



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



MONTHLY MEMO | FEBRUARY 2025



JOIN US FOR A **FREE** FUN-FILLED EVENT!

Family FUN Night

When: Saturday, February 8th

Where: New Paltz Middle School

What: **FREE** Snacks, Refreshments,
Basketball & More starting at 6:00PM.

FREE Movie and **FREE** Popcorn at 7:00PM

Cozy up with family, friends and neighbors
to experience E.T.- the original 1982
American science fiction film produced and
directed by Steven Spielberg (rated PG)

Please Note: This is not a drop-off event

(see more **FREE** events on page 2)



Stakeholder Meeting Update

THE DISCUSSION AND BRAINSTORMING CONTINUES...

Public servants, and community and faith leaders continue to meet and share ideas including bringing information, resources and FUN to marginalized communities with a springtime event designed to learn, acknowledge and serve specific needs, foster connections and offer support and get communities together for an opportunity to share challenges, get complex needs met and get to know their neighbors. Stay tuned!



More FUN & FREE Community Events...

¡Nueva programación para 2025!

Karaoke Cafe

22 de febrero y 22 de marzo
7:00pm - 9:00pm

en el Centro Comunitario de New Paltz
con DJ Jay Smooth

CAFÉ, TÉ, BEBIDAS SIN ALCOHOL, POSTRES Y BOCADILLOS GRATIS.

ESTE EVENTO COMUNITARIO GRATUITO ESTÁ ABIERTO A TODOS.

PRESENTADO POR: LA OFICINA PARA EL BIENESTAR DE LA COMUNIDAD
Y EL DEPARTAMENTO DE PARQUES Y RECREACIÓN DE
LA CIUDAD DE NEW PALTZ.



New programming for 2025!

Karaoke Cafe

February 22nd & March 22nd
7:00pm - 9:00pm

at the New Paltz Community Center
with DJ Jay Smooth

WITH FREE COFFEE, TEA, ALCOHOL-FREE BEVERAGES, DESSERTS, AND SNACKS.

THIS FREE COMMUNITY PROGRAM IS OPEN TO ALL.

BROUGHT TO YOU BY: THE OFFICE FOR COMMUNITY WELLNESS AND
PARKS & RECREATION DEPARTMENT
TOWN OF NEW PALTZ.



WHAT'S MORE FUN THAN SINGING YOUR HEART OUT WITH
FRIENDS AND NEIGHBORS?

PERHAPS
WATCHING AND LISTENING TO YOUR
FRIENDS AND NEIGHBORS SINGING THEIR HEARTS OUT?

WHATEVER YOUR PREFERENCE...

**JOIN US
FOR 2 FREE KARAOKE EVENTS!**

ONE IN FEBRUARY & ONE IN MARCH
BOTH ON THE 22ND



February is Teen Dating Violence Awareness Month



Click the images above and below for valuable information about teen dating violence & how you can help yourself and others

RELATIONSHIPS 101



What Is Dating Abuse?

What does "dating abuse" mean and who does it affect?



What Does "Dating Abuse" Look Like?

How can you identify dating abuse? What are the warning signs?



What Do Healthy Relationships Look Like?

What are the characteristics of a healthy relationship? How can you have one?

GET HELP



For Yourself

Learn what you can do, what resources are available and what your rights are if you think you are being abused.



For a Friend

Learn how you can support a friend if you think they are being abused or if you think they are abusing their partner.



For the Teen In Your Life

Learn what to do if you think the teen in your life is being abused.

Did you know that one in three adolescents experience some form of dating abuse before age 18?

Discover the warning signs so you can make a difference in your community!

If you or someone you know is experiencing abuse, contact the

NYS Domestic and Sexual Violence Hotline

Advocates are standing by 24/7

Call 800-942-6906 or text 844-997-2121

Get Involved Today

HAVE QUESTIONS ABOUT HOW YOU CAN
MAKE A DIFFERENCE?

Click [HERE](#) to learn about



LET'S CHAT!
(845) 275-5413

WE ABSOLUTELY LOVE WORKING WITH COMMUNITY!

Thriving Together is coordinated through the Town of New Paltz's
Office for Community Wellness.

It is a multifaceted initiative that has evolved
into a community collective comprised of individual community partners
representing local parents, youth, businesses, community-based
organizations, local governments, service providers, the New Paltz School
District, SUNY New Paltz, faith organizations, and more!

BE THE CHANGE



Where there is
care there is hope

Community well-being is the
combination of social, economic,
environmental, cultural, and political
conditions identified by individuals and
their communities as essential for them
to flourish and fulfill their potential.



If you or someone you know is
struggling with mental health or
substance issues

CLICK HERE FOR LOCAL RESOURCES

For mental health related emergencies contact:

- Mobile Mental Health at 844-277-4820
- Family of Woodstock Helpline: 845-679-2485
- Dial 911, or
- Visit your nearest emergency room



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INSTANT
UNLOAD

[CLICK HERE TO SIGN UP & RECEIVE WELLNESS MATTERS!](#)