



Would your school, group, or civic organization be interested in hosting a FREE workshop? FSL offers programs designed to help parents and kids face today's challenges!



EDUCATIONAL PROGRAMS & PRESENTATIONS

For Parents, Students, and Professionals*

- **What You Should Know About Social Media** (single session) addresses the concerns about the impact of online activity on young people. The presentation covers potentially dangerous aspects of social media, recent trends, and age-appropriate use.
- **Suicide Awareness and Prevention** (single session) is available to parents and professionals. Can include a concurrent, age-appropriate student presentation. Topics include recent trends, warning signs, risk and protective factors, how to talk to children, building resilience, healthy coping skills, and resources.

For Students

- **Too Good for Drugs and Violence** (grades K-6, multiple sessions) is an evidence-based and research-based curriculum provided in classrooms once a week for ten weeks. Using role-play, games, and other age-appropriate activities, children look forward to Too Good lessons. Topics addressed are peer pressure, helpful resources, dangers of alcohol and drug use.
- **Gizmo 4 Mental Health** (grades 3-4, single session) presentation covers the issues of mental health, internal and external coping strategies, how to identify and connect with trusted adults, and daily activities to support mental health.
- **Positive Action** (Middle and High School, multiple sessions) is a school-based program held once weekly for eleven weeks using role-play, games, and interaction to address self-concept, bullying, conflict resolution, empathy, and drug and alcohol use.
- **Preventure** (ages 12-17) is an evidence-based program for students that uses personality-targeted interventions to promote mental health, skill development, and delay youth substance use.
- **SPORT** (Substance use Prevention Optimizing Robust Teens) Prevention Plus Wellness is the nation's only easy-to-use, single-session substance use prevention program designed to increase fitness, health, and performance-enhancing behaviors like physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control for youth.

For Parents

- **Triple P - Positive Parenting Program** (two sessions per topic) is an evidence-based parenting program using simple and practical strategies to help build strong, healthy relationships, confidently manage a child's behavior, and prevent problem development. Topics include disobedience, aggressive behaviors, bedtime routines, teen survival skills, reducing family conflict, and coping with teenager's emotions.

For information, contact Robyn Berger-Gaston, LCSW - Division Director
rberger-gaston@fsl-li.org or 631-591-7580

*Continuing Education Credits are available for social workers and mental health counselors.

FSL's DASH 24-hour crisis care center and mobile teams are available for children and adults experiencing a severe mental health or addiction issue. DASH is often an alternative to a traditional Emergency Room. If you or a loved one is struggling, please reach out 631-952-3333.

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



DONATE AND MAKE A DIFFERENCE TODAY!

FSL provides all aspects of human services, including mental health counseling, addiction prevention & treatment, housing, crisis care, early education, and family & senior services. You can help by making a tax-deductible gift - click the Donate button or text **FSL25** to **91999**.

Make your gift via Venmo! Visit our [Donation Page](#), and choose the Paypal/Venmo option, then click the Venmo button.

Our Commitment to Our Donors: We will not sell, share, or trade our donors' names or personal information with any other entity.

Diversity, Equity, Inclusion, and Belonging (DEIB) are fundamental principles that we embrace and respect. We are committed to fostering an inclusive culture where our employees feel valued and engaging a workforce that reflects the diversity of the population we serve. We recognize that by providing culturally competent services, we can better meet the needs of those we serve.



If you think the work we do and the programs we provide are an important community resource for Long Islanders, let us know.

We would love to hear from you and hope you follow us on social media:



Thank you!

We're proud of our recognitions!

