



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



September 10th is World Suicide Prevention Day...

*What can you, your community,
your organizations, or your
government do?*

Check in with loved ones

*Organize events  Provide funding
Train & educate*

**For
INDIVIDUALS**

**For
COMMUNITIES**

**For
ORGANISATIONS**

**For
GOVERNMENTS**

*click the boxes above
for much more...*

Let's create spaces that honor each person's unique journey with suicide awareness and prevention and support one another along the way.

Check in with loved ones

Taking time to reach out to someone in your community, a family member, friend, colleague or even a stranger – could change the course of another's life...

Organize events

Organize awareness-raising events such as seminars, workshops, webinars, or a community walk to educate people about mental health, signs of suicidal ideation, and supporting those in need. You could also organize...

Funding and resources

Allocate funding for mental health services, research, and prevention programs. Ensure that suicide prevention and mental health care are integrated into...

Training and education

Facilitate access to workshops or training sessions for employees to recognise the signs of suicidal thoughts and mental health issues and seek help. For mental health first aid and suicide prevention support, there may be...

hope

Click on each topic for more

September is...

NATIONAL Recovery MONTH





JOIN US FOR A DAY OF TRUE COMMUNITY



All are welcome!

Be in the know

-  nptrivingtogether.org
for events & local resources
-  988 crisis hotline

DON'T MISS OUT!

What: 8th Annual Recovery Fest
When: Sunday, September 21st
Where: Field of Dreams,
241 Libertyville Road
New Paltz, NY

On Sunday, September 21st, the OCW, with the help of many local partners, bring you our 8th Annual Recovery Fest

This is one of our most well-attended events, uniting the community to celebrate hope and recovery, support one another, and honor those we've tragically lost.

One life lost to substance misuse is one life too many

This is a **FREE, no cost event**, offering BBQ, children's activities, resources, music, speakers in recovery, and much, much more.

What is Recovery Month?

A Celebration:

It's a time to celebrate the progress of individuals on their recovery journey from substance use disorders and other mental health conditions.

A Promotion of Hope:

It highlights that recovery is possible and encourages people to seek help.

An Awareness Campaign:

It educates the public about mental health and substance use disorders as illnesses and promotes evidence-based treatment and recovery practices.

A Call to Action:

It encourages community support for people in recovery, their families, and the professionals who serve them.

How can you support Recovery Month?

click anywhere on the box for much more...

FREE
September Events for
ALL Ages!

The New Paltz Community is
Thriving Together
click here to learn more



68th ANNUAL LIBRARY FAIR
SATURDAY, SEPTEMBER 27th • 9 AM - 4 PM

EARLY BIRD FOR BOOKS • 8 AM/\$10
 HUGE BOOK SALE • DVD, LP, & CD SALE
 LIVE MUSIC • KIDS' ACTIVITIES • FOOD
 TOY/JEWELRY/PLANT SALES
 RAFFLE & SILENT AUCTION
SUNDAY, SEPTEMBER 28th • 10 AM - 3 PM • MORE BOOKS AND TOYS!

LEGENDARY RAFFLE
 1st Prize: Mohonk Two-Night Stay for 2
 OVER 100 PRIZES • WINNERS NEED NOT BE PRESENT

LEARN MORE AT WWW.ELTINGLIBRARY.ORG/FAIR



CARTOGRAPHY OF COPING
ZINE-MAKING WORKSHOPS
 WITH FELT TIP FEELINGS & UNITED WE OM

FOR TEENS

WEDNESDAY, SEPTEMBER 24
 5:30-6:30 P.M.

MY ZINE *FeltTipFeelings United We Om*

This workshop led by Dana Variano is a free and safe space for teens to explore anxiety and mental health coping skills through the use of zines, markers, stamps, and more. We'll work together to create fictional geographic maps of our favorite coping places - like Journal Cove, Fidget Falls, or Seltzer Lake - and use a variety of art supplies to decorate them.

From hand-drawn zine templates to hand-carved stamps to hand-picked locations, 6th to 12th graders are invited to express their creativity through emotional mapping.

LEARN MORE BY SCANNING THE QR CODE OR BY GOING TO: eltinglibrary.libcal.com
 Questions? Contact our Teen Coordinator Deborah Engel-DiMauro at dengel-dimauro@eltinglibrary.org or call (845) 253-5030
 93 Main Street, New Paltz, NY 12561



ENJOY A FREE CLASS!
AFRICAN DRUMMING & DANCE CLASS
SEPTEMBER 28TH

Drumming: 3 p.m. - 4 p.m.
 Dance: 4 p.m. - 5:30 p.m.
 @New Paltz Community Center
 3 Veterans Drive

TAUGHT BY
 MASTER DRUMMER MOHAMMED CAMARA
 MASTER DANCER ASSANE BADJI SYLLA

NEW PALTZ COMMUNITY CENTER
 3 VETERANS DRIVE, NEW PALTZ, NY 12561
 FACEBOOK: ASSANE BADJI SYLLA

Teaser Alert:
 Keep your eye out for
 upcoming **FREE**
 fall movie nights



Get Involved Today

**HAVE ANY QUESTIONS ABOUT HOW YOU CAN
 MAKE A DIFFERENCE?**

Click **HERE** to learn about



LET'S CHAT!
(845) 275-5413