



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



## Welcome to the FOTM April Newsletter



Welcome to our April newsletter! As spring settles in, this month brings a fresh sense of energy, growth, and opportunity. April is a time for renewal—and we're excited to share updates, highlights, and resources designed to keep you informed and inspired in the weeks ahead.

---

## **Celebrate Earth Day on April 22nd!**

April 22, 2026 marks the 56th anniversary of Earth Day, a global reminder that small, thoughtful actions can create meaningful change. Earth Day invites us to reflect on how our everyday choices—from the way we use energy to how we reduce waste—impact the world around us.



This year, we're encouraging everyone to take one sustainable step, big or small. Whether it's conserving resources, supporting eco-friendly initiatives, learning more about environmental stewardship, or simply spending time appreciating nature, every effort contributes to a healthier planet.

Together, let's continue building habits that protect our environment today and preserve it for future generations.



---

## **World Autism Awareness Month**

April is World Autism Awareness Month, a time to recognize, understand, and celebrate the diverse experiences of

individuals on the autism spectrum. Autism is a lifelong developmental difference that affects how people communicate, learn, and interact with the world—and no two individuals experience autism in the same way.

This month encourages not only awareness, but also acceptance and inclusion. By learning more about autism and embracing neurodiversity, we help create environments where everyone feels valued, supported, and empowered to thrive.

Whether through listening, learning, using inclusive language, or supporting accessibility initiatives, each of us plays a role in fostering understanding and respect. Together, let's continue to build a community where differences are

recognized as strengths.

Autism Awareness Resources

## FOTM In The Community

### Families Together in New York State — Family Empowerment Day

On March 30, families and advocates from across New York State came together for Family Empowerment Day, hosted by Families Together in New York State. This meaningful day

brought families and community advocates to the New York State Capitol to meet directly with legislators and share their voices.

Participants advocated for stronger policies and sustained funding for behavioral and mental health services across New York, highlighting the real-life impact these services have on children, youth, and families. Through personal stories and collective advocacy, families helped elevate the importance of accessible, equitable, and high-quality mental health support statewide.

Family Empowerment Day is a powerful reminder that informed, engaged families play a critical role in shaping policies and systems.

Thank you to FOTM Advocates Carmen Cruz and Carlton Banks for attending.



**FOTM Astor  
Campus - St.  
Patrick's Day  
Painting  
Workshop**

FOTM Advocates,



## ST. PATRICK'S DAY PAINTING WORKSHOP



Carmen Cruz and Ruffy Tavarez Pena, celebrated St. Patrick's Day with a festive and engaging painting workshop designed to inspire creativity and self-expression. Families and youth were invited to create artwork inspired by traditional St. Patrick's Day symbols, including shamrocks, rainbows, and leprechauns, resulting in a colorful

and imaginative collection of pieces.

The workshop provided a relaxing and supportive environment where families and youth could explore their artistic skills while enjoying a fun, hands-on activity. In addition to encouraging creativity, the event also promoted cultural awareness, allowing families and youth to learn about and celebrate the themes and traditions associated with St. Patrick's Day.

Overall, the workshop was a joyful experience that fostered artistic expression, cultural appreciation, and community connection.

As we wrap up this month, let's carry forward the spirit of awareness, inclusion, and growth that April has brought us. Thank you for staying connected with us and for being an integral part of our journey. We look forward to sharing more updates, insights, and opportunities with you in the months ahead. Until next time, take care and keep making a difference!



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

