



FOTM

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

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



Welcome to The FOTM July Newsletter!



As summer reaches its peak, we're excited to share another month of updates, opportunities, and community highlights with you.

This season is all about connection, growth, and making the most of the longer days—and we have plenty in store to keep you engaged and informed.

In this issue, you'll find important announcements, upcoming events, and resources designed to support and inspire you. Whether you're joining us for outreach activities, exploring new programs, or simply staying connected, we're glad you're here. Let's make July a month of impact, positivity, and continued progress—together!

A Historic July 4th: Celebrating 250 Years of America

This July 4th marks a monumental milestone as the United States celebrates 250 years of independence.

Known as the Semiquincentennial, this historic anniversary honors the birth of the nation in 1776 and commemorates the enduring values of freedom, resilience, and unity.

Across the country, communities are coming together with parades, cultural events, and reflections on the journey that has shaped America over the past two and a half centuries. It is a time not only to celebrate but also to honor the diverse voices, contributions, and experiences that continue to define and strengthen our nation.

As we enjoy fireworks and festivities, let us also take a moment to reflect on our shared history, celebrate progress, and look forward to a future rooted in opportunity, inclusion, and hope for generations to come.



Bebe Moore Campbell National Minority Mental Health Awareness Month

July is recognized as Bebe Moore Campbell National Minority Mental Health Awareness Month—a time dedicated to



July is Bebe Moore Campbell Minority Mental Health Awareness Month

Explore Mental Health America's
2026 BIPOC Mental Health Toolkit:

mhanational.org/july

raising awareness about the unique mental health challenges faced by underserved and underrepresented communities. This observance honors author and advocate Bebe Moore Campbell, who worked tirelessly to bring attention to the importance of mental wellness in minority populations and to break down stigma surrounding mental health care.

Throughout the month, we are reminded of the importance of equity in access to mental health resources, culturally

responsive care, and open conversations that foster understanding and support. It's an opportunity for all of us to educate ourselves, check in with one another, and promote environments where mental well-being is prioritized and supported for everyone.

Together, we can help reduce stigma, encourage help-seeking, and build stronger, healthier communities

[About Bebe Moore Campbell](#)

International Self-Care Day - July 24

On July 24, we recognize International Self-Care Day, a global reminder of the importance of prioritizing our health and well-being—every

day, all year long. Centered around the idea of “24/7” care, this day encourages individuals to take simple, meaningful steps to nurture their physical, emotional, and mental health.

Whether it’s taking time to rest, connecting with loved ones, setting healthy boundaries, or practicing mindfulness, self-care looks different for everyone—and every effort matters. At FOTM, we understand that caring for ourselves strengthens our ability to care for others, building healthier families and stronger communities.

Let July 24 be an opportunity to pause, reset, and recommit to your well-being. You deserve it.



FOTM In The Community



Together We Thrive: Mental Health Awareness Month Fair

On Friday, May 29, 2026, the Coordinated Children’s Services Initiative (CCSI) hosted the Together We Thrive Mental Health

Awareness Month Fair, bringing community members together for a day focused on connection, education, and wellness. Families On The Move (FOTM) was proudly represented by Coordinators Carlton Banks, Carmen Cruz, Kiely Colon, and Sandra Staggers, alongside dedicated Youth Advocates Ruffy Tavarez-Pena, Honesty Woods, and Fatoumata Diallo.

The event provided an engaging space for participants to access valuable mental health resources, participate in interactive activities, and connect with community partners committed to supporting youth and families. FOTM staff and

youth advocates played an active role in outreach efforts, sharing information, promoting awareness, and encouraging open conversations around mental well-being.

Events like this highlight the importance of collaboration and community-driven support. Together, we continue to foster environments where individuals and families feel empowered, supported, and inspired to thrive.

Love on the Block: Building Community & Promoting Healing

On June 6, 2026, W.A.R.M. (We All Really Matter) hosted the 6th Annual “Love on the Block” community-driven block party. This free, family-friendly

celebration brought neighbors together for a powerful day of connection, featuring food, games, live gospel music, and access to vital local resources focused on community healing and domestic violence prevention.

Families On The Move (FOTM) proudly participated in this impactful event, represented by Coordinators Joseph Spicer and Kiely Colon, along with Youth Advocates Shasmecka Hyles and Fatoumata Diallo. Throughout the day, FOTM staff engaged with community members, shared supportive resources, and helped foster meaningful conversations centered on safety, healing, and well-being.

[About W.A.R.M](#)



2026 FOTM Staff Appreciation Luncheon

**FOTM Staff
Appreciation
Day 2026**



On June 26, 2026, FOTM proudly celebrated our incredible team at Staff Appreciation Day, held at Lucky Strike at Chelsea Piers. The event was a vibrant and well-deserved opportunity to recognize the dedication, passion, and impact of our staff across all programs

and boroughs.

A highlight of the celebration was honoring team members who reached milestone anniversaries, recognizing their years of commitment and continued contributions to our mission. We also took time to celebrate staff who have consistently gone above and beyond—demonstrating excellence, teamwork, and an unwavering commitment to supporting our communities.

From laughter over friendly bowling matches to shared moments of appreciation and connection, the day was filled with energy, gratitude, and camaraderie. FOTM extends heartfelt thanks to every staff member for the essential role you play in making our work meaningful and impactful every day.





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JUST THE BASICS

ADVOCATE TRAINING

Empowering
Advocates.
Strengthening
Families.
Building
Communities.

Developed by Family and Youth Advocates,
FOTM's **Just The Basics** provides current and future Advocates with information on the roles and responsibilities of being an advocate, how to develop and facilitate group and educational workshops, and behavioral health systems navigation.
Manuals and resources are provided.

YOU WILL LEARN:



ROLES & RESPONSIBILITIES
Understand the role of an advocate and key responsibilities.



GROUP & WORKSHOP FACILITATION
Learn how to develop and facilitate engaging groups and educational workshops.



BEHAVIORAL HEALTH SYSTEMS NAVIGATION
Build knowledge and skills to navigate behavioral health resources and systems.



CERTIFICATES PROVIDED UPON COMPLETION
Receive a certificate recognizing your achievement and commitment.



BECOME A POWERFUL VOICE FOR CHANGE.
Join us and make an impact in your community!

TRAINING DETAILS

 **WEDNESDAY, AUGUST 5 – FRIDAY, AUGUST 7, 2026**

 **9:30AM – 4:30PM**

 **VIRTUAL TRAINING VIA ZOOM**
Zoom link provided upon registration.

 **TRAINING FEE: \$300**

TO REGISTER CONTACT:
Simone Richards
Director of Training & Workforce Development
347-695-7868
training@fotmny.org

REGISTRATION DEADLINE:
 **FRIDAY, JULY 31, 2026**

VISIT OUR WEBSITE
www.fotmny.org
 **CALL US**
347-695-7868
 **EMAIL US**
training@fotmny.org

Just the Basics Advocate Training

FOTM is proud to host Just the Basics Advocate Training, a dynamic and engaging opportunity designed to equip current and future advocates with the essential tools needed to support individuals and families effectively.

Developed by Family and Youth Advocates, this comprehensive training provides valuable insight into the roles and responsibilities of advocacy, while building practical skills in group facilitation and behavioral health systems navigation.

Participants will gain hands-on knowledge on how to educate, empower, support, and guide families through complex systems, while also strengthening their confidence as advocates for change.

The training includes interactive learning experiences, resource materials, and a certificate upon completion to recognize participants' commitment and growth.

Join us virtually from August 5–7, 2026, 9:30 AM – 4:30 PM, and take the next step in becoming a powerful voice in your community.

To Register or for More Information Contact:

Simone Richards - Director of Training & Workforce Development

Email: training@fotmnyc.org

Phone: 347-695-7868



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As we close out this month, we extend our sincere gratitude to our FOTM community for your continued dedication, compassion, and commitment to uplifting families across our city

From celebrating milestones and community events to deepening our knowledge through training and self-care, each effort contributes to building stronger, more connected communities. Let's carry this momentum forward into the months ahead—continuing to support, empower, and thrive together.

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



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