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# GET READY FOR SOMETHING FUN!



**Saturday, September 7th, 2024**  
**9:00am at Belmont Lake State Park**  
**West Babylon, New York**



Join friends & FSL staff as we walk and run to raise awareness and much needed funds for the 60 vital programs that thousands of children and adults rely on each day.

Walk or run the 1.5 mile or 5K  
Giveaways & Raffles!



**PURPLE** is the color for National Recovery Month in September! The focus is on supporting individuals on their journey to recovery from addiction issues and mental health challenges, and promoting awareness of available recovery resources.

**Click here** or text **WALK2024** to **71777**  
to register, create a team, and fundraise!

Contact us at 631-470-6775 or [erin.mcfadden@fsl-li.org](mailto:erin.mcfadden@fsl-li.org)  
to learn more about registration, sponsorships, and day-of activities.

**FSL** offers 60+ programs for Long Island's children and adults. We provide support, counseling, and resources for life's most difficult challenges - fighting addiction, finding emergency housing, coping with trauma, and struggling with mental health conditions.

Your donation and participation in our fundraising activities helps ensure that quality care is available for thousands of people every day.

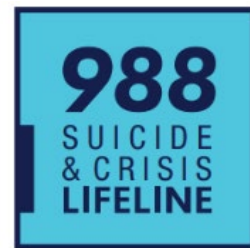
Join us on Friday, June 21st  
from 10 AM to Noon for the  
**SeniorNet Open House & In-person Registration Day**  
at the  
**SeniorNet Huntington Lab**  
**Family Service League**  
**790 Park Avenue, Huntington**

Tour our classroom.  
Ask about classes, workshops, webinars, and seminars.  
Register for Summer classes.  
Find out about volunteering.

**Click here to learn more about SeniorNet**  
631-470-6757 or [fslseniornet@fsl-li.org](mailto:fslseniornet@fsl-li.org)



**FSL's DASH 24-hour HOTLINE, crisis care center, and mobile teams are available for children and adults experiencing a severe mental health or addiction issue. DASH is a Diagnostic, Assessment, and Stabilization Hub. It is often an alternative to a traditional Emergency Room. If you or a loved one is struggling, please reach out today!**



**DASH 24-hour Hotline 631-952-3333**

Visit the ["Find Help"](#) page of [www.FSL-LI.org](http://www.FSL-LI.org) for information about services for children and adults.

**DONATE AND MAKE A DIFFERENCE TODAY!**

