



BOYS & GIRLS CLUB
OF THE BELLPORT AREA

471 Atlantic Ave,
Bellport, NY 11713

Welcome our October Emotional Wellness Partners

REGISTER HERE ----->>>>



PARENT SUPPORT CIRCLE

Wed, October 2nd 2024 @ 6pm -7pm
An open group with a confidential environment to provide support, and discuss the challenges of parenting.



WORKSHOP: HISTORY OF ACES AND PROMOTING RESILIENCE

Wed, October 9th 2024 @ 6pm -7pm
Understand the effect of childhood trauma on adolescent brain development, and how professionals can help.



FAMILY FUN NIGHT: ART THERAPY

Wed, October 11th 2024 @ 6pm -7pm
Using art to educate and empower others to live their best lives both mentally and emotionally.



PARENT SUPPORT CIRCLE

Wed, October 16th 2024 @ 6pm -7pm
An open group with a confidential environment to provide support, and discuss the challenges of parenting.



WORKSHOP: THE IMPORTANCE OF SELF-CARE AND WHERE TO BEGIN.

Wed, October 23rd 2024 @ 6pm -7pm
Self-care is essential for maintaining overall well-being, as it helps individuals recharge physically, emotionally, and mentally. Understanding where to start allows you to set realistic goals, identify your needs, and build sustainable habits for long-term balance.



FAMILY FUN NIGHT: CALM DOWN JAR ACTIVITY

Wed, October 25th 2024 @ 6pm -7pm
Enjoy a fun night creating a mental health calm down jar. This easy activity allows children to take a moment to manage their emotions, thoughts, and feelings.



PARENT SUPPORT CIRCLE

Wed, October 30th 2024 @ 6pm -7pm
An open group with a confidential environment to provide support, and discuss the challenges of parenting.

WE CARE ABOUT YOU!

- Register today for any of our workshops, parent support groups, or family fun nights!
- Child care is available for families who have registered only.
- No need to be a member to join
- And BEST of all it is FREE for the entire community!



631-286-9090



bgcba.org