



FAMILY SUPPORT CENTER

CHARTER SCHOOL FOR APPLIED TECHNOLOGIES

NEWS

Staying Connected

Please look for communications from your child(ren)'s teachers. Also, remember to check the CSAT website at www.csat-k12.org for communications from CSAT Administration.

Stay Safe, Stay Healthy and Be Well

RESOURCES

CRISIS SERVICES OF ERIE COUNTY

(716) 834-3131
www.crisisservices.org

CRISIS TEXT LINE

Text GOT5 to 741741
www.crisistextline.org

NATIONAL SUICIDE PREVENTION LIFELINE

(800) 273-8255
www.suicidepreventionlifeline.org

NIAGARA COUNTY MENTAL HEALTH SERVICES

(716) 285-3515
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

May is National Mental Health Awareness Month!

The Month of May focuses on the education and understanding of mental health and the impacts on our daily life.

Mental health plays a very big role in how a person interprets their surroundings.

Getting out, getting active and doing things you love will surely boost your mental health!

Q: What is mental Health?

A: The overall well-being and ability to function emotionally.

Q: What is Stigma

A: Stigma often relates to the reaction of the general public

NON-PROFIT SPOTLIGHT

YWCA OF WNY

Est. 1870

The YWCA of the Western New York has been a staple throughout the Buffalo Community for well over 100 years. Providing women and girls access to housing resources and community supports.

However, today the YWCA is a powerhouse of a non-profit spreading the country and offering a wide variety of services.

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



Charter School for Applied Technologies
www.csat-k12.org (716) 876-7505

Services offered:

- Housing Services
- Housing for Low-Income Seniors
- Child Care

The YWCA is offering Child Care for Essential Employees.

Ages: 6-weeks- 12 years, 7am-6pm

Contact: Sandie McCoulf

(716) 725-8456

June is National Great Outdoors Month!

June celebrates the abundant natural beauty of the world and all the places you can go to experience it.

In Western New York there are many local areas where one or more could enjoy all the natural bounties and could still practice social distancing!

Not only is getting out in nature fun and relaxing, but it could also make for a great family activity full of physical exercise.

Places to visit:

Ellicott Creek Trail way Park
Address: 1398 N Forest Rd #1384, Buffalo, NY 14221

Tift Nature Preserve
Address: 1200 Fuhrmann Boulevard, Buffalo, NY 14203

Seneca Bluffs
Address: Seneca Bluffs, Seneca St, Buffalo, NY 14210