



# Skyway FSC Newsletter - April 2020

Hello Skyway Family!

We are grateful for the new experiences and knowledge gained throughout the winter season. This new season brings new challenges and our team is ready to make the best of it. Our May calendar is packed with exciting virtual programs. Take a look!

Our team would like to give a sincere thank you to our community partners and donors for their collaboration and support!

Follow us on Facebook and Instagram for exciting programs and important resources.



## Winter 2020 - Highlights






Memories with Dad  
Women's DIY  
Family Art Day

Our Skyway Family enjoys artistic and competitive gatherings!  
Active parents raise happy children.



## May 2020 Calendar Virtual Programming

<div>  <div> <p><b>Skyway FSC location is closed until further notice. Join us for some online fun!</b></p> <p>Call or Text: 201-719-6775</p> <p>Email: <a href="mailto:info.skywayfsc@preventionlinks.org">info.skywayfsc@preventionlinks.org</a></p> <p>Facebook: <a href="https://www.facebook.com/SkywayFamilySuccessCenter">www.facebook.com/SkywayFamilySuccessCenter</a></p> <p>Instagram: @Skywayfsc</p> </div>  </div>				
May 2020 Virtual Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>June Birthday Greetings!</b> Email <a href="mailto:skywayfsc@gmail.com">skywayfsc@gmail.com</a> By Monday, May 18<sup>th</sup></p>	<p>Refer a Friend and enter to win an e-gift card! Check out our flyer for more information...</p>			<p>1. <b>Time for moms (Zoom)</b> (Pregnant up to 1 yr. old) 11:00 Am- 12:00 Pm Skyway Challenge Winner Announcement (FB Post) 4:30 Pm</p>
<p>4- <b>Skyway Fruit Challenge</b> (All ages) (FB Post) 12:00PM</p>	<p>5- <b>Mother's Day Spa (Zoom)</b> 3:00 Pm- 4:00 Pm</p>	<p>6. <b>Family Craft</b> (All ages) (FB Live) 2:00 Pm</p>	<p>7- <b>Yoga for Moms (Zoom)</b> (all moms) 5:00 Pm- 6:00 Pm</p>	<p>8. <b>Skyway Challenge Winner</b> Announcement (FB post) 4:30 Pm</p>
<p>11. <b>Skyway Yoga Challenge</b> (All ages) (FB Post) 12:00PM</p>	<p>12. <b>Parent Café (Zoom)</b> (Parents w/ children 5 yrs. &amp; older) 4:00 Pm- 5:00 Pm</p>	<p>13.</p>	<p>14. <b>Moms Club (Zoom)</b> (Moms w/ children up to 4 yrs.) 11:00 Am- 12:00 Pm</p>	<p>15. <b>Time for moms (Zoom)</b> (Pregnant up to 1 yr. old) 11:00 Am- 12:00 Pm Skyway Challenge Winner Announcement (FB post) 4:30 Pm</p>
<p>18. <b>Skyway Art Challenge</b> (All ages) (FB Post) 12:00PM</p>	<p>19 <b>Parent Café (Zoom)</b> (Parents w/ children 5 yrs. &amp; older) 4:00 Pm- 5:00 Pm</p>	<p>20. <b>Family Craft</b> (All ages) (FB Live) 2:00 Pm</p>	<p>21. <b>Moms Club (Zoom)</b> (Moms w/ children up to 4 yrs.) 11:00 Am- 12:00 Pm</p>	<p>22. <b>Skyway Challenge Winner</b> Announcement (FB post) 4:30 Pm</p>
<p>25. <b>Memorial Day</b></p>	<p>26. <b>Parent Café (Zoom)</b> (Parents w/ children 5 yrs. &amp; older) 4:00 Pm- 5:00 Pm</p>	<p>27. <b>Nutrition Workshop</b> (Zoom)  12:00 Pm- 1:00 Pm</p>	<p>28. <b>Moms Club (Zoom)</b> (Moms w/ children up to 4 yrs.) 11:00 Am- 12:00 Pm</p>	<p>29.</p>

Skyway Challenges – There is a new challenge every week! Send us your video by Thursday night and enter to win a gift card! All are welcome to participate!  
Parent Café – educational group to share important tools and provide support to parents with children 5 years and older! Zoom meeting.  
Family Craft – learn new and exciting crafts with our team! For children and adults, invite your whole family! No need to register, join us live on Facebook.  
Moms Club – interactive group for moms with children up to 4 years old. Discuss age appropriate topics & important parenting tools. Zoom meeting.  
Time for Moms – a support group for women who are pregnant or have up to a 1-year-old baby. Zoom meeting.  
Nutrition Workshop- Join United Health Care in a conversation about nutrition food options during these times. Zoom meeting.  
Yoga for Moms- Join us for a relaxed morning practicing Yoga to celebrate Mother's Day. Zoom meeting  
Mother's Day Spa- Join us to learn easy tips for a fresh and fabulous look. Zoom meeting

\*Program dates/times are subject to change. Please call or text us (201-719-6775) for more information. \*

\*\* One on one appointments are available, call us today! \*\*

Supporting parents with interactive and educational programs!

Register for TIME FOR MOMS



## Time For Moms

COME IN AND GET TO KNOW OTHER MOMS LIKE YOU  
We will talk about your emotional wellbeing, new mom coping strategies, and helpful resources in your community.

**Open to all moms pregnant or have a child up to one year old**

**Friday May 1st & 15th 11:00-12:00pm**

Meetings will be held on Zoom

\*Link will be emailed after you register\*



Registration link will be found on Facebook!  
Call for more information  
201-719-6775

Register for PARENTS CAFÉ

Register for MOMS CLUB

## Parents Café

Grab a cup of coffee/tea and join our group to discuss different parenting topics. This event is for parents (moms or dads) with children 5 - 12 years old.

**TUESDAYS, MAY 12TH, 19TH & 26TH  
4:00PM - 5:00PM  
SKYWAY FAMILY SUCCESS CENTER**

**REGISTRATION IS REQUIRED**

\*A zoom link will be sent to all registered participants.\*



Call, text or message us on Facebook for more information.  
[www.facebook.com/SkywayFamilySuccessCenter](https://www.facebook.com/SkywayFamilySuccessCenter)  
201.719.6775



## Moms Club

**THURSDAYS,  
MAY 14TH, 21ST & 28TH  
11:00AM - 12:00PM**



Join the club to discuss a variety of toddler parenting topics and create new friendships.  
For moms with children  
1-4 years old.

**Registration is required.**

A zoom link will be sent to all registered participants.

Call, text or message us on Facebook for more information.  
[www.facebook.com/SkywayFamilySuccessCenter](https://www.facebook.com/SkywayFamilySuccessCenter)  
201.719.6775



## Important Family Resources!

During these unexpected times, asking for help is the best way to keep ourselves safe and healthy! Here are some valuable resources.

<https://myunemployment.nj.gov/>

## Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

### Watch for:

- opposition and aggression
- disrespect and property damage
- anxiety or depression
- lying and fighting
- stealing or substance use
- running away or self-harm

**Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.**





# MY CHILD IS IN CRISIS! WHO DO I CALL?

IF THERE IS INJURY OR THREAT OF INJURY, DIAL 911

If your child has been impacted by depression, trauma, violence, defiant behavior, and/or drug or alcohol use, call the NJ Children's System of Care at 1-877-652-7624. It is open 24/7/365.

## What is the Children's System of Care?

It is New Jersey's free or low cost behavioral health system for kids up to age 21. It provides eligible youth with coordinated access to mental health supports, substance use treatment and services for intellectual or developmental disabilities.

### It can include:

- **Mobile Response and Stabilization Services (MRSS)**, real time de-escalation and crisis counseling with a clinician at your home or any location.
- **BioPsychoSocial (BPS) Assessment** is a one-time, in-home evaluation by a licensed clinician to determine if your child can benefit from behavioral supports and services.
- **Care Management Organization (CMO)** connects families to treatment services for youth that are displaying/experiencing significant emotional and behavioral health concerns.
- **Intensive In-home Services (IIS)**, is designed to concentrate on behaviors where they take place — in the home, in the community or in school. It may include individual, group and family sessions.

## How much do services cost?

Services recommended and authorized are paid by a variety of sources, such as Medicaid, NJ FamilyCare, and commercial insurance or self-pay. Families will be asked to provide insurance information.

## What if I want out of home (residential or group home) treatment for my child?

It is national best practice that youth be served at home and in their communities. Out-of-home treatment is considered a last resort and is sought only after having exhausted every effort at a community-based plan.

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**Family and Children's Services Inc.,**  
**in Collaboration with Union County Youth Services Commission,**  
**Presents: Workshops for Professionals Working with At-Risk Youth**

**VIRTUAL WORKSHOPS**

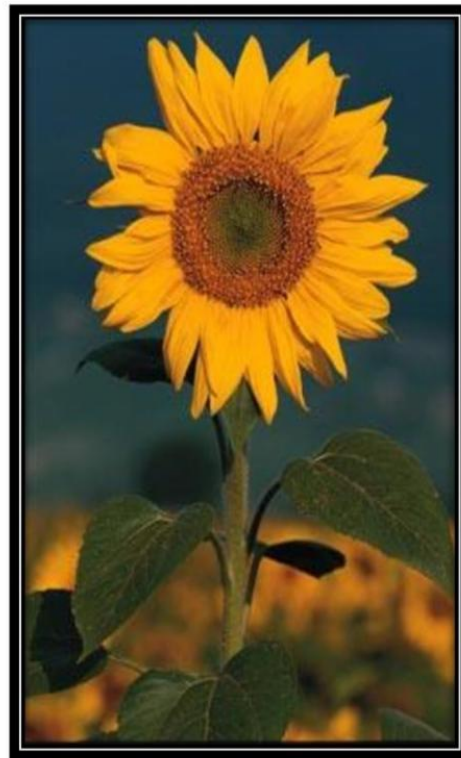
**April 28<sup>th</sup>**- 11 AM- ZOOM-MEETING-1 - 1.5 Hours  
**Trauma 101 for Youth Services Staff**- this is geared toward staff working in juvenile justice settings

**May 5<sup>th</sup>**- 11am-ZOOM-MEETING-1 Hour  
**Secondary Traumatic Stress for Youth Services Staff**

**May 12<sup>th</sup>**- 11am-ZOOM-MEETING-1 Hour  
**Working with Traumatized Youth and Protecting Staff from Secondary Traumatic Stress during COVID-19**

Goals of the Workshops are to provide juvenile justice staff with the knowledge and skills needed to:

- Educate juvenile justice staff about the impact of trauma on the development and behavior of youth in the juvenile justice system.
- Respond appropriately to the behavioral and emotional challenges of traumatized youth.
- Help traumatized youth recognize and develop their strengths.
- Help traumatized youth recognize survival coping strategies and develop positive coping strategies needed to grow into a healthy, productive, and functional adult.
- Help youth to take care of themselves and seek support from others.
- Help staff cope with their own secondary traumatic stress.



Please RSVP: ASAP for ZOOM LINK

To: Patricia Scala [pscala@ucni.org](mailto:pscala@ucni.org)  
908-527-4888

\*Funding for this training is made possible by a grant from SAMSHA



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*We're Connected to You!*



**Happy Mother's Day**



Mother (n) a person who loves unconditionally; the maker and keeper of precious memories; a person much loved and greatly admired.

# Happy Mother's Day!

To all our supermoms who spend countless hours loving, teaching and protecting their children and families.  
We wish you a special day full of love and health!



## Census 2020

It's quick and easy.

It takes about 10 minutes to complete.

It's safe, secure, and confidential.

Your response helps to direct billions of dollars in federal funds to local communities for schools, roads, and other public services.



Llena el formulario del censo

[Complete the Census](#)

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Stay connected! Like our Facebook & Instagram page!

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