



# FAMILY SUPPORT CENTER

CHARTER SCHOOL FOR APPLIED TECHNOLOGIES

# NEWS

## COMING UP

- 11/11: No School Veterans Day
- 11/26- 11/27: No School Thanksgiving Recess
- 12/2: HS-SUNY 4-year college  
instant Admission Day
- 12/8: Board Meeting
- 12/23-1/01: School Closed Winter Recess

## 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)

## November is National Gratitude Month

Gratitude: Gratitude is the expression of appreciation for what one has. It is a recognition of value independent of monetary worth. Spontaneously generated from within, it is an affirmation of goodness and warmth. This social emotion strengthens relationships, and its roots run deep in evolutionary history—emanating from the survival value of helping others and being helped in return (Psychology Today, 2020).

November is the month we celebrate and accept the amazing and supportive people, places and things in our lives.

We often overlook the prominent and supportive elements that we have in our lives and that generally get us through tough times.

## NON-PROFIT SPOTLIGHT

### DELAVAN-GRIDER COMMUNITY CENTER

*Est. 1968*

The Delavan-Grider Community Center is a proud staple in the Buffalo 14215 area servicing the community through a variety of school-aged (educational and recreational), family and senior programs.

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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  
Joscicatello@csat-k12.org



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

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Some of the other programming offered include a congregate meal site allowing senior populations the ability to receive nutritious meals, dietary guidance and access to other resources. The Center also will scan documents needed in the application process for rental and mortgage programs.

For additional information, please contact the center at (716) 896-7021. Delavan-Driver Community Center is located at 877 East Delavan Avenue, Buffalo, NY 14215.

## December is National Universal Human Rights Month

### What are Universal Human Rights?

The Universal Declaration of Human Rights (UDHR) is a milestone document in the history of human rights. Drafted by representatives with different legal and cultural backgrounds from all regions of the world, governments and countries the Declaration was proclaimed by the United Nations General Assembly in Paris on 10 December 1948 and has been adopted by many leading countries throughout the world.

A major component of the Declaration of Human Rights is *“All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.”* Meaning, all people are free to identify in which way they choose, practice religious freedoms without fear of persecutions and are free to express their beliefs and opinions freely without fear of harm.

In observance of Universal Human Rights many individuals reflect on the freedoms they are provided in respect to the ability to choose and through the understanding and interruption of gratitude and what the looks like within their own lives.