

WE ARE FAMILY



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WELCOME

Who We Are

The Federation of Families of Central Florida is a Family Support Organization that offers support, advocacy and education to Central Florida families, children and youth with emotional, behavioral and mental health challenges. We offer a variety of services such as Monthly Meetings, Warm Line Support and Family Partners. We also partner with local organizations and services to try to meet your families unique need. What makes our organization unique is that we are all family members or primary care-givers of a child with mental, emotional and/or behavioral health challenges. We've been there, we know the struggles you face and are here to help support you in any way we can. We are growing; won't you be a part of the change? We look forward to meeting and serving you.



We listen... We care

“Children must be taught how to think, not what to think.”

Margaret Mead

WHAT DO WE DO?

With a family and youth driven approach to obtain needed supports and services so that children grow up healthy and able to maximize their potential, FFCL offers:

- Informal monthly group gatherings
- Workshops / educational forums
- IEP assistance/advocacy
- Warm Line support
- Peer-to-peer support



COME JOIN US FOR OUR UPCOMING MONTHLY MEETINGS & EVENTS!

SEMINOLE

GENERAL/MONTHLY MEETING

Last Thursday of every month

Location: Call to confirm

Dinner: 5:30-6:00 pm

Meeting: 6:00-7:00 pm

Free Childcare Provided

GRANDPARENT'S GROUP

First Tuesday of every month

Location: Sanford Denny's near 17-92 & Lake Mary Blvd

Time: 9:30am

FAMILY CAFÉ

Fourth Tuesday of every month

Location: Cranes Roost Park, Uptown Altamonte

Time: 9:30am

RSVP: Crystal Lilly (407) 346-3248

May 15: General/Monthly
Guest Speaker
Dr. Tressler
“Conversation with the Doctor”
5-7pm

June 19: General/Monthly
5-7pm



Let's MOVE

A Walk for Children's Mental Health Awareness

Fact: 1 in 4 are affected by a mental health disorder in America

Let's unite as a community and MOVE to raise awareness about Children's Mental Health

Where: Cranes Roost Park at Uptown Altamonte

274 Cranes Roost Blvd

Altamonte Springs, FL 32701

Time: 9:00am - 11:00pm

Date: Saturday May 11

REGISTER ONLINE: <http://tinyurl.com/cf1942t>

For More Information Contact:
Verlese Pender, Youth Coordinator
Verlese.Pender@cbccfl.org



ORANGE

GENERAL/MONTHLY MEETING

Third Wednesday of every month

Location: Wraparound Orange
Wittenstein Cottage
1784 E. Michigan St.
Orlando

Dinner: 5-6 pm

Meeting: 6-7 pm

Free Childcare Provided

RSVP: Patrick Delerme (407) 836-6569

NEW SEMINOLE COUNTY MEETINGS

SEMINOLE FAMILY CAFÉ

Federation of Families of Central Florida

If you missed the monthly meeting...

...Or if you just want a more intimate setting

Please join us for the Family Café Meetings held every Fourth Tuesday of the month. This group is for you if you missed the larger monthly meeting or if you just want a more intimate setting with other parents and our Family Partners to be able to go deeper into finding solutions that work for you and your family.

NEXT MEETING:

Tuesday, May 28th @ 9:30am

Cranes Roost Park ~ Uptown Altamonte

(Raining that day? No problem, we will meet at the Denny's ~ Please call ahead to Crystal Lilly to confirm time and location)

RSVP:

Crystal Lilly

Lead Family Coordinator

407-346-3248

CLilly.ffcf@gmail.com



SEMINOLE GRANDPARENTS GROUP

Federation of Families of Central Florida

NEXT MEETING

Tuesday, June 4th @ 9:30am

Sanford Denny's Near the corner of 17-92 & Lake Mary Blvd. Please call to confirm time and location.

RSVP

Crystal Lilly

Lead Family Coordinator

407-346-3248

CLilly.ffcf@gmail.com

Our new Grandparents Group meets the First Tuesday of every month.



This group is dedicated to addressing the unique blessings and challenges of raising a grandchild with emotional, behavioral or mental health challenges, all while honoring the very special relationship between Grandparent and Grandchild.

Meeting with others who are also raising their grandchildren, and through the support and understanding of our Family Partners, you will uncover new possibilities and unique solutions that work for *your* special family.

Get Connected....

...Stay Connected!

Stay up-to-date on our most current events, meetings and information for you and your family by connecting with us through social media and our new website!



www.facebook.com/FFCFL

www.FFCFL.org



We've Moved!

ADMINISTRATIVE OFFICES:

237 Fernwood Blvd.
Suite 101
Casselberry, FL 32730

CONTACT US:

Email:
info.ffcfl@gmail.com

Phone:
407-334-8049


FREE SAFETY TRAINING CHILD RESCUE NETWORK



Thank You Jeff Griesemer for presenting at the Seminole County Monthly Family Meeting in March! Our parents, Family Partners and community members received a great deal of valuable information on how to keep our kids safe!

Did you miss the meeting? That's OK, because you can still attend this free training by contacting the Child Rescue Network Directly!

Want the CRN to come out to your business, neighborhood, organization, or school Contact them today!



Child Rescue Network


ATTENTION PARENTS!!

Protecting kids from sexual predators is about Empowerment... not Fear!

Child Rescue Network offers:
FREE Seminars to educate parents on ways to help teach their children to recognize some of the lures predators utilize and how to react when necessary, all while instilling confidence, teaching kids about personal boundaries and creating open lines of communication within the family.

Learn about Internet Safety / Recognizing potential child molesters / Specific actions your children can take to help them make better, potentially life-saving decisions.

"This program changed the way I protect my child" - A.P.



**Empowerment
Not Fear**





Would you like CRN to provide this FREE Safety Program for your PTA, Church, HOA or Apt. Complex, MOM's Club, Parenting Group, Etc.?

This program is for parents only!

Simply contact us to schedule a date or learn more!

877.209.KIDS(5437) ext.81 info@ChildRescueNetwork.org

www.ChildRescueNetwork.org


 Child Rescue Network is a 501(c)(3) nonprofit organization. Federal ID 20-1687271
 



DO YOU HAVE A TEEN? CHECK OUT YouthMOVE SEMINOLE

We are proud to finally introduce you to YouthMOVE Seminole, the Youth Voice of Seminole County

Our Goal

The goal of our youth program is to reduce stigma of mental health illness within Seminole County for those youth that face mental health challenges as well as to have youth-voice represented at the decision making level of child serving agencies.

What is stigma?

Negative, unfavorable attitudes and the negative behaviors that result from those attitudes.

What We Offer & How You Can Be Part of the Change

- ⇒ Attend Monthly Meetings and opportunities to engage with professionals
- ⇒ Be part of the Peer Support Groups
- ⇒ Get Involved with the Social Media/Marketing Committee

Who Should I Contact?

Verlese Pender, Youth Coordinator

verlese.pender@cbccfl.org

O: 321-441-2099

C: 407-600-4198

We want all youth from Seminole County to join us for a lot of FUN, FOOD, and PRIZES all while working to reduce the stigma of mental health.



Meetings: EVERY First Friday

Topics: Anything that you can think of from Healthy Eating to Photography

Where: Locations vary depending on the topic

NOW HIRING!!

Family Partner Positions for Seminole County

The Federation of Families of Central Florida is now accepting applications to fill **Family Partner positions** within the organization.

Are you a parent or caregiver of a child with emotional, behavioral or mental health challenges? Have you experienced, and overcome the challenge of navigating an imperfect system while trying to obtain support and services for your child? Do you desire to help other families, like your own, build on their strengths, overcome challenges, learn to use their voice and advocate for themselves, and make lasting changes in their lives? **Then you just might be who we are looking for!**

If this sounds like you, please visit our website to see the full job description

www.ffcfl.org

(About Us

Career Opportunities)

Send your resume & cover letter to:

Crystal Lilly

Lead Family Coordinator

CLilly.ffcfl@gmail.com

407-346-3248

MISSION AND VISION STATEMENT



**Federation
of Families**
OF CENTRAL FLORIDA

The family voice for child and youth mental health

“Serving Seminole, Orange and Osceola Counties”

237 Fernwood Blvd., Suite 101
Casselberry, FL 32730

(407) 334-8049
Info.ffcfl@gmail.com
www.ffcfl.org

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NEXT ISSUE OF “WE ARE FAMILY” NEWSLETTER WILL BE JULY 2013. PLEASE E-MAIL OR CALL US TO GET ON OUR MAILING LIST FOR UPCOMING EVENTS AND FUTURE NEWSLETTERS.

MISSION STATEMENT: Provide advocacy at the local level for the rights of children and youth with emotional, behavioral and mental health challenges and their families; provide leadership and technical assistance to a nationwide network of family run organizations; and collaborate with the family run and other child serving organizations to transform mental health care in America.

VISION STATEMENT: Through a family and youth-driven approach, children and youth with emotional, behavioral and mental health challenges and their families obtain needed supports and services so that children grow up healthy and able to maximize their potential.

HOW CAN YOU GET INVOLVED?

Federation of Families of Central Florida (“FFCFL”) serves Seminole, Orange and Osceola Counties. There is something for everyone! What is more important is **YOUR VOICE COUNTS!**

- ⇒ Participate in FFCFL’s informal monthly meetings.
- ⇒ Volunteer your skills and talent.
- ⇒ Become part of subcommittee.
- ⇒ Offer suggestions for workshops or trainings.
- ⇒ Tell others about FFCFL.
- ⇒ Help reduce the stigma of mental health.



THANK YOU TO OUR SPONSORS!

We’d like to thank Molina Healthcare for continuing to sponsor our Seminole County Monthly Family Meetings Dinners!

Molina Healthcare has donated consistently toward the Federation since 2012 and continues to partner with the Federation of Families to bring support and education to our community.

We’d also like to thank Seminole Behavioral Healthcare for continuing to partner with us by providing donated office space for our administrative offices.

Seminole Behavioral Healthcare has provided us this space since late December 2012.



Our STARS of the Month!

Every month we will be highlighting two young STARS from our Seminole Monthly Meetings!

FEBRUARY 2013



MARCH 2013