

## Innovative Treatment for Children

**A**t North Shore Child & Family Guidance Center, we understand that healing isn't one-size-fits-all. That's why we are dedicated to continuously expanding our services, which range from traditional talk therapy to unique initiatives like our Sensory Room at the **Marks Family Right from the Start 0-3 + Center.**

The Sensory Room allows clients of all ages to learn how to regulate behaviors, emotions, and senses in a safe environment so they can be better prepared for learning and interacting with others. While the space is particularly helpful for those with sensory processing issues, anyone can benefit from the equipment.

"For kids dealing with anxiety or trauma who often feel like they have no control, the Sensory Room gives them something they can manage," says Dr. Sue Cohen, Director of Clinical Services at Right from the Start. **"They are free to express themselves in ways that feel natural and comfortable to them."**

The Sensory Room is the latest addition to the Guidance Center's array of innovative therapeutic interventions, which, according to Dr. Cohen, lead to our young clients becoming more engaged in their therapy sessions. "Exciting programs like this allow children to open up more, making it easier for them to talk with their therapist and work through problems," she explains. "They've been in classrooms all day, and



this gives them a chance to explore the world on their terms."

**The diverse equipment, including colorful tactile walls, interactive projections, and calming modalities, encourages clients to choose how they want to engage.** This variety accommodates both sensory-seeking and sensory-averse clients, letting each child connect with what feels right for them.

**"The skills they learn through interacting with the Sensory Room are universal."**

While the Sensory Room offers unique tools, the lessons experienced there can easily be recreated in their everyday environments – at home, in school, and in therapy sessions. "The skills they learn through interacting with the Sensory Room are universal," says Dr. Cohen. Each client who uses the Sensory Room is given a take-home kit that includes fidget toys and squeezable objects that help with self-regulation, allowing the healing to continue when their time at the room ends.

At the Guidance Center, we work to treat the family unit as a whole. Parents who join their children in the room are given the opportunity to watch their kids in action as they express themselves through play and process sensory information. This involvement helps parents gain insight into their child's inner world, learning to understand their needs and support them

**"This gives them a chance to explore the world on their terms."**

outside of therapy.

**Younger generations face unique challenges like short attention spans and technology addiction.** To address these concerns, our group sessions in the Sensory Room focus on real-life socialization, patience, and compromise with peers – skills that are increasingly important in responding to these growing issues. By thoughtfully integrating electronics into some aspects of the room, kids learn how to interact with devices in a way that is productive and healthy.

Our Sensory Room was made possible by a generous grant from the **John and Janet Kornreich Charitable Foundation.** "An important goal of the Guidance Center is to help in stabilizing and strengthening the emotional and mental health of young children," noted John and Janet Kornreich. "This innovative Sensory Room provides therapists with new tools to achieve those goals under the visionary leadership of Dr. Sue Cohen."

With this support, we are able to continue meeting the changing needs of the community by creating meaningful, enriching experiences for every family who walks through our doors!



### Inside This Issue:

#### Donor Profile:

**Ellen and Donald Feldman** PAGE 3

**Hope and Healing Gala** PAGE 5

**Sesame Workshop Partnership** PAGE 9

### Plus

#### New Board Member:

**Sean McCarthy** PAGE 14

# A Message From The Executive Director / CEO

## A Season of Gratitude



At North Shore Child & Family Guidance Center, our mission is rooted in the unwavering belief that no one should face life's challenges alone. As a social worker, I have witnessed a remarkable shift in how mental health is discussed. Conversations are becoming more open and stigma is slowly breaking. While we've made great strides, it remains vital to continue to share the message: you are not alone.

Since our inception in 1953 by a grassroots group of parents, we have been privileged to stand alongside children and families, providing hope and healing through accessible mental health services. Thanks to the unwavering generosity of our community, we've been able to uphold our promise to never turn anyone away due to an inability to pay. It truly takes a village, and we are endlessly grateful for the one we've built here on Long Island.

**A Message of Hope and Healing**  
I want to take this opportunity to extend my deepest gratitude to everyone who makes

our mission a reality. The Guidance Center exists as a beacon of hope for so many children and families, and we rely on the collective strength of all those who give their time, talent, and resources to help us serve those in need.

I am so appreciative of the amazing staff, Directors, and supervisors who keep the Guidance Center running each and every day. Their dedication and passion for the work they do is evident in every interaction they have with our clients. **By ensuring that every family who walks through our doors is met with compassionate, quality care, our staff serves as the backbone of the Guidance Center, helping us provide our vital services without pause.**

Our incredible Board of Directors have gone above and beyond this year, connecting us with new and exciting opportunities to fundraise and engage with a wider network of supporters. Their work has been instrumental in our growth, and we are proud to commemorate their unwavering commitment with a series of dedication plaques featuring every individual who has served on our Board since the beginning.

The contributions of our donors, both large and small, enable us to enact new and innovative programs that address the evolving challenges in our community. Thanks to your support, we have been able to implement unique initiatives for clients of all ages. With the incredible generosity of a long-time donor, we have been able to craft the Sensory Room highlighted in this issue's cover story, which provides transformative care for our youngest clients.

**"It truly takes a village, and we are endlessly grateful for the one we've built here on Long Island."**

The incredible impact of our volunteers is wide-reaching. From the hands-on help provided during National Grid's Day of Service to the tireless efforts behind the scenes at major events like our golf outing and the Hope and Healing Gala, volunteers ensure our programs run smoothly and our offices remain welcoming, safe, and inspiring spaces.

Together, we remain devoted to serving families across Long Island, ensuring everyone receives the resources they need in a timely manner. **Our dedicated supporters consistently elevate our efforts, making invaluable contributions that strengthen our mission to bring hope and healing to all in need.**

On behalf of everyone here at North Shore Child & Family Guidance Center, thank you for all that you do. This giving season, I encourage you to hold your families close and remember that reaching out for help is a sign of strength. You make it possible for us to be there every step of the way on your journey towards healing.

Sincerely,

**Kathy Rivera**  
Executive Director/CEO

## We've Got You Covered!

Since the pandemic, we see many of our clients via a secure, easy-to-access telehealth platform. However, all of our staff are on site, and we are conducting in-person appointments at our three locations. We continue to offer flexible services so we can provide the highest quality care in a timely, affordable fashion. To schedule an appointment, please call us at (516) 626-1971 or email [intake@northshorechildguidance.org](mailto:intake@northshorechildguidance.org)

## Guidelines

FALL 2024

**Editorial Director:** Lauren McGowan

**Writer:** Melissa Lalonde

**Contributor:** Nicole Oberheim

**Designer:** Elizabeth S. Hildebrandt, Inc.



# Donor Profile: Donald & Ellen Feldman



Ellen and Donald Feldman

Four years ago, North Shore Child & Family Guidance Center launched one of its most impactful programs: **the Douglas S. Feldman Suicide Prevention Project**. This initiative was created in memory of Douglas Feldman, the son of Donald and Ellen Feldman, who died by suicide. The Feldmans were driven to turn their loss into action, recognizing the urgent need to address the rising suicide rates among youth in their community.

“When Doug died, Donald and I knew we had to do whatever we could to make sure other families didn’t suffer the tragedy we did, and that other young people could get the help they need,” says Ellen.

Through the Douglas S. Feldman Suicide Prevention Project, the Guidance Center addresses high-risk cases with a thorough evaluation for suicide risk; multiple weekly sessions of individual, group and family therapy; and a culturally sensitive treatment plan that focuses on safety strategies, healthy coping skills and relapse prevention. Evaluation with a psychiatrist regarding the possible use of medication is also provided, along with referrals to programs and services that will support parents’ efforts to protect their children.

Community outreach is a key pillar of the program. Our skilled clinicians, members themselves of the communities they serve, visit local schools to engage students directly in conversations about suicide and mental health. By sharing vital resources

and normalizing the discussion, they aim to reduce stigma and encourage young people to seek help. For students who may not be struggling themselves, they are taught how to respond if a friend confides in them about having suicidal thoughts, equipping them with “mental health first-aid” skills.

“The more we talk about it and put it out there, the less stigmatized it will be,” says Ellen. “When a child is in that hopeless frame of mind, they don’t see any positive light at the end. **It’s important to let kids know that there is help; they don’t always have to feel this way.**”

## A Home for Healing

**Suicide remains a leading cause of death for young people, ranking second for ages 10-14 and third for ages 15-24.** To put this into perspective, more teens die from suicide than from cancer, heart disease, stroke, pneumonia, influenza, and chronic lung disease combined.

Ellen, a lifelong social worker and long-time member of the community, had always been drawn to the work of the Guidance Center, even volunteering with the organization years earlier. When she and Donald decided to create a program dedicated to reducing youth suicide, partnering with the Guidance Center felt like a natural progression.

“In the years since we’ve been working with the Center, our feeling that we are with the right people has only increased,” says Donald.

The program doesn’t only address the young person’s needs, but recognizes that a mental health crisis impacts the entire family. **By involving parents, siblings, and other family members in the treatment process, the Guidance Center creates a supportive**

**environment that strengthens the client’s resilience and promotes healing for everyone involved.** This approach is essential for high-risk clients, for whom family support is often a lifeline.

At the Guidance Center, each client is seen within 24-48 hours, a remarkable turnaround time unique to the organization. Both intake and treatment plans are implemented entirely in-house, allowing the organization to serve as a one-stop-shop for all mental health needs.

“For families dealing with this kind of crisis, it’s overwhelming,” notes Ellen. “They don’t know where to turn. The rapid response was a crucial aspect of our choice to bring our program to the Guidance Center.”

## The Butterfly Wall

A butterfly dedication wall in the Roslyn Heights Headquarters commemorates the many supporters of the Douglas S. Feldman

Suicide Prevention Project. Since its inception in 2020, the wall has doubled in size; a visual symbol of how meaningful the program is to so many.

“Seeing the names of both friends and strangers, I know what we’re doing touches the lives of so many. It’s an affirmation that our work is meaningful,” says Ellen.

“This is a way of helping the next generation,” remarks Donald. “You know that you helped one child, one family, then everything



Donald, Matthew, and Ellen Feldman

is worth it. This program will always be needed.”

**To learn how you can support the Douglas S. Feldman Suicide Prevention Project, contact Director of Development Lauren McGowan at (516) 626-1971 ext. 320.**

# Staff Profile: Nellie Taylor-Walthrust

Dr. Nellie Taylor-Walthrust's career has been one of unwavering dedication, growing right alongside the Guidance Center. **This year, we are proud to celebrate her 35th anniversary with the organization and the countless milestones along the way.**

Nellie has worn many different hats over the course of her tenure at the Guidance Center. She was first drawn to the mission in 1989, when she learned about an innovative program that needed an experienced counselor to bring the vision to life. This initiative would come to be known as the **Co-Occurring Treatment Program: the first of its kind in New York, and the only program in the county to this day that focuses on treating and preventing substance use and mental health challenges in adolescents.**

She built the program from the ground up with only two other colleagues, recalling that "The Place," as the program's original home was known, had only the bare necessities when they started out. As our services expanded, so did Nellie's scope. She helped develop countless projects that are now staples of the Guidance Center, eventually becoming the Director of the Leed's Place – Serving Young People in 2014.

"Our Westbury location was designed to be an accessible multipurpose center where we could provide quality care to everyone who



Dr. Nellie Taylor-Walthrust

walks through the door without needing to send them away or refer them elsewhere," said Nellie. "The concept was always to be a one-stop shop, no matter what you needed help with."

Now, as Director, Nellie oversees several of the very programs she helped create. In addition to the Co-Occurring Treatment Program, she supervises the Children's Center at Nassau County Family Court, Good Beginnings for Babies, Caregiver Grandparent Respite and Support Project, and prevention services across neighboring towns, all of which were designed to meet the evolving needs of those living in the community. Her commitment to serving

those in need never waned; for many years, she even carried a clinical caseload in addition to her leadership duties!

"When Nellie joined us in 1989, it was the beginning of a magical journey for the Guidance Center," said Kathy Rivera, Executive Director and CEO of the Guidance Center. "We've been privileged to witness her countless contributions across the agency. Her vision, leadership, hard work, and dedication for the last 35 years has truly been inspirational. It's people like Nellie that make our organization a success!"

"I can honestly say without any hesitation or reservation that I enjoy what I do at the Guidance Center," remarked Nellie. "I'm grateful that opportunities for change continue to happen. If it was stagnant, I wouldn't have been here all this time. As long as I feel I can make a contribution to continue the growth of this organization, I will love being here."

Her devotion to helping others extends beyond her work at the Guidance Center. Nellie serves as an ordained minister at local parishes and dedicates her free time towards advocating for the reduction of disparities in infant mortality and low birth weight among Black and Brown mothers.

**"Serving the community in every capacity is my passion," she said. "I am available to all, regardless of race, color, or creed."**

## Volunteer Profile: Louis Vetrano



Louis Vetrano

the Guidance Center for four years with the goal of enhancing the experiences of each family who walks through our doors.

This year, the team tackled a long list of projects at the Marks Family Right from the Start 0-3+ Center, assembling the new Sensory Room, lactation space, and group therapy room. These projects were no small feat, but Vetrano didn't shy away

The Guidance Center has been fortunate to welcome dedicated volunteers from National Grid for a day of service known as Project C. Among these volunteers is Louis Vetrano, National Grid's New York Fleet Director, who has been returning to

from the challenge, taking it upon himself to address the little details that make a space feel complete. Once the main projects were completed, he led a group that would clean out gutters, trim branches obstructing windows, and go above and beyond to ensure that the Guidance Center was safe and inviting, inside and out.

"If you have a skill, use it to better your community," said Vetrano. **"You aren't defined by the field you work in, but what you do for others. The most important resource a company has is its people, and the workers at National Grid have a passion for stepping up and serving our community."**

For Vetrano, helping people has always been a powerful source of motivation. This commitment to uplifting others remains a driving force in his daily life. "You always

need help," he notes. "Being there for people in their worst times, making sure they know that there is good in the world, is the most fulfilling thing there is. What the people at North Shore Child & Family Guidance Center do makes them the real heroes."

Since National Grid has been coming to the Guidance Center, they have worked on a wide variety of projects such as the Nature Nursery, Meditation Garden, Johnny's Garage, and more. Each of these works provides a pathway for clients to find peace outside of traditional talk therapy, and the pride and care that our volunteers imbued in these programs are evident at a first glance.

"The Guidance Center couldn't continue our lifesaving services without the commitment and hard work of volunteers like Louis," said Lauren McGowan, Director of Development. "Thank you Lou and everyone at National Grid!"

# Fundraising Events

## A Night of Hope and Healing

Our Hope and Healing Gala was a night to remember, celebrating the transformative work of North Shore Child & Family Guidance Center. Held on November 13, 2024 at North Hempstead Country Club, the event brought together community leaders, supporters, and friends to **raise over \$230,000 in support of our vital mission!**

“When you’ve been around for as long as we have, you know that the only way to keep going is by moving forward,” said Alexis Siegel, President of the Board of Directors. **“By listening and responding to the changing needs of the community, we have kept a finger on the pulse of what is most needed by the children and families on Long Island.”**

We were proud to honor the amazing work of **Dr. Ramin Rak, neurosurgeon at NSPC Brain and Spine Surgery and Founder/CEO of iMind Brain Food.** Dr. Rak consistently amplifies the connection between the health of the mind and body and is a valued supporter of the Guidance Center.

“The strides we are making in medicine are extraordinary, constantly pushing the boundaries of what is possible and giving patients hope where there was once none,” noted Dr. Rak. **“But for all the progress we make in the operating room, it is organizations like the Guidance Center that create the environments where healing and transformation can continue beyond the operating room walls.”**

Justine Hofsiss, a client of the Diane Goldberg Maternal Health & Wellness

Program, shared a moving account of her journey with postpartum depression and anxiety. **“I’m not exaggerating when I say that the Guidance Center saved my life,”** she said, joined at the podium with the support of her husband. **“They helped me see a future that I couldn’t imagine for myself in my darkest days. My children have a happy and healthy mom, and I can be there for my family just like they were there for me. I’m grateful beyond words to this incredible organization that gave me back hope and joy in my life.”**

The evening’s music was provided by Peat Moss and the Fertilizers, who got guests out of their seats and onto the dance floor. Holly Marcell, the 10th grade daughter of Board Members Andy and Carol Marcell, captivated the audience with a touching performance of “She Used to Be Mine” from the musical Waitress, a song that emphasizes the importance of self-love.

Special thank you to the evening’s Emcee, **Stacey Sager of Channel 7 Eyewitness News,** and our sponsors and underwriters of the event: **Maureen & John Ferrari; Klipper Family Foundation; The Schott Foundation; WABC-TV; Marilyn & Russell Albanese; Americana Manhasset; Mt. Sinai South Nassau; Sompore; Mary Margiotta & Vasu Krishnamurthy; Susan Isaacs & Elkan Abramowitz; and Lauren & Jonathan Schiff.**



Dr. Ramin Rak, Noosh Rak, Kathy Rivera, Alexis Siegel, Nancy Lane



Kathy Rivera and Stacey Sager



Guest Speaker Justine Hofsiss and husband Chad



Paddle Raise



Laurie Daly, Lauren Schiff, Alexis Siegel, Andy Marcell



Holly Marcell



Lauren Schiff, Alexis Siegel, Ruth Fortunoff Cooper



Joanne Sexton, Rita Castagna, Christine Tricarico



Lisa Puntillo, Nancy Mazarin, Jo-Ellen Hazan

# Fundraising Events

## Krevat Cup Swings for a Cause

Thank you so much to everyone who participated in our Jonathan Krevat Memorial Golf Classic on June 3, 2024, at the outstanding Sands Point Golf Club!

The event raised over \$123,000 to support the Guidance Center's work to bring hope and healing to children and families dealing with mental health or substance use challenges.

"The mission of the Guidance Center is more important than ever before, with children and teens suffering from serious mental health challenges," said Troy Slade, Board Member and Co-Chair of the event. "We are all so grateful to our many friends,

colleagues and family members who came out to support this vital organization that makes a real difference for the children in our community."

This year's guest speaker was Sam Epifania, a Guidance Center volunteer for the Wilderness Respite Program, an innovative program that allows adolescents to build confidence and community with their peers through challenging hikes. "I've seen the Wilderness Respite Program change lives, including my own," said Sam. "It's a place where kids can discover their strengths, find new friends, and learn to appreciate the world around them. **Watching these kids grow has been a source of inspiration**

**and a reminder of the benefits of being in nature with no distractions, just genuine connection."**

The co-chairs for this year's Krevat Cup were Board Members Michael Mondiello, Dan Oliver, Michael Schnepfer and Troy Slade.

The Guidance Center is grateful to the Krevat Cup's sponsors: **Americana Manhasset, The Bahnik Foundation, and Jeff & Susan Krevat. Special thank you to our Corporate Foursomes: City National Rochdale, The Levine Group, MS Reinsurance, NFP, PSEG Long Island, Rivkin Radler, and SkyBridge Capital.**



Jeff Greenblatt, Troy Slade, Marc Rosen, Ian Krochek



Adam Rutner, David Koshers, Rob Raphael, Scott Packman, Eric Sadkin



Dan Oliver, John Darsie, Augie Sciulla, Ty Wallach, Troy Slade, Mike Mondiello, Michael Schnepfer



Frank Truglio, Jori Grossman, Marianna Cuomo Maier, Howard Maier



Golfer chipping



Kathy Rivera, Lauren McGowan, Jo-Ellen Hazan, Cathy Castagna



Maria Amelio, Jerry Farrell, Jordi Jefferson, Jack Hickey



Samantha and John Darsie

## Choose a New Story



Lauren McGowan, Lisa McCarthy, Alexis Siegel, Kathy Rivera

Michael Kors at Americana Manhasset hosted an inspiring shop-for-a-cause event in honor of the Guidance Center on November 7. Guests enjoyed shopping the latest collection, with 20% of all purchases going

directly to supporting our integral mental health programs.

The afternoon featured guest speaker **Lisa McCarthy, Founder and CEO of Fast Forward Group**. McCarthy led a "Choose A New Story" session, where she guided attendees on how to shift their mindset and embrace the power of personal change. Through group exercises, McCarthy encouraged the audience to reframe their narratives, look at challenges through a new lens, and unlock the potential to create a difference in their lives.

"We couldn't be more grateful for the generosity of Michael Kors, whose support made this event possible," said Alexis Siegel, the Guidance Center's Board President. "Lisa McCarthy's powerful talk inspired guests to embrace the journey towards change, which directly aligns with the Guidance Center's mission!"

# Fundraising Events

## Transitions



Kathy Rivera, Leslie Cohen, Alexis Siegel

Transitions, a locally-owned clothing boutique in Roslyn, hosted a fashion-forward fundraiser in support of the Guidance Center on May 16. The boutique has a longstanding history of supporting our work, having participated as a vendor at our Spring Luncheon for many years. When owner Leslie Cohen was unable to attend our 2024 event, she made it her mission to give back in a meaningful way.

We are so grateful to Leslie and everyone at Transitions for their continued generosity and dedication to our work. Thank you to everyone who came out to shop for a cause during this successful summer event!

## Healing Vibes



Here at the Guidance Center, we know that little words have a big impact. This summer, we teamed up with

the Little Words Project for a rerelease of our **signature Healing Vibes bracelet, a wearable affirmation representing the Guidance Center's mission to bring hope and healing to children & families.**

"The idea is to pick a word that means something to you, wear it for as long as you need it, then pass it on one day to someone who needs it more than you do," says Adriana Carrig, Founder of the Little Words Project.

With 25% of each purchase donated back to the Guidance Center, this creative initiative directly supports our work of providing professional, compassionate treatment to everyone who walks through our doors. We are so grateful to everyone who participated and passed on the Healing Vibes!

## Benefit for the Children's Center



Judge Ellen Greenberg



Nellie Taylor Walthrust, Jean Rodrigues, Bishop Elliot



Lauren McGowan, Alexis Siegel, Allison Cacace, Sean Landeta, Bob Eslick



John Zenir, Judge Andrea Phoenix, Allison Cacace, Lauren McGowan, Kathy Rivera

We are deeply grateful to everyone who joined us on October 16 for a memorable evening benefiting the Children's Center at Nassau County Family Court. Hosted at the beautiful Stewart Manor Country Club, the night was filled with incredible music from the Jam Brothers duo and DJ Timothy Aldridge, Esq. Thanks to an outpouring of support, we raised nearly \$18,000, which will go directly toward helping the children and families who utilize the Children's Center!

We would like to express our warmest appreciation to the co-chairs for this fundraiser: **Allison Cacace, Tanya Mir, Nassau County Women's Bar Association President Tammy Smiley, Esq., Cherice P. Vanderhall-Wilson, Esq., and John Zenir, Esq.**

Kathy Rivera, Executive Director and CEO of the Guidance Center, said "The Children's Center is a vital resource, allowing children to be cared for in a safe, nurturing, early-learning environment while their parents or guardians are conducting court business. Many of these families are here during their darkest times, and we ensure that no child is exposed to what happens in the courtroom. We are so proud that the Children's Center is able to provide this free service to anyone who walks through the doors."

"The Children's Center is such an important component of family court," said **Hon. Ellen Greenberg**, a continued supporter and judge at Nassau County Family Court. "Not every family court in the state of New York has a children's center that remains open Monday through Friday from 9-5. It makes a difference when parents can come to court without worrying about whether their children will be okay. They know that, with our well-trained staff and volunteers, their kids will have a fantastic time."

The evening featured a special guest appearance by none other than the **New York Giants' two-time Super Bowl Champion punter Sean Landeta**, who came out to sign autographs for guests in support of the Children's Center!

**The Children's Center provides care and early learning to more than 1,400 children each year, ages 6 weeks to 12 years, while their parents or guardians are conducting business in family court.** Each child is given a light meal, a book to bring home, and is connected with much-needed services that directly address their needs.

Thank you to our wonderful sponsors: **Arthur Brasco, Casino One Limousine, Nancy Joseph, Rene Joseph, Nassau County Women's Bar Association, Hon. Frank N. Schellace, SCL Law Group, Derell Wilson & Cherice Vanderhall Wilson, Esqs., Laurie Yehuda, and John Zenir.**

# Fundraising Events

## Aon Drives Change

Andy Marcell, Guidance Center Board Member and Global CEO of **Aon Reinsurance & Risk Capital Solutions**, hosted his annual golf outing on September 24 at his stunning Sands Point Golf Club. This year's event was a tremendous success, with Andy and his guests raising a record-breaking \$100,000+ in support of the Guidance Center's mission!

"My wife Carol and I have had the privilege of serving on the Guidance Center's Board of Directors for the past eight years," says Andy. "Our passion for supporting children

and families facing mental health challenges has only deepened over time. The Guidance Center's mission to strengthen and restore the emotional well-being of kids across Long Island is something we hold very close to our hearts, and I'm proud to give back to such an important agency."

The Marcells are deeply entrenched in the Long Island community, regularly inspiring friends and family to come together in support of the Guidance Center's vital work.

"I am immensely grateful to my friends and

colleagues for continuously showing up to champion this cause. This golf outing is in its 5th year and its success has been made possible by those committed to supporting an organization making such a meaningful impact in our community."

The Guidance Center is profoundly grateful for the unwavering support of Aon, Andy, Carol and everyone who contributes to the ongoing success of this event. Your generosity continues to drive meaningful change for the children and families we serve.



John Bender, Louis Iglesias, Andrew Marcell



Tom Kennedy, Wes DuPont, John Bender, Sean McCarthy



Lori Golterman and Carol Marcell

## Pickleball with a Purpose

Thank you to everyone who came out on November 1st for the Guidance Center's first ever Pickleball Tournament! With your support, we raised over **\$14,000** to fund vital mental health resources for every family who walks through our doors, regardless of their ability to pay.

"Our Pickleball Tournament brought people together in a fun, active way and drew attention towards a cause that everyone can relate to," said Co-chair Alan Liu. "It was a fantastic event to garner support for the Guidance Center and raise awareness for the mental health needs in the community."

Co-chair Mike Mondiello expressed gratitude to everyone who came out to show support for the exciting fundraiser. "Whether you were playing on the courts or showing support as a spectator, your participation made a difference," he said. "The Guidance

Center addresses a growing need for mental health care on Long Island, and I am so proud to be part of this organization and to raise awareness."

Special thanks to our event sponsors **Jim & Christina Daloia, Lauren & Jonathan Schiff, Cindy Wittels, and Spinwave Pickleball**. A huge thank you to our pickleball pro, Greg Streat, for his outstanding work in keeping our tournament running seamlessly and ensuring a fantastic experience for all!

Our partnership with Spinwave Pickleball continues beyond the event! **For every purchase you make at [www.spinwavepickleball.com](http://www.spinwavepickleball.com) using the code "North Shore Child" at checkout**, Spinwave Pickleball will donate 20% back to the Guidance Center. Thank you for helping us sustain this important work year-round!



Alan & Blanche Liu



Allison Feinstein, Alexis Siegel, Robin McDermott and Trace Cohen



David Wittels, Lauren Schiff, Eric Rosenberg, Susana Alcaraz



Michael Mondiello, Darya Slade, Maria Amelio, Nelson Alcaraz



# Program Highlights

## Sharing Resources



The Children's Center at Nassau County Family Court is a welcomed place of respite for children and families who have business in family court. Far from a simple daycare service,

the Children's Center provides early-learning, social connection, and emotional well-being in a safe and caring environment.

Through a grant made possible by United Way this summer, North Shore Child & Family Guidance Center partnered with **Sesame Workshop, the global nonprofit behind Sesame Street**, introducing new and exciting ways to impact our young clients. Through familiar faces like Elmo, Big Bird, and the rest of the Sesame Street family, the Children's Center utilized a wide range of videos, coloring pages and communication tools to address issues from Healthy Minds & Bodies to Tough Topics, that are designed to help children navigate challenges like trauma, grief, and parental addiction.

The impact of Sesame Workshop is seen through the personal experiences of the children themselves. One example came from two siblings who felt drawn to a resource that focused on coping with divorce. This video acknowledged the difficulties of separation while emphasizing that change, although challenging, is a natural part of life.

Afterward, a teacher sat down with the siblings to reflect on what they had learned. When asked about their takeaway from the video, one child responded: *"Mom and Dad love us, no matter what."*

For Monica Doyley, Head Teacher and Supervisor of the Children's Center, moments like these clearly show the importance of the Children's Center. "That type of answer is why we do what we do," she says. "We aren't babysitters – we're a resource that supports children and families throughout the hardest challenges they face."

**"By providing engaging, trauma-sensitive resources, these children feel seen, understood and empowered,"** says Chloe Cohen, a volunteer who worked extensively on researching valuable resources at the Children's Center. "This partnership has been a beacon of light for vulnerable children and offers crucial tools that help them navigate uncertainty with compassion and hope. It has been nothing short of moving to see how these resources have impacted our children."

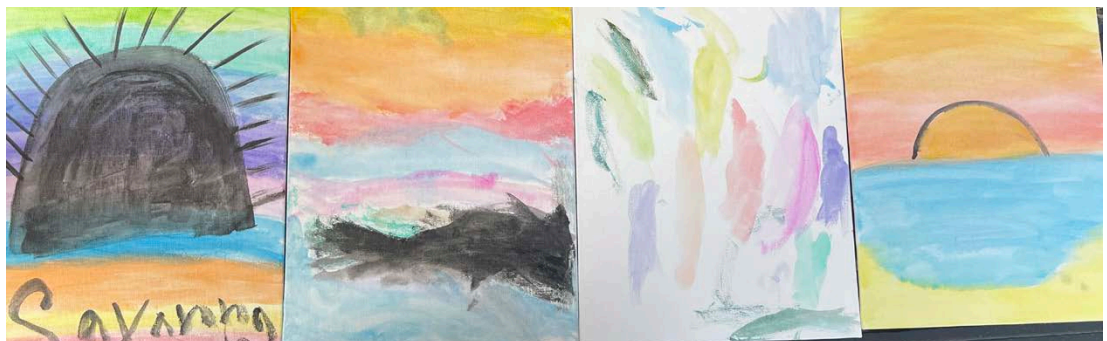
This partnership with Sesame Workshop has opened new doors of learning and healing at the Children's Center, allowing us to continue supporting children in ways that are meaningful, educational, and fun, ensuring that every child who enters the Center takes home a sense of hope and belonging.



The Children's Center at Nassau County Family Court

## Field Day Fun!

This year, our Community and Home-Based Services clinicians launched the Guidance Center's first ever summer program! The sessions combined physical activity, teamwork, and emotional well-being in a supportive and fun environment, creating an opportunity for kids to disconnect from technology and make the most of the summer months.

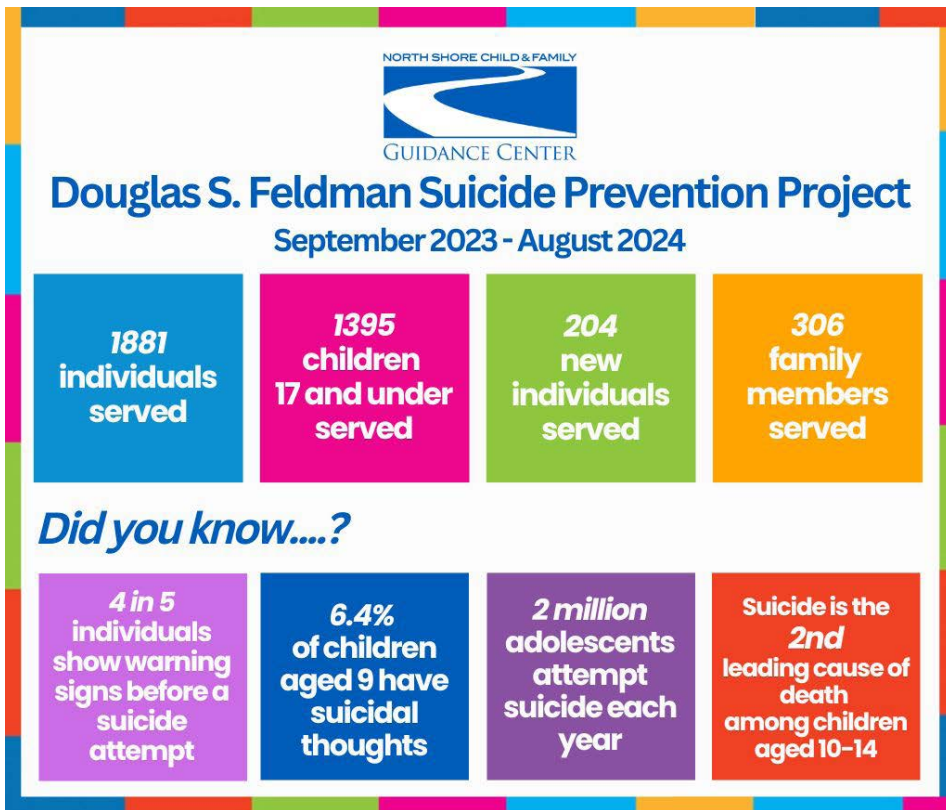


Summer Watercolors

Our young clients participated in exciting games like hula hoop relays, kickball, and frisbee target practice, all promoting physical coordination and collaboration. Mindfulness scavenger hunts and creative activities like watercolor painting helped them explore the world in unique ways as they built emotional resilience and self-awareness. **There was truly something for everybody who attended, no matter their interests!**

The field days encouraged physical fitness while fostering social interaction and emotional growth. By closing each afternoon with group therapy, participants were able to reflect on their feelings and support one another, creating long-lasting community bonds. Initially shy children developed confidence and leadership skills, even among participants who are nonverbal but highly communicative in their own ways.

# Program Highlights



## New Name, Same Vision

A mainstay program of the Guidance Center has been renamed! The Adolescent Outpatient Chemical Dependency Treatment Program, housed at the Leeds Place – Serving Young People in Westbury, will now be known as the **Co-Occurring Treatment Program for Chemical Dependency and Mental Health Services**.

Our work with co-occurring disorders has a long history, dating back to 1989 when the Guidance Center received a grant from the **New York State Office of Addiction Services and Supports (OASAS)**. This funding allowed us to open the first program in the state of New York to specifically treat adolescent mental health and substance use challenges. To this day, we are still the only organization in Nassau County that focuses on the treatment and prevention of substance use in adolescents.

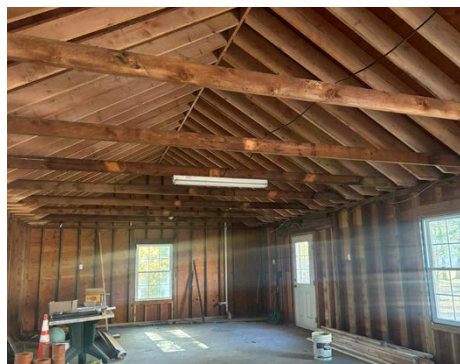
## Breaking Ground - New Art Studio Coming

We are thrilled to announce the upcoming launch of our brand-new art studio at the Roslyn Heights Headquarters in 2025!

This exciting space, converted from Johnny's Garage, will provide a creative respite where children and teens can explore new avenues of self-expression through art. From wilderness hikes to organic gardening, the Guidance Center continues to expand its range of therapeutic interventions, and this art studio will be the latest addition to our innovative, non-traditional approaches. Stay tuned for more updates as we bring this creative vision to life!



Work in progress!



**“Every client who is experiencing substance use has an underlying mental health issue,”** says Dr. Nellie Taylor-Walthrust, Director of the Co-Occurring Treatment Program. “The work our team does is very comprehensive; we know that treating the two diagnoses simultaneously results in significantly better outcomes. **We have been doing co-occurring work for years, and now the name of this program reflects that.**”

# Educational Trainings & Outreach

## The Guidance Center CARES



Dr. John Piacentini

We welcomed **Dr. John Piacentini, Director of the Center for Child Anxiety, Resilience, Education and Support (CARES) at the UCLA Semel Institute**, for an all-staff training on OCD in youth. This seminar explored the complexities of child OCD, anxiety, and tic disorders, offering in-depth guidance on how to recognize the signs, understand the underlying factors, and address these challenges in our work.

## Empowerment Conference



Paul Danilack and Denise Ingenito

Our clinicians attended the 30th annual Bi-County Empowerment Conference at the Huntington Hilton to share mental health resources with the community. Participants learned more about the services available to them and engaged in specialized training sessions on a range of topics, including veteran support services, Narcan administration, and trauma-informed treatment.

## Health & Wellness Fair



Marmeline Martin and Pascale Nerestant

Our clinicians attended the third annual Social-Emotional Learning Fair at Westbury High School on November 9, 2024! Families, students, community members, and staff participated in hands-on activities, workshops, and discussions focused on building essential SEL skills. The event showcased our commitment to promoting a supportive, inclusive environment where young people can grow both emotionally and socially. Thank you to everyone who made this event memorable.

## Meet the Teachers



Sharing resources

Hempstead's **Meet the Teacher Night** brought together parents and guardians across the district to connect with educators from all campuses. A Guidance Center intern, Gloria Gavilanese, shared valuable information about our mental health services, ensuring that every family knows where to find support.

## Mental Health March



Melissa Lalonde, Kathy Levinson, Jennifer DeSena, Steve Chassman

We were thrilled to join **Project HELP's Mental Health March** in Port Washington! The inspiring afternoon was filled with live music, uplifting speakers, and a strong community presence, all dedicated to raising mental health awareness. Students joined together to break the stigma surrounding mental health and learn how they can support one another through challenging times.



# Educational Trainings & Outreach

## Take Care of You Day

In celebration of Mental Health Awareness Month, Associate Executive Director Jennifer Rush attended Hempstead High School's Take Care of You Day! The afternoon offered children and families a range of enriching activities for both mind and body. Attendees also had the opportunity to connect with community partners who highlighted the importance of self-care and mental health awareness.



Jennifer Rush, Anjali Matthai, Tracey Williams

## Gone But Not Forgotten

Kiera Cohen, Director of Human Resources, attended the "Gone But Not Forgotten" Overdose Prevention and Awareness Conference at Adelphi University. Hosted by the Mental Health Association of Nassau County, the conference brought together experts and advocates through workshops, panel discussions, and keynote speeches, all united in the mission to end substance use and co-occurring chemical dependency and mental health disorders.



Kiera Cohen

## Fighting Against Bullying

Joseph Salamone, **Founder and Executive Director of the Long Island Coalition Against Bullying**, provided a fantastic presentation to all clinical and non-clinical staff on how to incorporate anti-bullying curriculum into our group work.

This training delved into the many facets of childhood bullying, providing our team with tools to recognize early warning signs and develop strategies to respond in a safe and confident manner. It also shed light on how bullying continues to evolve with

the advancement of new technologies, helping us stay ahead of emerging challenges. Thank you to Joseph and LICAB for this insightful look into the ever changing issue of bullying!

This training explored the many dimensions of childhood bullying, providing our team with valuable tools to recognize early warning signs and develop effective, confident strategies for responding.

### What is Bullying?

**Bullying is unwanted and aggressive behavior intended to cause harm that is repeated throughout the course of time that involves either a real or perceived imbalance of power.**

#### REPEATED

Unkind behavior that occurs more than once or establishes a history of targeted behavior

*"Exclusion, cliques, friend groups thinking they are better than others (popularity, intelligence, looks)."*

*"More manipulation and less obvious."*

*"Calling people names and making videos about them using their picture without their permission."*

*"People taking jokes too far and not admitting that they did anything wrong."*

#### INTENT TO CAUSE HARM

Intending to be demeaning, hurtful, or dehumanizing

*"Being left out of a friend's group or dropped. Talking badly behind someone's back."*

*"Judging others over stupid things."*

*"I feel like it goes on so much we just accept it and do not even notice how much it actually goes on."*

*"Getting embarrassing stuff said or posted about you on the internet or social media"*



Anti-bullying curriculum

An infographic with a colorful background of blue, green, yellow, and pink. The text reads: "Children who experience bullying are between 2 to 9 times more likely to consider suicide".

Children who experience bullying are between 2 to 9 times more likely to consider suicide

## A Safe Space for Mothers



Jennifer DeSena, Jennifer Rush, Alexis Siegel, Nellie Taylor-Walthrust, Sara Popofsky

We are thrilled to have opened our first lactation rooms at **The Leeds Place – Serving Young People and The Marks Family Right from the Start 0-3 + Center** to support the needs of all breastfeeding clients and staff members.

“Our lactation room provides access to a safe and welcoming space for nursing mothers to pump milk and breastfeed their baby,” says Dr. Nellie Taylor-Walthrust, Director of the Leeds Place. “This contributes to the bonding and well-being of both the child and mother, allowing her to care for the health of her baby without feeling shamed or judged.”

The lactation rooms were made possible in part from a wonderful partnership with the **Northwell Health Breastfeeding, Resiliency, Engagement and Empowerment (BFREE)** team. Our third lactation room will be completed by spring of 2025 at our Roslyn Heights Headquarters. “We are so excited to have partnered with the Guidance Center to support parents by creating a pleasant and private lactation-friendly space for their community and employees,” said Pamela Reichert-Anderson, Program Manager of the BFREE team. “By increasing awareness about the benefits of breastfeeding and chestfeeding, we hope to make communities a more accepting place for parents by normalizing human milk feeding.”

**Town of North Hempstead Supervisor Jennifer DeSena** attended the opening at the Leeds Place, showing her support for this important initiative. “Thanks to this innovative collaboration, a nursing mother can find privacy in a beautiful, quiet room while her family receives vital mental health or substance misuse counseling,” she said. “That’s possible because the Guidance Center and Northwell Health are dedicated to improving access and support for our families. Whether it’s diagnosing and treating maternal depression, supporting grandparents raising children, or assisting nursing mothers, the Guidance Center always leads the way.”

## Honoring a Legacy

The Guidance Center proudly unveiled a series of plaques celebrating our 70-year legacy, honoring the Board of Directors by decade and recognizing our grassroots origins.

Onlookers will notice the evolution of our logo over the years, with each version reflecting a different chapter in our history. Our current logo, depicting a winding path, represents our commitment to guiding children and families throughout their journey towards healing.

“So many members of the Board of Directors were true pioneers in understanding the need to support the work of professionals in treating children and their families dealing with mental health challenges,” says Nancy Lane, former Board President. “This acknowledgment of their dedication pays homage to their vision.”



## A Spook-tacular Celebration

Our Triage and Emergency Services team celebrated a not-so-scary Halloween by dressing up as the characters from Disney’s *Inside Out!* Clinicians transformed into Joy, Sadness, Disgust, and Anxiety, reminding clients to embrace every emotion as they move through life.



Hannah Ungarino, Francesca Carbone, Ashley Baierlein, Chris Storch

## Annual Meeting

Thank you to everyone who attended our Annual Meeting on June 11 at the Garden City Hotel! During the meeting, the Guidance Center presented the Community Advocate Award to **Splashes of Hope**; the Mental Health Champion Award to **Mutt-i-grees**; and the Community Partner Award to **PSEG Long Island**. The Circle of Excellence Awards were presented to staff members Monique Barragan, Shari Bushansky, and Yvonne Novy-Cutler.



Judge Andrea Phoenix swearing in Sean McCarthy



Michael Voltz, Kathy Voltz, Jeff Greenblatt



Michael Voltz, Jayne Vitale, Yvonne Novy-Cutler, Shari Bushansky, Monique Barragan, Lesley Logue, Brian Fiedler



Kathy Rivera, Lesley Logue, Brian Fiedler



Alexis Siegel, Troy Slade, Ruth Fortunoff Cooper, Jo-Ellen Hazan



Diana Zaferiou, Kathy Rivera, Jayne Vitale



Dena Papadopoulou, Dr. Simran Bagga, Ashley Wander, Gabriella Hernandez



Kathy Rivera, Judge Andrea Phoenix, Nellie Taylor-Walthrust



Lisa McCarthy, Carol Marcell, Kathy Rivera

## Sean McCarthy Joins Guidance Center Board



Sean McCarthy

The Guidance Center is pleased to announce that Sean McCarthy, Commissioner for the Port Washington Police District, has joined our Board of Directors.

McCarthy attended Queens College and joined the Nassau County police force in 1985, moving up through the ranks and retiring as Chief of Support Services in July 2018. He will serve a 3-year term.

“We feel incredibly fortunate to have Sean join our board,” said Alexis Siegel, President of the Guidance Center’s Board of Directors. “His dedication and passion for our mission will undoubtedly be a major asset as the Guidance Center continues to grow and advance in our work.”

McCarthy understands the current obstacles children and families face in these tumultuous times and would like to be part of the solution.

“I know how incredibly disorienting it can be for individuals with mental health needs and their families to navigate the different service providers and find the help they need,” says McCarthy. **“The Guidance Center’s ‘whole family’ approach is remarkably effective and efficient. This is not a solo journey; the Guidance Center is with its clients every step of the way.**”

# Celebrations

## Potluck Party

Staff gathered for an end-of-summer potluck, a beloved tradition within the Guidance Center family. Everyone showed off their cooking skills with a wide variety of homemade dishes and sweet treats. The cherry on top was a visit from Mr. Softee, making this year's celebration a sweet success!



Evelyn Turcios, Monique Barragan, Crystal Patino, Ricardo Castillo, Nellie Taylor-Walthrust, Jessica Santiago, Sudha Sarker, Stacey Illiano, Lexi Nicholson, Nicole Faringo



Nellie Taylor-Walthrust, Kathy Rivera, Jenn Rush



Monique Barragan, Lauren McGowan, Joselyn Alberto, Sudha Sarker

## More Ways to Give

The need for our services is greater than ever as we respond to the growing mental health crisis facing our children. Please consider offering your support in the following ways:

### \$10 on the 10th



No contribution is too big or small. You can support our work by donating \$10 on the 10th of each month. Visit our website today to sign up for your monthly gift which will bring a lasting impact.

### Champions for Charity



We are excited to announce that we will once again be a beneficiary of Americana Manhasset's Champions for Charity. On Thursday, December 5 to Saturday, December 7, more than 60 Americana Manhasset stores will donate 25% of full-price pre-tax purchases to nonprofit organizations, including the Guidance Center! For more info, visit [championsforcharity.org](http://championsforcharity.org).



Snap the QR Code to donate today!

### Here's how your dollars will be put to work:

- \$50** covers a crisis intervention
- \$85** covers one child's group therapy session
- \$125** covers one child's individual therapy session
- \$250** covers one child's emergency assessment for clinical services
- \$500** covers one child's individual therapy for one month
- \$1,000** covers an entire family to attend eight weeks of therapy.

# Community Acknowledgements

## Economic Opportunity Council's Spring Gala



Mary Margiotta, Dr. Sue Cohen, Jennifer Rush

We are proud to have been honored at **Manhasset/Great Neck EOC's Spring Gala!** The mission-driven event highlighted the importance of community-based care when promoting self-sufficiency, self-development and self-esteem in children and families.

## Good Neighbors



Jennifer DeSena, Kathy Rivera, Alexis Siegel, Nick Gabriel

The Guidance Center is a proud recipient of a **Greentree Good Neighbor Fund grant!** Thanks to this generous funding, we have been able to enhance our programs by integrating anti-bullying education into our group work. Through this initiative, we are giving children and adolescents the tools to combat and prevent bullying, cyberbullying, controlling behavior, and interpersonal violence.

The grant was given at a beautiful luncheon at the Whitney Greentree Estate. We are deeply grateful to the Greentree Foundation for their unwavering support in helping us create a safer future for our youth.

## Supplies for Success!



Free School Supplies for all clients at the Leeds Place

At the start of the school year, **Sid Jacobson Jewish Community Center** donated an array of school supplies to our clients at the **Leeds Place – Serving Young People** in Westbury. These much-needed supplies were available in our lobby for clients to take as needed, supporting them throughout the entire month of September. We extend our warmest thanks to Sid Jacobson JCC for their kindness and support of our students!

## Community Bag Partners



We were thrilled to be selected as **Stop & Shop's Community Bag Program Nonprofit Partner** yet again!

Throughout the month of August, we received a \$1 donation for every Community Bag purchased at the Greenvale Stop & Shop. Every dollar contributes to our efforts in providing quality mental health care to the children and families across Long Island. Thank you for your ongoing support of our mission!

## Dancing for Hope



Jacqueline Hembrey and Kathy Rivera



Young Dancers Strike a Pose!

We are so grateful to the talented dancers at **JDance Studios** for honoring the Guidance Center at their 7th Annual Dancing for Hope fundraiser! This talented group of children and teens put on an amazing performance in support of children's mental health, and we couldn't be more proud of their dedication to art and community.

## United Way



Theresa Regnante and Kathy Rivera

Thank you to **United Way of Long Island** for awarding the Guidance Center a generous grant to enhance our programming with Sesame Workshop resources. This funding has empowered us to incorporate the Sesame Street curriculum into the **Children's Center at Nassau County Family Court**, providing innovative support to vulnerable youth navigating the challenges often experienced by families in court.



# Community Acknowledgements

## Brightest Minds Plandome Woman's Club Donation



Volunteers drop off donations

Many thanks to **Brightest Minds**, a student-led, community-oriented tutoring organization for their generous gift of over 300 books! These books, selected for all reading levels and age groups, are being distributed to our clients at both The Leeds Place – Serving Young People and the **Children's Center at Nassau County Family Court**. With this generous donation, we are empowering our clients to grow, learn, and become the brightest minds of tomorrow.



Grant Recipients

The Guidance Center is so appreciative of the ongoing support of the **Plandome Woman's Club**, whose mission is to enrich the lives of children and their families through philanthropy and unifying events. Their generous donation allows us to continue our vital work in the Long Island community!

## Mindfulness Workshop



MTO guides Latina Girls Project participants

**MTO Shahmaghsoudi**, an international nonprofit dedicated to promoting spiritual and emotional wellness, facilitated a yoga class at The Leeds Place – Serving Young People in Westbury to assist our high-risk clients in calming their minds and finding peace within themselves. The session featured guided meditation, journaling, and breathing exercises, providing valuable tools for the girls to take with them after the session ended. Thank you MTO for donating your time to enrich the lives of our clients!

## National Grid Transforms the Guidance Center



National Grid & Guidance Center Staff at Right from the Start

The Guidance Center welcomed a team of National Grid volunteers to The Marks Family Right from the Start 0-3+ Center as part of the company's statewide day of service, known as Project C.

**For the third year in a row, National Grid volunteers dedicated their time to various projects throughout the Guidance Center, transforming storage rooms into beautiful, functional facilities that are now ready to serve the community.**

"We are so grateful for the amazing work of the National Grid volunteers," said Dr.

Sue Cohen, Director of Early Childhood and Psychological Services at the Right from the Start Center, where the Guidance Center serves its youngest clients and their families. "The group was enthusiastic in taking on every project that we suggested, no matter how big or small, and some that they identified on their own. Their efforts resulted in a brand-new group therapy room, which will be put to immediate use with our fall programs, and a calming lactation room that was transformed from an old file space. This tranquil setting is now ready for postpartum clients and staff members alike."

When materials for the Sensory Room, a major initiative occurring at the Guidance Center, didn't arrive in time for the Day of Service, National Grid generously arranged for a second team of volunteers to return the following Friday to assemble the wide range of sensory equipment.

"The most exciting space in the building is our innovative Sensory Room, designed to help our young clients and their families learn to regulate their sensory and emotional experiences in a comfortable

and fun setting," continued Dr. Cohen. "National Grid volunteers went above and beyond to perfect the space and set up the state-of-the-art equipment for our use. We are so grateful for all of their hard work and continued support of our mission."

"We are proud to support the communities where we live and work," said Brian Sapp, Regional Director of External Affairs at National Grid. "Giving back is important to us, and it's extremely rewarding to see the impact we can make. Volunteering at North Shore Child & Family Guidance Center was rewarding and we are proud to have the opportunity to contribute by offering our resources and support. Nonprofits like the Guidance Center play a crucial role in improving the lives of young people on Long Island, and we're honored to work alongside them."

*If your company would like to discuss opportunities to volunteer at the Guidance Center or support our mission in other ways, contact Lauren McGowan at [LMcGowan@northshorechildguidance.org](mailto:LMcGowan@northshorechildguidance.org).*

# In the News & Social Media

*Our fundraisers were big news, along with informational and inspiring stories on the mental health and wellbeing of children and families.*



John G and Monique Barragan

Bilingual Clinical Supervisor Monique Barragan shared the Guidance Center's mission on Long Island En Vivo, the premiere Spanish-language radio show in Nassau County! She spoke with host John G about the Latina Girls Project, stigma in the community, and the importance of making mental health services accessible to all.



Our monthly Parenting Plus column addressed an array of challenges facing parents today, such as school refusal and helping children feel safe at school, with a variety of clinicians weighing in on important topics.



Dr. Sue Cohen discussed the impact of young children falling developmentally behind due to the pandemic, sharing tips for parents on supporting their children in this Newsday article.

Kathy Rivera shared insight on the ongoing mental health crisis among Long Island children and adolescents in the Newsday story "Mental health among nation's teens takes upward turn, but challenges remain."

A Newsday story highlighting the negative effects that students of color experience

when faced with racism at school cited Clinical Supervisor Sudha Sarker. Sarker spoke to the heightened risk of substance use, behavioral issues, worsening grades, and mental distress that these young students experience.



Keep an eye out for our new ad campaign in all Schneps Media newspapers! These full-pagers highlight a different Guidance Center program each month, allowing us to share information about our vital services and upcoming events with a wider audience.

**NORTH SHORE CHILD & FAMILY GUIDANCE CENTER**  
September is National Suicide Prevention Month

**DOUGLAS S. FELDMAN SUICIDE PREVENTION PROJECT**

- Thorough **assessment for suicide risk**
- Weekly **individual, group, and family therapy** sessions
- Individualized, **culturally sensitive programming**

You are not alone. Our clinical experts are here to guide you through this challenging time.

For more information or to schedule an appointment, call (516) 626-1971 or visit [www.northshorechildguidance.org](http://www.northshorechildguidance.org)

NSFCGC Ads placed in all Schneps Media newspapers!

**HOPE AND HEALING GALA**  
Supporting Mental Health for Children & Families

HONORING DR. RAMIN RAK  
NEUROSURGEON AT NSPC BRAIN & SPINE SURGERY; FOUNDER/CEO OF IMIND® BRAIN FOOD

**WEDNESDAY, NOVEMBER 13, 2024**  
6:00 - 9:00PM

**NORTH HEMPSTEAD COUNTRY CLUB**  
291 PORT WASHINGTON BLVD  
PORT WASHINGTON, NY 11050



Kathy Rivera was featured in the special section, "Long Island Business Leaders: Most Dynamic Women 2024," where her accomplishments and work as the Guidance Center's Executive Director/CEO were highlighted!

The publication also featured our annual golf outing and lactation room ribbon cutting in the "On Our Island" section.



Our "Ask the Guidance Center Experts" column invites readers to write in with their parenting queries. We tackled issues ranging from climate fears to healthy technology habits. Blank Slate also covered a variety of our major events, such as our golf outing and lactation room ribbon cutting!

## LONG ISLAND PRESS

This outlet spotlighted the lactation room grand opening at the Leeds Place - Serving Young People and the National Grid Day of Service projects at Right from the Start!

## Social Media



Our social media is where we share the latest updates, program news, and tips for emotional well-being. Join our community on Instagram, Facebook, LinkedIn, and X to get connected and spread the word about our mission!

## Blog



Our blog offers further insights and deep dives into the world of mental health! We cover topics such as strengthening relationships, keeping kids safe, and empowering youth. Are you interested in being a guest blogger on our site? Reach out to [communications@northshorechildguidance.org](mailto:communications@northshorechildguidance.org) to share your ideas!

# In Honor, In Memory or to Celebrate

Gifts to NSC&FGC can be made to honor or remember a loved one, a friend or to commemorate a special occasion. Make your donation online at [www.northshorechildguidance.org](http://www.northshorechildguidance.org) or by mail to the Development Department, NSC&FGC, 480 Old Westbury Road, Roslyn Heights, NY 11577 or call (516) 626-1971 x-337 for more information. Don't forget to include your name and address and the name and address of the individual for whom you are making the donation.



## In Honor Of

**Ruth Fortunoff Cooper** – Jennifer Gross

**Lila and Max Kirschenbaum** – Renée Rimsky

**Nancy Lane** – Anne DePietro; Ila and John Gross

**Nancy and Lew Lane** – Amy and John Beyer

**Andrew Marcell** – Susan and Greg Hendrick

**Dr. Ramin Rak** – Diane Biolsi; Friends Academy; Arlene and Richard Sirlin; Todd Williams

**Alexis Siegel** – Amy and Eric Rosenberg; Amanda and Chad Stone

**John Zenir** – Elaine Miller

## In Memory of

**George S. Benjamin** – Linda and Mark Ugenti

**Douglas S. Feldman** – Rosanne and Samuel Spear

**John Christopher Ferrari** – Jo-Ellen and Ira Hazan; Andrea and Michael Leeds

**Marilyn Gerlach** – Deborah Klein

**Irwin Klein** – Nancy and Lew Lane

**Andrew Malekoff** – Amy and Daniel Cantor; Judith Cohart; Amy Gelb; Jo-Ellen and Ira Hazan; Casye Launer; Andrea and Michael Leeds; Nicole Naggar; Dena Papadopoulos

**Michael Andrew Mondello** – Andrea and Michael Leeds

**Paul Montagne** – Linda and Mark Ugenti

**Theresa Ramerini** – Esther Greene

**Marianne Russo** – Linda and Mark Ugenti

## Grants

**The Bahnik Foundation** - \$5,000 for General Support

**Community Chest of Port Washington** - \$10,000 for General Support

**Diane Goldberg Foundation** - \$25,000 for Maternal Health & Wellness

**Greentree Foundation "Good Neighbor" Fund** - \$7,500 for Anti-Bullying Groups

**John and Janet Kornreich Charitable Foundation** - \$44,144 for the RFTS Sensory Room

**John and Janet Kornreich Charitable Foundation** - \$16,000 for the Latina Girls Project

**The Kupferberg Foundation** - \$50,000 for General Support

**The Jack and Dorothy Kupferberg Family Foundation** - \$25,000 for General Support

**Fay J. Lindner Foundation** - \$75,000 for Triage and Emergency Services

**Manhasset Community Fund** - \$3,000 for General Support

**Nancy & Edwin Marks Family Foundation** - \$50,000 for Maternal Health & Wellness

**MJS Foundation** - \$50,000 for General Support

**Plandome Woman's Club** - \$3,000 for General Support

**United Way Children's Mental Health Initiative** - \$2,500 for the Sesame Workshop Curriculum

**United Way Community Impact Grant** - \$5,000 for Drug & Alcohol Prevention Outreach



Non-Profit Organization  
US Postage Paid  
Permit No. 271  
Roslyn Heights, NY  
11577-2215

480 Old Westbury Road  
Roslyn Heights, NY 11577-2215  
tel: (516) 626-1971  
fax: (516) 626-8043  
www.northshorechildguidance.org



# SAVE THE DATE

# SPRING APRIL 24 2025

# LUNCHEON

SPECIAL GUEST KATIE FOGARTY  
CAREER COACH & PODCAST HOST