



Dear Friends,

Thank you for your interest in FSL and for visiting our website. As we cope with the ongoing impact of COVID-19, we are also working with community leaders and residents facing other shared challenges that need to be addressed. FSL was founded with the guiding principles and ideals of equality and justice for all. This began in 1926 and continues today, we work to advocate for and protect the most vulnerable of our neighbors. Racism and social injustice have no place in our society. As Long Islanders, we must respect and welcome all diversity as this will allow us to build a stronger, healthier future for everyone. FSL will continue to serve and support all who need our help and reach out as a beacon of hope to anyone in need.

As always, we remain dedicated to maintaining vital programs that thousands of children and adults depend on every day and are vigilantly following suggested safety protocols. In the coming weeks and months, FSL will be transitioning many staff back into our offices as well as continuing to provide programs and services remotely. These include enhanced outreach via telehealth for mental health counseling, addiction treatment, senior advocacy programs, and care coordination. Later this summer we will be expanding the Riverhead Clinic counseling services to better serve children and adults in crisis who reside in eastern Suffolk County.

FSL is committed to continuing its mission of Restoring Hope and Rebuilding Lives for all people. Please don't hesitate to contact us at restorehope@fsl-li.org if you need additional information about any of our 60 programs. Be well!

Sincerely,

Karen Boorshtein

FSL President & CEO

IMPORTANT FSL PROGRAM UPDATES

**FSL's DASH Crisis Stabilization Center & Hotline open 24-Hours, 7-days a week!
Call 631-952-3333 for immediate assistance.**

In this time of uncertainty adults and children may be feeling the pressure which often manifests itself the forms of extreme anxiety, depression, feelings of isolation, and much more. FSL's unique facility is a beacon of hope for Suffolk County children and adults who are struggling to cope.

**FSL welcomes family members to join the monthly
online support meetings of the Beading Hearts Groups facilitated by FSL Social Workers
Brothers and sisters who lost their siblings to overdose or addiction.**

1st Wednesday of every month at 6:30 pm

Parents who found their child following an overdose.

2nd Thursday of every month at 7:00 pm

Parents who lost an only child to overdose or addiction.

4th Tuesday of every month at 7:00 pm

Parents who lost more than one child to overdose or addiction.

4th Thursday of every month at 7:00 pm

3 ways to join the Zoom Support Meetings

<https://securetelehealth.zoom.us/j/6760451462>

Go to **Zoom.com** and Join Meeting using the code 6760451462

Dial 1-646-876-9923 with Meeting ID: 6760451462

For more information contact:

Robyn Berger-Gaston, LCSW-R at 631-591-7580 or rberger-gaston@fsl-li.org

FREE Counseling & Support for all workers affected by Covid-19

24-hours, 7 days a week for

Frontline Healthcare Professionals & Staff, First Responders, and all Essential Workers

If you are struggling with your daily routine, you find that your peer and family relationships are suffering, or the effects of stress are overwhelming - FSL is here for you.

Call 888-375-2228 any time!

ATTENTION: Seniors, and their families, who need support and help managing care when dealing with Nursing Homes and Assisted Living facilities should contact **FSL's Long Term Care Ombudsman Program**. This unique program is **FREE** and utilizes volunteers and staff to advocate for residents and their families. FSL's team assists in gaining important information regarding current living situations and health conditions. Contact Yvette Boisnier, Program Director at Yvette.boisnier@fsl-li.org or 631-470-6755.

FSL's Network of Homeless Shelters remain fully staffed and operational. Food and essentials are provided for the over 600 Long Island children and adults who reside in our homeless shelters each night. **Would you like to help?** The Covid-19 pandemic has added additional pressure to those already financially struggling. The families living in our shelters need additional food and basic necessities such as diapers and baby wipes. Click the [Amazon Wish List](#) link and your selected items will be shipped directly to FSL.

Please note:

- FSL offers **free caregiver support** and counseling to those caring for a loved one over 60 or someone with dementia. Call 631-724-6300.
- In a continuing effort to maintain the health of community members most volunteer activities have been postponed. Contact Michelle.Buckle@fsl-li.org or 631-470-6772.
- If you would like to make a monetary or in-kind donation to the **FSL Bay Shore Food Pantry** contact restorehope@fsl-li.org, call 516-641-0436, or text 91999 and type "FSLCovid".

If you are interested in supporting FSL programs and crisis efforts with a monetary donation or in-kind gift, please contact restorehope@fsl-li.org or 631-470-6770.

Visit the "Find Help" page of www.fsl-li.org for additional information on services or email restorehope@fsl-li.org with questions.