



February

NEWSLETTER



Welcome to The FOTM February 2026 Newsletter!



February arrives with a unique blend of reflection, connection, and care. As we step into Black History Month, we honor the legacies, achievements, and ongoing contributions of Black leaders, creators, and communities whose impact continues to shape our world. It's a time to learn, uplift, and celebrate stories that deserve to be centered not just this month, but all year long.

This season also brings Valentine's Day, a reminder that love shows up in many forms. Whether you're

celebrating with others or carving out space for yourself, February invites us to nurture the relationships that sustain us.

And in the heart of winter, when days are shorter, and routines can feel heavier, tending to our mental well-being becomes especially important. Checking in with ourselves, seeking support when needed, and embracing small moments of rest can make this season feel a little lighter.

Together, these themes create a month rooted in remembrance, connection, and care. We're excited to share resources, stories, and opportunities that reflect all three.

Celebrating Black History Month

February invites us to pause, honor, and celebrate the profound legacy of Black History Month. This month is a dedicated space to recognize the achievements, resilience, and cultural contributions of Black individuals whose impact continues to shape our communities, our institutions, and our shared future.

Black history is not confined to the past—it lives in the innovators, educators, artists, leaders, and everyday changemakers who continue to push boundaries and inspire progress. It's a reminder that the pursuit of equity and justice is ongoing, and that each of us plays a role in carrying that work forward.

Throughout the month, we encourage reflection, learning, and engagement. Explore stories that may be new to you, revisit the voices that have guided generations, and uplift the people and organizations advancing meaningful change today. Whether through conversation, education, or community involvement, every action contributes to a richer, more inclusive understanding of our collective history.

Black History Month is both a celebration and a call to continue building a world where every story is valued and every contribution is recognized.



Happy Valentine's Day

Valentine's Day brings a welcome moment to slow

down and appreciate the connections that add meaning to our lives.

While it's often associated with romantic love, this day is just as much about celebrating friendship, gratitude, and the simple joy of being cared for and caring for others.

It's a reminder that love shows up in many forms—through kind words, shared laughter, acts of service, or simply being present for someone who needs it. Whether you're marking the day with a partner, spending time with family and friends, or choosing to focus on self-care, Valentine's Day invites us to nurture the relationships that sustain us.

This month, consider reaching out to someone who has made a difference in your life, offering yourself a moment of compassion, or finding small ways to spread warmth in your community. Love doesn't have to be grand to be meaningful; often, it's the quiet gestures that resonate the most.

HAPPY Valentine's Day

Wishing you a Valentine's Day filled with love, happiness, and treasured memories.



Prioritizing Mental Health During Valentine's Day

Valentine's Day often brings a spotlight to love and connection, but it can also stir up a mix of emotions—joy, pressure, loneliness, or even stress. This makes February an important moment to pair the celebration of love with a reminder to care

VALENTINE'S DAY & MENTAL HEALTH

@reallygreatsite

for our mental well-being.

Love isn't limited to romantic relationships. It includes the compassion we show ourselves, the support we offer friends and family, and the small acts of kindness that brighten someone's day. Prioritizing mental health can mean setting boundaries, taking time to rest, reaching out for support, or simply acknowledging how you're feeling without judgment.

Whether you're celebrating with others or focusing on self-care, Valentine's Day is an opportunity to practice gentleness—with yourself and with the people

around you. This month, consider embracing connection in whatever form feels right and nurturing your emotional well-being along the way.

[Mental Health Resource](#)

Immigration Resources

WHAT TO DO IF ICE APPROACHES YOU

Children's Network
A united voice for the children of Solano County



DON'T OPEN THE DOOR.

Running can make things worse, so take deep breaths and stay calm. ICE cannot enter your home without a judge-signed warrant with your name and address. Ask them to slide it under the door instead of opening it. Do not sign anything.



REMAIN SILENT.

Claim your right to remain silent. Say, "I do not consent to entry." "I choose to remain silent." "I want to speak to a lawyer."



SHOW YOUR RED CARD.

The Red Card is a small, wallet-sized card that explains your legal rights. Hold your Red Card up to a window or glass door. Need one? Contact Children's Network of Solano County to pick up free copies or download one, available in multiple languages, at ilrc.org/red-cards



RECORD WHAT YOU SEE.

If it's safe, write down badge numbers, names, agency, license plates, date, time, location, and exactly what happened.



CALL A TRUSTWORTHY LAWYER.

As soon as it's safe, contact your immigration lawyer or a trusted legal aid group. You have the right to fight your case. Don't give up. Stay strong and get support. Also, let your family, community leaders, or local immigrant support groups know what happened to help protect others and activate local support networks.

Find printable Red Cards, family preparedness tips, legal resources, and more at: www.childnet.org/immigration-resources

Children's
Network

WHAT ABOUT

Even if a child isn't directly affected by immigration, the topic can cause more anxiety than you might expect.

START THE CONVERSATION

Begin by asking: "What do you know about immigration?" Listen to what they say. If they say "I don't know," ask them to imagine what it would be like if they did know.

|| "ICE is a government agency that enforces immigration laws. Some people are scared of them because they think they're going to take people moving to the United States away from their families."

AGES 3-6

|| "Some families are moving to the United States because of where they live. I'm safe, and I'm here to stay."

- Keep it simple and honest.
- Provide extra hugs and routines.

AGES 7-11

|| "Some families are moving to the United States because of how things are in their country. The kids are getting healthy food and education."

- Be honest without being overwhelming.

WHAT NOT TO SAY

- "Don't worry about it. You're safe."
- "That won't happen."
- "It's not your fault."
- "It's not your problem."
- "It's not your fault."

Plan for emergencies: www.ready.gov



FOTM

Families On The Move of New York City, Inc. (FOTM)

Yesterday, Today, Tomorrow...Families On The Move.

Honoring History, Embracing Love, Supporting Each Other

As February unfolds, we are reminded that this month carries a deep spirit of reflection, love, and resilience. Black History Month invites us to honor the trailblazers whose courage, brilliance, and determination continue to shape our communities and our future. Their stories

remind us that progress is built not only on triumph but on perseverance, unity, and the belief that every voice matters.

At the same time, Valentine's Day offers an opportunity to celebrate love in all its forms—love for others, love for our work, and just as importantly, love for ourselves. Whether you are surrounded by family, sharing joy with friends, or simply taking a quiet moment for personal reflection, remember that affection begins with compassion toward yourself.

This month may also bring challenges for many, especially those navigating uncertainty related to immigration or the broader climate around ICE-related issues. If you or someone you know is carrying that weight, please know this: you are not alone. Your feelings are valid, your well-being matters, and support is available. Reaching out—whether to a colleague, trusted community member, or professional resource—is an act of strength, not burden.

As we move forward together, let February be a reminder that hope grows strongest when we nurture it collectively. Let us continue to uplift each other, celebrate our shared humanity, and create spaces—big or small—where everyone feels seen, valued, and supported.

Wishing you peace, courage, and connection throughout the month ahead

Kind regards,
Families On The Move of New York City, Inc.



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