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Muriel Jones
mjones.ffcfl@gmail.com

FFCFL STAFF

Crystal Lilly
Lead Family Coordinator
clilly.ffcfl@gmail.com

Jo Chicoine
Administrative Assistant
jchicoine.ffcfl@gmail.com



Federation of Families of Central Florida, Inc., is a 501(c)3 non-profit organization that offers support, advocacy and education to children/youth with emotional, behavioral and mental health challenges and their families in Central Florida. We offer a variety of services such as monthly family meetings in Orange & Seminole Counties, peer-to-peer support, and warm line support. We provide workshops/trainings, community outreach events and IEP advocacy. We also partner with local organizations and services to meet the needs of families. What makes our organization unique is that we ourselves are primary caregivers of a child/youth with emotional, behavioral and mental health challenges. We empower families to utilize the System of Care and resources effectively for their children and to improve the quality of family life.

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Our Vision

SUPPORT
EDUCATION
ADVOCACY

“Why fit in when you were born to stand out?”

- Dr. Seuss

Children’s Respite Center

This year Federation launched its capital campaign to raise funds needed to establish a Children’s Respite Center in Central Florida. Caregivers can use respite for spending quality time with other family members, getting things accomplished that are otherwise extremely difficult, or just unwinding and rejuvenating. Respite will provide a much needed break for caregivers raising children/youth with emotional, behavioral, and mental health challenges.



Watch & share our latest Respite Center promotional video

www.youtube.com/FFCFL

Please consider giving to our Capital Giving Campaign and share our Crowdrise page with others:

www.crowdrise.com/RESPITECENTER

Children’s Mental Health Awareness Month

To kick off Children’s Mental Health Awareness Month in May, Muriel was interviewed on WKMG Local 6 News for their expose on mental illness in children. Here’s the web addresses for the news spots:

<http://www.clickorlando.com/news/fighting-mental-illness-in-children/32709434>

<http://www.clickorlando.com/news/doctor-explains-hereditys-role-in-mental-illness-diagnosis/32650562>

Here is Michael (Muriel's son) bringing awareness to mental health.

Most of you have heard the story of Michael and his mental health challenges. He is doing extremely well and will be in attendance at the Gala on October 8th. Please see the next page to find out more about our Gala.





3rd Annual

Black Tie Gala

Thursday, October 8, 2015

Rosen Centre ~ 9840 International Drive, Orlando

6:30 - 9:30 PM ~ Individual Tickets \$100

Reception ~ Silent Auction ~ Dinner ~ Program

(black tie optional)

Lauren Rowe, Award-Winning Anchor ~ Emcee



2015 HONOREES



David Pollack
Regional Vice-President, Molina Healthcare
Champion Business Leadership Award



Lucas Daniel Boyce
Director of Business Development & Legislative Affairs,
Orlando Magic
Champion of Children's Mental Health Award



Dr. Corrie Kindyl
CEO, Community Counseling Center
of Central Florida
Champion Community Provider Award



Eva Anderson
Grandparent
Orange County



Karen & Charles McClain
Grandparents
Seminole County

For sponsorships, tickets, journal ads or questions, please contact:

Jo Chicoine at 407.334.8049 or jchicoine.ffcfl@gmail.com

Visit our website at: www.ffcflinc.org



MISSION: We provide education, support and advocacy for the rights of children and youth with emotional, behavioral and mental health challenges and their families. We collaborate with the family run and other child serving organizations to transform mental health care.

SPONSORSHIP PACKAGE

THURSDAY, OCTOBER 8, 2015 (6:30 PM-9:30 PM)

ROSEN CENTRE HOTEL

INTERNATIONAL DRIVE, ORLANDO, FLORIDA

Tickets: \$100.00 per person * Black Tie * Reception * Silent Auction * Dinner *Program

Name: _____ Telephone: _____ Business : _____

Address: _____ City/State/Zip: _____ Email _____

Sponsorship: (please check):

- Platinum \$3,000.00** includes Table of 10, Platinum page ad, journal acknowledgement, honorable mention, recognition in newsletter, FaceBook "Like" and recognition/link to your website on www.ffclinc.org for one year.
- Gold \$1,500.00** includes 6 tickets, Gold page ad, journal acknowledgement, honorable mention, recognition in newsletter and recognition on www.ffclinc.org for one year.
- Silver \$1,000.00** includes 4 tickets, Silver page ad, journal acknowledgement, honorable mention, recognition in newsletter and recognition on www.ffclinc.org for six months.
- Bronze \$750.00** includes 2 tickets, ½ page ad, journal acknowledgement, honorable mention, recognition in newsletter and recognition on www.ffclinc.org for three months.

Journal Ads: (please note deadline for submission is SEPTEMBER 1ST). Mail your ad or business card to: Federation of Families of Central Florida, Inc., ATTN: Jo Chicoine, 237 Fernwood Blvd., Suite 101, Fern Park, FL 32730 or e-mail jchicoine.ffcfl@gmail.com.

(Please Check):

- Full Page - \$500 Half Page - \$300 Quarter Page - \$200 Business Card - \$50

Tickets:

____ # of Tickets @ \$100.00

____ I am unable to attend but would like to make a donation in the amount of: _____

Payment form: (Mail Check to: Federation of Families of Central Florida, Inc., ATTN: Jo Chicoine, 237 Fernwood Blvd., Suite 101, Fern Park FL 32730)

Check payable to FEDERATION OF FAMILIES OF CENTRAL FLORIDA, INC.

Credit Card Acct # _____ 3/4 Digit Security Code _____ Exp. Date _____

Signature _____ Zip Code: _____

Pay online at www.ffclinc.org using PayPal, click on "Donate"

*****R.S.V.P. by SEPTEMBER 30, 2015*****

For More Information, please call Jo Chicoine ~ (407) 334-8049, e-mail jchicoine.ffcfl@gmail.com or visit www.ffclinc.org



SILENT AUCTION DONATION FORM
3RD ANNUAL BLACK TIE GALA/FUNDRAISER
OCTOBER 8, 2015
ROSEN CENTRE HOTEL, ORLANDO, FLORIDA

Thank you for donating an item for the silent auction. Please use one (1) form per item. Once you have completed the form, please mail the item along with this submission form to the address below. If you have any questions please contact JO CHICOINE at 407-334-8049 or jchicoine.ffcfl@gmail.com.

Business Name: _____

Contact Name: _____

Phone Number: _____

E-Mail: _____

Item Value: _____

Item Description: _____

Please enclose this form by September 15, 2015 with your silent auction item to: Jo Chicoine, Federation of Families of Central Florida, Inc., 237 Fernwood Blvd. – Suite 101, Fern Park, FL 32730. **This form will be signed by the Executive Director and returned to you to serve as your tax deductible receipt.**

Thank you so much from all of us at Federation of Families of Central Florida, Inc.!
A 501(c)3 non profit - #80-0734198.

Please do not write below this line

FFCFL Staff
Received/Processed Date _____

FFCFL Staff
Processed By: _____

Muriel Jones, Executive Director
Federation of Families of Central Florida, Inc.
237 Fernwood Blvd., Suite 101
Fern Park, FL 32730

Date

Updates In Advocacy

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Orange County Youth Mental Health Commission

On June 19th the subcommittees of the Youth Mental Health Implementation Team presented their recommendations:

Youth Mental Health Implementation Team Systems Committee Recommendations:

Presented by Dr. Ana Leon:

- The Central Receiving Center (CRC) will serve as the Governing Board of the System of Care.
- The establishment of an Advisory Board comprised of representatives from the areas of service and an affected family representative.
- Establish a Management Network Oversight Body.
- The new SOC will be developed and implemented in phases.
- The implementation of a system analysis of all existing providers in the County.
- Implementation of the Evidence2Success survey of the Anne E. Casey Foundation.

Finance & Sustainability Committee Recommendations:

Presented by Dr. Ron Piccolo:

- Discussed funding options
 - ◊ County resources
 - ◊ Shared resources
 - ◊ System-level savings
- Pro-forma Cost Statement: Agency Model v. County Model (Management Network)
- Process of analysis of Management Network
- Interim Step: Informal Management Network

Public Awareness & Education Committee Recommendations:

Presented by Sara Brady:

- Develop and share key clear messaging that validates the idea that mental illness can be effectively treated and managed, and that many children and families are doing so successfully.
- Identify and profile examples of families managing successfully to validate key messages.
- Rollout initiative in public forum to raise awareness of work being done and what is needed ahead.

These recommendations will be presented to the Orange County Board of Commissioners for acceptance and approval. The date is to be determined. If you would like a copy of the PowerPoint presentation, please contact Anne Marie Sheffield at AnneMarie.Sheffield@ocfl.net.

The following recommendations of the Youth Mental Health Commission are in progress:

- Children's Assertive Treatment Team - CAT
- Mobile Crisis
- Expansion of Wraparound Orange
- Community Software System - RFP in process
- CIT-Youth Training

Great
Day!

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5th Annual Family Fun Day

Healthy Minds Healthy Lives



Healthy development includes both physical and mental health and it is important that our citizens and community at large understand and embrace this concept. All citizens have a role in the future of our children and it is our goal to successfully acquire the support of businesses, philanthropic organizations and private citizens to work together in this regard.

This event has grown tremendously over the past 5 years. On May 16th, in collaboration with **Wraparound Orange**, we had **50+ vendors and 900 families** present experiencing a day of fun while receiving invaluable community resources that will help improve their lives. Partnering with **Wraparound Orange** for “Healthy Minds Healthy Lives” enables us to effectively accomplish our mission of ensuring a heightened awareness around the importance of children’s good mental health in our community!

Thank you, Wraparound Orange, for your ongoing support! You are amazing!

“Life is a succession of moments. To live each one is to succeed.”

- Corita Kent



Top

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Healthy Minds Healthy Lives - Sponsors

PRESENTING SPONSOR



THANK YOU FOR MAKING
A DIFFERENCE!

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Federation would also like to congratulate our Gala
Honoree, David Pollack, on his promotion as
Regional Vice-President of Molina Healthcare!

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Healthy Minds Healthy Lives - Sponsors

**HERO OF HOPE
COMMUNITY CHAMPIONS**



Many thanks to our outstanding
Hero of Hope sponsors!

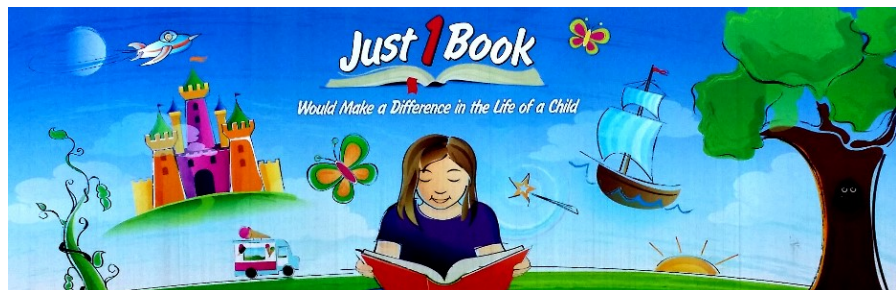
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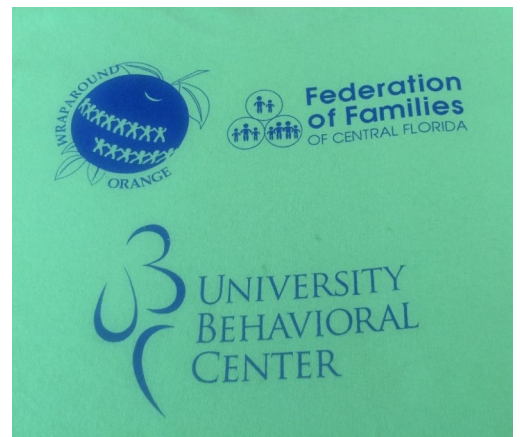
“Life is either a daring adventure or nothing.”
- Helen Keller

Healthy Minds Healthy Lives - Sponsors

**THANK YOU
T-SHIRT SPONSOR**



Thank you so much for sponsoring our volunteers' t-shirts again this year!



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**THANK YOU
CHILDREN'S ADVOCATES**



“The more you praise and celebrate your life, the more there is in life to celebrate.”
- Oprah Winfery



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CHILDREN'S CHAMPIONS



EVENT PERFORMERS

Ariel Dixon

Just Dance Too Performing Arts & Dance Company of Orlando, FL

Kidz Dance, Inc. of Apopka, FL

“I am only one, but I am still one; I cannot do everything, but I can do something. I will not refuse to do the something I can do.”

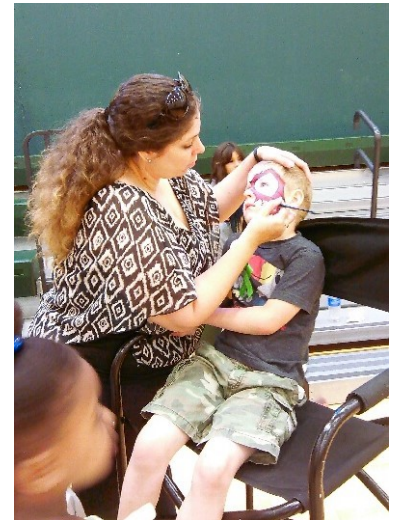
- Helen Keller

Each year we are so fortunate to have many wonderful sponsors, vendors, and performers who participate in Healthy Minds Healthy Lives and help make it a huge success. We are very pleased to be able to introduce the families in our community to all of these great resources.

Healthy Minds Healthy Lives - Sponsors

What
Fun!

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Special Thanks to:

The Anonymous Donor for providing the Face Painting.

BB&T Bank for providing the Balloon Twister.

They were a HUGE HIT!

“Love the moment and the energy of the moment will spread beyond all boundaries.”

- Corita Kent



Healthy Minds Healthy Lives - Participants

HMHL

Vendors

Many thanks to all the community providers that participated!

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A New Beginning
American Foundation for Suicide Prevention
Amerigroup
Angel's Secret Sauce
APG Research
Aspire Health Partners
BB & T Bank
Beta Center
Community Based Care of Central Florida
Center for Multicultural Wellness
Central Florida Behavioral Hospital
Charity & Love, Inc.
Children's Home Society
Chrysalis Health
CNS Healthcare
Community Health Centers
Department of Juvenile Justice
Devereux
Girl Scouts of Citrus
GLSEN Orlando
Health Council of East Central Florida
Hispanic Family Counseling
Home Depot
Impower
Innovation Middle School
Just 1 Book
Just Dance Too
JV's Foundation
Kidz Dance
Life Keepers
Lion of Judah Academy
Mental Health Association
Meridian Associates, LLC
Molina Healthcare
NAMI Greater Orlando
Orange County Family Counseling
Orange County Head Start
Orange County Youth Shelter
Orlando Youth Alliance
Primary Care Access Network
Planned Parenthood—Teens Rise!
Polycarpe
Publix
Renaissance Family Solutions
Star 94.5
Thirty-One Gifts
Twin Tiger Ice Cream
UCF Restores
United Healthcare
University Behavioral Center
Urban League
Visions TCM
Volunteers for Community Impact
Wellcare / Staywell
Young Educated Speakers
Youth Advocate Programs
Zebra House

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Healthy Minds Healthy Lives Pictures

So
Many
Thanks!

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Above: (L) Monica May, (R) Muriel Jones

We were so excited to have Monica May of Star 94.5 with us this year! She was amazing talking with our own Muriel Jones.

Thank you, Star 94.5 Crew!



“THANK YOU, MONICA!”



We were lucky to have DJ Glenn Allgood from Allgood Entertainment with us again this year. As always, he did a great job maintaining the upbeat atmosphere outside.

THANK YOU, GLENN!

“I learned to love the journey, not the destination. I learned that this is not a dress rehearsal and that today is the only guarantee you get.”

- Anna Quindlen



So
Many
Thanks!

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“I learned to love the journey, not the destination. I learned that this is not a dress rehearsal and that today is the only guarantee you get.”

- Anna Quindlen

Healthy Minds Healthy Lives Pictures



Heartfelt thanks to our event coordinator extraordinaire, Donar Juba-Johnson of Wraparound Orange!

WE APPRECIATE YOUR LEADERSHIP!



Thank you, Anne Marie Sheffield, for all that you do!



Much appreciation to the Orange County Department of Corrections for cooking over a hot grill for us all day long!

Many of these photos were taken by Steve Dalsemer of Chrysalis Health. Thanks so much, Steve, for capturing the day!

For more photos, please visit:

<http://sdalsemer.smugmug.com/Events/HMHL-2015>



Healthy Minds Healthy Lives Pictures

Teamwork

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It takes a lot of people to successfully put on an event like Healthy Minds. We couldn't do it without our team of selfless **volunteers!**

**THANKS FOR ALL
YOUR HARD WORK!**



Thanks to Amanda Walker and Katerina McNally for the great Yoga practice! Our kids really enjoyed it. Thank you, Candace Martin and the Young Yogi Advocate Program for your participation.

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A big round of applause to CBC of Central Florida for donating the kids' bicycles for our family prize drawings!

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 website!

www.FFCFLINC.org

www.facebook.com/ffcfl

www.pinterest.com/ffcfl1

@FFCFL1



“When we come right down to it, the secret to having it all is loving it all.”

- Joyce Brothers

Healthy Minds Healthy Lives Pictures



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Healthy Minds Healthy Lives Pictures



Healthy Minds Healthy Lives Pictures

Amazing!

Support.
Educate.
Advocate.



Building flower pots, toolboxes, bird houses, and helicopters at the Home Depot tent was so much fun!

We are so glad you were there!



“Where there is great love there are always miracles.”

- Willa Cather



COMMUNITY OUTREACH EVENTS AND FAMILY MONTHLY MEETINGS IN SEMINOLE AND ORANGE COUNTIES

ACTIVITIES



Jamison Jessup, IEP advocate talked with our families about how to ensure their rights are being honored by the school when their child has an Individualized Education Plan.



Barb Abramson works to help people connect more deeply to themselves, to each other, and to the opportunities in their lives. Her workshops are geared to help people find strengths in their commonalities, sparking meaningful connections and kindling relationships. Our families received the gift of connection with one another on a new level.



Anna Baznik, CEO of Impower presented to our Families about Telehealth/Telepsychiatry in Central Florida.



At Wrap Café, Kayla Crawford and Cathedra Winston presented on Wellness Recovery Action Plan (WRAP) for youth.

On June 29th, Crystal Lilly of Federation of Families and Verlese Pender of Youth MOVE Seminole teamed up to present to our community partner, Circuit 18 Probation staff and Secretary Christina Daly in Sanford. We shared information about our trainings in the community for providers and families. Our youth and families shared their experience with the support provided by Federation and Youth MOVE and how important it is for the support to continue.

A special thanks to Tracy Olson for inviting us to speak. It was a pleasure to meet Secretary Christina Daly. It is an honor to work closely with Circuit 18 Probation staff in supporting families. We appreciate all you do for the community!

“There are two ways of spreading light: to be the candle, or to be the mirror that reflects it.”

- Edith Wharton

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ACTIVITIES

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COMMUNITY OUTREACH EVENTS AND FAMILY MONTHLY MEETINGS IN SEMINOLE AND ORANGE COUNTIES

April 8 – We had our very first Single Parent Group and it has really taken off! We’re now meeting on the 2nd Wednesday of each month.

May 14 – Crystal Lilly represented Federation at the Alive After Five event in Downtown Sanford spreading the word about Children’s Mental Health Month.

May 20 – OC Family Meeting welcomed Chef Rich of www.1-dish.com. We learned a lot about nutrition. He will present for Federation again soon.

May 20 – Molina Healthcare’s Paulina Torres, Community Engagement Coordinator, Suzette Welsh, Transition Coach and Samiah Dixon, Care Review Clinician II of Molina Healthcare shared some of the great work Molina is doing in our community.



May 21 – We had our very first Walk & Talk. On the 1st and 3rd Thursday of every month we meet at Fort Melon Park in Sanford at 9 am. Parents in the community come together to share our experience and get some fresh air and exercise.

May 30 – Youth Move of Seminole had their annual Let’s Move event at the Boys & Girls Club in Altamonte Springs. The youth did a great job putting on the event. Everyone had fun playing games, viewing the art show, listening to music and eating hot dogs fresh off the grill!



“Joy is what happens to us when we allow ourselves to recognize how good things really are.”

- Marianne Williamson

Thank
You!

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Certified Recovery Peer Specialist - Family Model



This training was sponsored by:



CEU's provided by:



On April 13-15 Federation held a Certified Recovery Peer Specialist - Family (CRPS-F) training. Big thanks to **Magellan Complete Care** for sponsoring this training! Your generosity allowed us to train 16 new peers in the community!

Thanks to **University Behavioral Center** we were able to offer CEU's for this training. Thank you!

“Education is the most powerful weapon which you can use to change the world.”

- Nelson Mandela



Date: August 8, 2015

Time: 11:00 a.m. - 2:00 p.m.

Back-to-School Resource Fair



Come join us for this FREE fun-filled day with resources, activities, and great prizes! Registration is required to be guaranteed a backpack of school supplies. Registration is also necessary for participation in the talent show.

Special thanks to our partner



Event Location:

Longwood Elementary School

840 Orange Ave., Longwood, FL

To register, contact Crystal Lilly

clilly.ffcfl@gmail.com

This event is provided by:

Federation of Families of Central Florida
237 Fernwood Blvd., Suite 101
Fern Park, FL 32730

Phone: 407-334-8049
www.ffcflinc.org



DPW
Entertainment sponsored by:
Dunkman Paint & Wallcovering

Activities sponsored by:



Be A H.E.R.O.

Help

Encourage
&
Respect

Others



**Federation
of Families**
OF CENTRAL FLORIDA

Presenting Sponsor:



Trainings & Workshops

Continuing Education

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April 7th – Family-Driven/Youth-Guided Training with Crystal, Felipe Sanchez and Verlese Pender. This exciting training featured Karen and Charles McClain and Niesha McClain talking about how family driven and youth guided care made a positive impact on their family. Thank you McClain Family for sharing your experience with us!

April 13-15 – Certified Recovery Peer Specialist - Family

April 21 – WRAP Training - Facilitated by Crystal Lilly and Verlese Pender. We had a great turn out and will be offering this training on a quarterly basis. Check with Crystal for the schedule.

April 28 – CANS Training - Crystal Lilly and Dr. Norin Dollard facilitated the Child Adolescent Needs & Strengths training to those who would like to use the tool when working with youth and families. This training is offered quarterly.

May 7 – Verbal De-escalation, for everyone - Facilitated by Laura Lee. We had a great turn out! This is a very popular workshop, and the second one this year.

May 11 – IEP Training - Facilitated by Sarah Blalock. We had a packed room of people wanting to know more about the IEP process.

May 28 – Wraparound - Crystal Lilly in partnership with Tricia Teal from Above & Beyond facilitated this one day training on the wraparound process.

June 2 – FANS (Family Assessment of Needs & Strengths) - Facilitated by Crystal Lilly. Another great turnout of those wishing to use this incredible tool that helps track caregiver progress.

June 8 – Trauma-Informed Care for Caregivers

June 23 – Trauma-Informed Care For Providers

Both Trauma-Informed trainings were facilitated by Paula Lupton from Cenpatico. Thank you, **Cenpatico**, for providing these much needed trainings! We had great turnouts for these important one day trainings. More are to come!

Turn the page for upcoming trainings...

“Look for the good in everybody, starting with yourself.”

- Marie Freeman

Congratulations to *Satricka Denis* who will be one of the opening performers at CBC of Central Florida's Dance, Dream & Inspire benefit on September 19th at Hard Rock Live Orlando!

Good Luck Satricka!!!!

Trainings & Workshops

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Upcoming Trainings & Workshops

July 22 – Wraparound one-day training - CBC Service Center in Sanford 10 am - 4 pm.

July 28 – Child and Adolescent Needs and Strengths (CANS) Assessment Certification Training - CBC Service Center in Sanford 10 am - 4 pm.

July 29 – Wellness Recovery Action Plan (WRAP) Training - Florida Department of Health 9 am - 4 pm.

For information on Wraparound, CANS, or WRAP or to register, please contact Jennifer Bero at 321-441-2091 or Jennifer.bero@cbccfl.org

August 24 – Family-Driven Care with Felipe Sanchez, Verlese Pender, and the McClain's.

September 23 – Motivational speaker Rason Williams. Don't miss this amazing opportunity to hear this talented Author & Entrepreneur talk about Family Communication & Goals! 10am-12pm in Sanford.

September 24 – Positive Parenting Tips with Laura Lee. Sanford at 10am-12pm.

A special lecture series will be scheduled called Traditional Oriental Medicine and Common Childhood Disorders. This will be facilitated by Dwight Franklin, AP a dedicated and experienced Acupuncture physician who believes in working closely with the patient to improve and maintain their health. He specializes in working with children suffering from the symptoms of ADD/ADHD and Autism. He acknowledges the importance of working not only with the child but with the parents as well. A strong functioning family that understands each others' strengths and weaknesses will always have a better chance at reaching optimal health. Franklin Family Acupuncture combines knowledge of classical Oriental Medicine with modern families to create better health for the individual as well as a happier environment at home.

For more information or to register for trainings, please contact Crystal Lilly at clilly.ffcfl@gmail.com or 407 - 615 - 0338, unless otherwise specified.

“An effort made for the happiness of others lifts us above ourselves.”

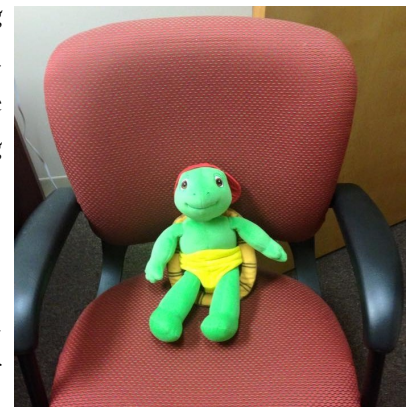
- Lydia M. Child

Name Our Mascot Contest

By now you've seen our friendly turtle who is helping spread the word about the importance of mental health. In May we asked you to name him. We accepted name submissions and then you chose your favorite by voting on Facebook.

We're excited to announce his new name is "Sheldon!"

The winning submission was from Sharon Nelson. Congratulations Sharon! Enjoy your Green Ribbon for Mental Health Awareness car magnet.





Providing support, education and advocacy for the rights of children and youth with emotional, behavioral and mental health challenges and their families in Central Florida.

Seminole County Meetings

Monthly Family Meetings



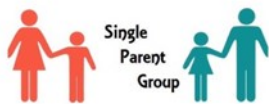
The **last Thursday of each month** we meet together to share information and offer support. Speakers are scheduled based on family feedback. This gives caregivers time to take a breath and find out about resources as well as meet other caregivers that have similar stories to share. This meeting allows families to feel connected and know they are not alone! Free dinner and child care is provided on site. Time: 6pm-7:30pm—RSVP for Sanford address.

Grandparent Meetings



Federation of Families recognizes the special challenges faced by grandparents of children/youth who have emotional, behavioral, or mental health issues. Each month these grandparents get together to share their experience, strength, hope, and resources with one another. We meeting 11:30am-1:30pm the **second Tuesday of each month** at 117 E. Lake Mary Blvd, Sanford—FREE LUNCH! Must RSVP

Single Parent Meetings



Come join us for our single parent group! Single parents have unique challenges and circumstances that all parents do not share. This group is for single parents that are parenting a child with mental health, behavioral or emotional challenges. We meet the **second Wednesday of each month** 6p-7:30p—Please RSVP for Sanford Address—FREE DINNER & CHILD CARE!

*RSVP to Crystal Lilly
Call or text 407-615-0338
Clilly.ffcfl@gmail.com.*



Orange County Meetings

There will be no meetings in Orange County in July.
Regular monthly meetings will resume Wednesday, August 19th.
Please join us for our big welcome back bash
and help us kick off the new school year!

- ◆ Wrap Café will resume its regular schedule of every First Tuesday of the month beginning Tuesday, August 4th, 12 pm - 1 pm (Lunch provided).
- ◆ FFCFL Family Meeting is the Third Wednesday of every month 5 pm - 7 pm (Dinner & Child Care provided)

Meetings are located at Wraparound Orange, Wittenstein Cottage, 1784 E. Michigan Street, Orlando, FL
Please RSVP to Jo Chicoine at jchicoine.ffcfl@gmail.com or 407-334-8049



Back 2 School Carnival

When: Wednesday, August 19th 2015

**Where: Wittenstein Cottage
1784 E. Michigan St.
Orlando, Fl. 32806**

Time: 3:00pm – 7:00pm

Limited School Supplies!

Prizes!

Carnival Games!

Popcorn!

Cotton Candy!

For more information contact:
Ms. Jennifer @ (407) 836-8978

Youth Advocate PROGRAMS, INC.

Federation of Families OF CENTRAL FLORIDA

WRAPAROUND ORANGE

Carnival

The poster features a large, colorful illustration of a carnival scene. At the top, there's a logo for 'WRAPAROUND ORANGE' featuring an orange with a face and colorful patterns. To the right is the 'Federation of Families OF CENTRAL FLORIDA' logo. The central illustration shows a large, colorful 'Carnival' sign with a hot air balloon above it. Below the sign is a rainbow with colorful circles above it, and four stylized figures (two adults and two children) are standing under the rainbow. The text 'Back 2 School Carnival' is prominently displayed at the top in blue, green, and red. The event details (When, Where, Time) are listed on the left. Promotional text like 'Limited School Supplies!', 'Prizes!', 'Carnival Games!', 'Popcorn!', and 'Cotton Candy!' is scattered around the bottom and right. Contact information for Ms. Jennifer is provided in the center. The logos for 'Youth Advocate PROGRAMS, INC.' and 'Federation of Families OF CENTRAL FLORIDA' are at the bottom left and right respectively.

A Personal Story

SUPPORT

EDUCATION

ADVOCACY

ADMINISTRATIVE OFFICES:

237 Fernwood Blvd.
Suite 101
Fern Park, FL 32730

CONTACT US:

Email:
info.ffcfl@gmail.com

Phone:
407-334-8049

Federation of Families / Wraparound Orange

Parent Writing Workshop

“We Laughed and Cried Together”

In January, 2015 eight strangers walked into the Start Your Story writing workshop as complete strangers, not knowing that 4 months later we would all become the best of friends.

The purpose of the class was to share how Mental Health experiences affected the lives of our families. It was a relief and an eye opening experience to hear that we were all going through similar situations, some more intense than others.

The class was taught by a UCF intern pursuing her Master’s degree and we met every Friday for 2 hours. She did a great job of helping us express our experiences with Mental Health. One of the techniques she used was the five senses: hearing, touching, smelling, seeing and tasting. This method helped us to dig deeper into our memories and describe in detail exactly our thoughts and feelings.

At the end, we read each other’s stories. We shared our hopes and our fears for our families. We laughed and cried together. Today we remain the best of friends.

By Shirly Baez, Family Advocate

We invite you to read some powerful local stories that are working to fight the stigma surrounding Mental Health at:

www.startyourstoryhere.org

For more information on the project, and to find out when the next class is scheduled check out:

www.wraparoundorange.net



It
Takes
A village

SUPPORT
EDUCATION
ADVOCACY

Our Partners in the System of Care



"You must do the thing you think you cannot do."

- Eleanor Roosevelt



Greater Orlando

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 website!

www.FFCFLINC.org

www.facebook.com/ffcfl

[@FFCFL1](http://www.pinterest.com/ffcfl1)

@FFCFL1



“There are no shortcuts to any place worth going.”

- Beverly Sills

Get Involved!

There are many ways that individuals and organizations can help further the mission of Federation of Families.

Here are just a few:

- ◆ Support the Respite Center
- ◆ Provide support for ongoing FFCFL operations
- ◆ Sponsor our monthly family meetings
- ◆ Provide space to host monthly family meetings (6 rooms)
- ◆ Sponsor one of our community outreach events:
 - ⇒ Be a HERO; Anti-Bullying
 - ⇒ Relax Stigma Free Zone
 - ⇒ Healthy Minds Healthy Lives
- ◆ Host a training or workshop
- ◆ Sponsor our Annual Black Tie Gala
- ◆ Volunteer at family meetings or outreach events
- ◆ Spread the word about Federation; help us reach more families
- ◆ Suggest a new idea for support!





**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
Fern Park, FL 32730

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

* *

**NEXT ISSUE OF “WE ARE FAMILY”
NEWSLETTER WILL BE OCTOBER 2015.
PLEASE E-MAIL OR CALL US TO GET ON OUR
MAILING LIST FOR UPCOMING EVENTS AND
FUTURE NEWSLETTERS.**

MISSION STATEMENT: Provide support, education and advocacy to children/youth with emotional, behavioral and mental health challenges and their families in Central Florida .

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.

IF WE ARE DOING A GREAT JOB, PLEASE LET OTHERS KNOW!

You can spread the word by writing a review on Great Nonprofits:

<http://greatnonprofits.org/reviews/federation-of-families-of-central-florida-inc>

All reviews are visible to potential donors and volunteers.

Thank you!



THANK YOU TO OUR SPONSORS!

Thanks to Molina Healthcare for continuing to sponsor our Seminole County Monthly Family Meetings' educational activities!

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



Thank you 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 December 2012.



HOW CAN YOUR ORGANIZATION HELP?

- Sponsor one of our family meetings or outreach events*
- Become a partner/sponsor in “Our First Steps”. Go to our website at www.ffcflinc.org and click “Our First Steps”. **
- Help us help families and reduce stigma of mental health.

“Some people want it to happen, some wish it to happen, others make it happen.”

Anonymous

*Recognition in quarterly newsletter, website and event.

**Recognition in quarterly newsletter, website, materials, social media, press releases, website link and other incentives.