multilingües están disponibles para hablar, llame si necesita ayuda.

DASH Crisis Stabilization Center
90 Adams Avenue, Hauppauge, New York
631-952-3333 24-Hour Hotline

counseling, treatment of substance abuse, early education, and senior services.

Today, FSL touches the lives of more than 50,000 Long Island children and families. Together, we are Restoring Hope and Rebuilding Lives! Together, we can overcome the challenges of this unprecedented situation and build a stronger future. Call today and look towards a brighter tomorrow!

Your contributions are needed now more than ever.

Please consider helping us during this crisis.

Making a tax deductible donation is easy by clicking below or sending a text to 91999 and type "FSLCovid".

Any amount is greatly appreciated!



631-427-3700

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www.fsl-li.org

