



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



JANUARY, FEBRUARY, MARCH 2026

Let's talk about teen dating violence awareness...

page 2 for more



Events Not to Miss

FREE COMMUNITY MEALS IN JANUARY

see page 3

JANUARY EVENTS AT THE LIBRARY!

see page 4

FREE WELLNESS POP-UP FEBRUARY 1ST

see page 5

FREE "COMMUNITY SEW" CRAFTAFTERNOON FEBRUARY 7TH

see page 5

Happy 2026, New Paltz!

May the New Year bring you peace, joy, and happiness

HOWEVER, FOR SOME, THIS TIME OF YEAR CAN BE CHALLENGING

Education is key:

Know what's available to you, your friends and your family.

Reach out to the Office for Community Wellness (OCW) for resources and guidance to assist with your unique needs. We understand that life is filled with complexities of life situations and circumstances and we are here to help. Call Phoenix at (845) 275-5413 or visit our website npthrivingtogether.org for more information and local resources.

see pages 6 & 7 for much more...



February is Teen Dating Violence Awareness Month

AND THE 2026 THEME IS “REAL LOVE RESPECTS”

Is your relationship healthy?

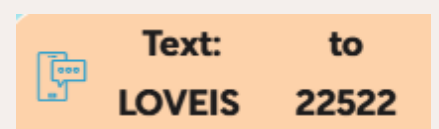
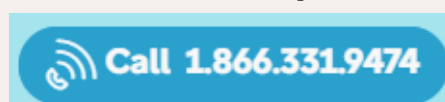
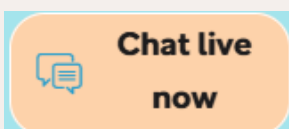
Take the quiz

Teen Dating Violence Awareness Month is an opportunity to speak to the young people in our lives about healthy relationships and to show those who have been impacted by teen dating violence that they are not alone. Click on the image for an interactive quiz to rate the health of your relationship.

What You Can Do to Help...

- Offer help. Offer specific forms of help and information, such as providing childcare, driving them to appointments, or assisting with pets.
- Give them control. Abuse and assault take control away from victims. Support their decisions about who to tell, what steps to take, and what types of support they need. Additionally, asking before offering physical support such as hugs and being upfront about what support you can and cannot provide allows them to take control of their safety and next steps.
- Support and respect their decisions. Remember that there are risks with every decision a victim makes and there is no one way an individual must react to abuse or assault. If you really want to be helpful, be patient and respect their decisions, even if you don't agree with them.
- Avoid victim-blaming. Tell the victim the abuse is not their fault.
- Take it seriously. If you are concerned about their safety, tell them you are concerned without judgment by simply saying, “Your situation sounds dangerous, and I'm concerned about your safety.”
- Listen to what they tell you. Avoid judgments and giving advice. They will let you know what they need.
- Initiate a conversation in private and when you have enough time to talk at length, but only if they want to.
- Let go of any expectations you have that there is a “quick fix”. Not doing anything may very well be the safest thing they can do at any given time.
- Challenge false attitudes and beliefs that you may have about domestic and gender-based violence.
- Believe victims and let them know that you do. If you know the person who has or is abusing them, it may be hard to believe they are capable of abuse but remember that abusers typically act differently in public than they do in private.
- Refer them to a service provider who can provide necessary medical attention, counseling or emotional support, safety planning, housing and discuss their options.
- Build on their strengths. Point out the ways in which they have developed ways to cope, solved problems, and showed courage and determination.
- Validate feelings. It is common for victims to have conflicting feelings- love and fear, guilt and anger, hope and sadness. Let them know these feelings are normal.

Need Help?



January 2026!

FREE Community Meals at
New Connexions United Methodist Church

Together @ the Table Free Community Meal

Join us for this FREE weekly community meal in New Paltz.
All are welcome. Enjoy a home-cooked meal, music,
arts-based activities in the company of friends!

MENÚ

Hablamos Español.



Tuesdays in January
6:00PM - 7:30PM
@ the New Connexions
United Methodist Church
1 Grove Street in New Paltz

● JANUARY 20TH

Salad
Minestrone Soup
Stuffed Mushrooms
Bread with butter
Desserts (regular & gluten-free)
Coffee, Tea, and Hot Chocolate

● JANUARY 27TH

Salad
Baked Ziti (regular & gluten-free)
Garlic Bread
Dessert (regular & gluten-free)
Coffee, Tea, and Hot Chocolate

Please,
join us!

There will be
to-go containers
available.

Have questions? Please contact assistant@townofnewpaltz.ny.gov.



January 2026!

Fun Teen Events at

YOUR Library...



Karaoke PARTY

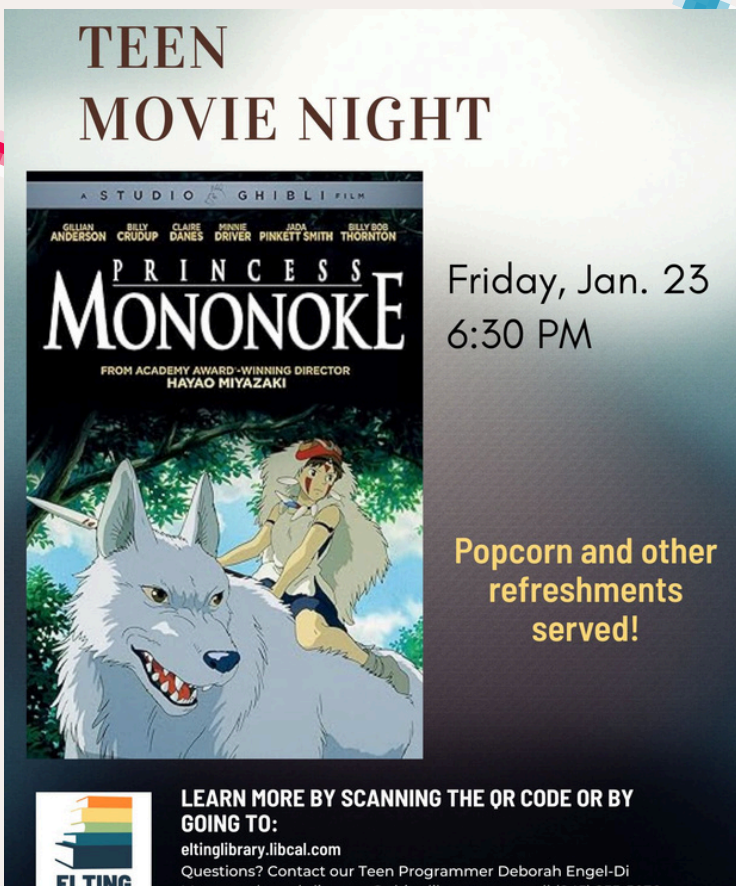
JAN 16 **7 PM**

LEARN MORE BY SCANNING THE QR CODE OR BY GOING TO:
eltinglibrary.libcal.com
Questions? Contact Teen Programmer Deborah Engel-Di Mauro at dengel-dimauro@eltinglibrary.org or call (845) 255-5030



Teen Karaoke

Friday, January 16th at 7:00 pm
@ Elting Memorial Library



TEEN MOVIE NIGHT

A STUDIO GHIBLI FILM

GILLIAN ANDERSON BILLY CRUDDUP CLAIRE DANES MONIE DRIVER JADA PINKETT SMITH RILEY BOB THORNTON



PRINCESS MONONOKE

FROM ACADEMY AWARD-WINNING DIRECTOR HAYAO MIYAZAKI

Friday, Jan. 23
6:30 PM

Popcorn and other refreshments served!

LEARN MORE BY SCANNING THE QR CODE OR BY GOING TO:
eltinglibrary.libcal.com
Questions? Contact our Teen Programmer Deborah Engel-Di Mauro at dengel-dimauro@eltinglibrary.org or call (845) 255-5030



Teen Movie Night

Friday, January 23rd at 6:30 pm
@ Elting Memorial Library

February 1st...

Don't Miss our **FREE** Wellness Pop-Up

WELLNESS POP-UP

Sunday, February 1st

1:00 pm - 3:00 pm

Redeemer Church

90 Rt. 32 in New Paltz

FREE HEALTH & WELLNESS OFFERINGS

(Acupuncture, Biofield Tuning, Reiki, Narcan Training, and More!)



1:30PM - 2:00PM

Vision to Daily Practice: How to turn inspiration into sustainable habits

You've envisioned the life you want now how do you live it, day by day? In this short talk, Heather Lynn Barton, LCSW guides you through a gentle, realistic approach to habit-building that honors your energy, nervous system, and real life.

Heather Lynn Barton, LCSW

With an interwoven history of self-help fields, I bring my Master of Social Work degree and Reiki Master & Teacher trainings to all my services. Clients and students receive a truly holistic approach to self-growth, improvement and self-reflection.



Free 10 min reiki share paired with an introduction to experiencing life through the lens of energy. This is a unique shift of perception on how we move through our day and manage life's ups and downs.



Experience the restorative and healing effects of acupuncture, delivered in a community-style setting. By using specific points to promote deep relaxation and nervous system regulation you'll experience feeling centered and rejuvenated.



February 2026!



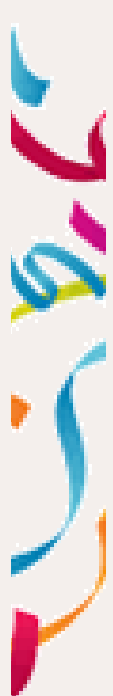
FREE Reiki,
FREE Acupuncture,
FREE Narcan Training,
Biofield Tuning, and a...

Guest Speaker: Heather Barton
How to Turn Inspiration into Sustainable Habits

AND MUCH MORE!

Sunday, February 1st
1:00 to 3:00 pm

Redeemer Lutheran Church
90 Rt. 32 New Paltz



February 7th...

FREE Sewing workshop!

- Learn basic hand & machine sewing techniques
- Get started on a homemade, home sewing project
- Explore and learn about vintage sewing machines and sergers

Hope to See you There!

Saturday, February 7th

2:00 to 5:00 pm

New Paltz Community Center
3 Veterans Drive, New Paltz

call (845) 255-2512 for more information

New Paltz Community Center Presents
SUZANNA PRODUCTIONS' "Community Sew" x "Crafternoon"

Participants of the sewing workshop will learn basic techniques of hand or machine sewing and set up for a handmade home goods project. Everyone will get to explore sewing stations, prep materials, and experience vintage sewing machines and sergers.

Melanie Gonzalez is an Ulster County based photographic artist. Her photography has a concentration on vibrant double exposures of architectural landscapes and flora. Her sewing combines photographic studio skills with textile printing, patchwork quilting, including upcycled garments and accessories. She is also a recipient of the 2022-23 Creatives Rebuild NY Grant. Melanie's mission as a New York-based artist is to mesh the worlds of high art and daily living. She produces photo art under "Melanie Gonzalez Art": Professional International Photo, Video and Sound established in 2014, and "Pedra y Sombra Designs" as part of Suzanna Productions (Photo, Sewing and Admin., est. 2019).

www.suzanna-productions.com

New Paltz Community Center
 3 Veterans Drive
 New Paltz, NY 12561
 Phone: (845) 255-2512
Saturday, February 07, 2026
2:00 - 5:00 PM
 This event is free and open to the public.

The Surgeon General suggests...

“Social connection is vital not only to our individual physical, mental, and emotional health, but also to the health and well-being of our communities.”

Please CLICK here or on the image below for more



Click [HERE](#) for a video segment speaking about How Social Connection Impacts Communities



Food for thought....

People tend to isolate when lonely due to anxiety, fear of judgment, or lack of energy, creating a harmful cycle that worsens depression.

However, social connection is essential for recovery, acting as a protective factor that boosts endorphins, reduces stress, and accelerates healing.

Some Ways to Reconnect:

- Start Small: Simple actions like answering a phone call from a friend or sharing a meal can make a difference.
- Join Groups: Engaging in community events, sports clubs, or classes helps build new connections.
- Utilize Resources: Click [HERE](#) for the Surgeon General’s “Social Connection” page and the full advisory on “The Healing Effects of Social Connection”
- Vulnerability: Sharing feelings with a trusted person can foster deeper bonds.

For the OCW’s full video and infographic series on loneliness & isolation please click [HERE](#) or visit <https://www.npthrivingtogether.org/about-3>



*Where there is
care there is hope*

hope

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

[CLICK HERE FOR LOCAL RESOURCES](#)

Or consider the following resources as they apply to your unique situation...

Mobile Mental Health: 844-277-4820

Family of Woodstock Helpline: 845-679-2485

DIAL 988 for the National Suicide Prevention Lifeline

Dial 911 or

Visit your nearest emergency room

Get Involved Today

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

Click [HERE](#) to learn about



**LET'S CHAT!
(845) 275-5413**

WE LOVE WORKING WITH COMMUNITY!

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

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
Central School District, SUNY New Paltz, faith organizations, and more!

BE THE CHANGE