



# FAMILY SUPPORT CENTER

CHARTER SCHOOL FOR APPLIED TECHNOLOGIES

## NEWS

## COMING UP

08/31 First Day of School  
 09/07 NO SCHOOL  
 09/08 Board Meeting  
 09/21 Senior College night  
 10/ 12: NO SCHOOL  
 10/13 Board Meeting  
 10/16 NO SCHOOL

## RESOURCES

### CRISIS SERVICES OF ERIE COUNTY

(716) 834-3131  
[www.crisisservices.org](http://www.crisisservices.org)

### CRISIS TEXT LINE

Text GOT5 to 741741  
[www.crisistextline.org](http://www.crisistextline.org)

### NATIONAL SUICIDE PREVENTION LIFELINE

(800) 273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

### NIAGARA COUNTY MENTAL HEALTH SERVICES

(716) 285-3515  
[www.niagaracounty.com](http://www.niagaracounty.com)  
 Departments/Mental-Health-Services/Crisis-Services

### TREVOR PROJECT

(provides crisis intervention and suicide prevention  
 services to LGBTQ young people ages 13-24)  
 (866) 488-7386  
 Text TREVOR TO 1-202-304-1200  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

## September is Hispanic Heritage Month!

During National Hispanic Heritage Month, we celebrate the histories, culture and traditions of Americans whose ancestors came from, Spain, Mexico, The Caribbean and Central and South America.

First, the USA celebrated Hispanic heritage week in 1968 when President Lyndon B. Johnson signed into law the celebration of the independence days of September 15 and 16. Thereafter, turned into a month-long celebration through President Ronald Reagan in 1988.

On September 15 and 16 we pay tribute to the Latin American countries (Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua), Mexico and Chile for celebrating their independence.

Feliz independencia!

## NON-PROFIT SPOTLIGHT

### FEEDMORE OF WNY

Est.  
1969-1979

Feedmore of WNY is the rebranding of Meals on Wheels and the food bank as one succinct agency on December 31, 2019. Feedmore provides meals to many households, families, and individuals.

Also providing food pantries and nutrition programs for schools across the region!

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# SUPPORT RESOURCES

## MENTAL HEALTH ADVOCATES OF WNY

Many groups and programs are implemented to support the family in a variety of ways such as;

- **Child and family support groups** that allow parents to communicate effectively within a group setting and to their children.
- **Spanish speaking support group** to allow individuals who use Spanish as a first language better access support services.
- **Teen peer support groups** available for adolescents ages 13-18 facilitated to by peer advocates using a strength-based approach.

### How Can you reach them?

**eriemha.org**  
**(716) 886-1242**

## PARENT NETWORK

The parent network establishes resources and support systems for individuals with disabilities and their families. These supports include, but are not limited to, 1-on-1 support, educational supports for struggling students, parent leadership and family/ caregiver supports.

### How can you reach them?

**parentnetworkwny.org**  
**English: (716) 332-4175**  
**Espanol: (716) 449-6394**

### **Joe Cicatello**

(716)871-7400 Ext. 4199  
Joscicatello@csat-k12.org



Charter School for Applied Technologies  
[www.csat-k12.org](http://www.csat-k12.org) (716) 876-7505

CSAT is a proud participant of Feedmore's food programs. Participating in the Backpack program which allows more than 200 of our own CSAT families to participate.

Feedmore has also supported CSAT and other schools across the regions during the global pandemic.

Feedmore offers many food banks and mobile pantries to find the locations of these pantries click on the link provided.

Link: <https://www.feedmorewny.org/programs-services/find-food/pantry-locator/>

## October is Emotional Wellness Month!

**Emotional Wellness:** Allows for the understanding in how you perceive your own life, events and environment. Knowing the things, you enjoy, or dislike helps promotes the overall enjoyment of life!

A great way to celebrate the month is by setting goals to reduce stress in your life. The reduction of stress can come from obtaining more sleep every night, eating a better diet, planning a head...etc.

Creating (SMART) Goals:

When creating goals to promote emotional wellness implementing SMART is the way to go!

### Specific:

Make sure your goals are CLEAR and unquestionable

### Measurable:

Defining what evidence will be used to mark the steps leading to completing your goal(s)!

### Attainable:

Being that your goals are within your realm of control.

### Relevant:

Your goals should pair with your values!

### Time-Based:

A real time end-date that you will have completed or have come close to completing your goals.