



Hampden-Wilbraham Partners for Youth

United for Safe, Healthy, and Drug-free Communities

Fall 2018 Events – Opportunities to Get Involved!

Coalition Meeting Dates: Oct. 19th, Nov 16th, Dec 21st

Upcoming Events Contact Ruth DiCristoforo for more information at: rdicristoforo@hwrdsd.org

Open Houses **Hampden-Wilbraham Regional School District**
9/12 *Green Meadows* 9/12 *Stony Hill* 9/13 *Minnechaug Regional High School*
9/19 *Wilbraham Middle School* 9/20 *Soule Road* 9/27 *Mile Tree*
Visit the HWP4Y Coalition Resource table during the fall HWRSD Open Houses!

September 20th **3rd Annual Community Partners in Prevention Leadership Forum**
The Power of the Positive: Changing Norms to Create Healthier, Safer Communities

This day-long workshop, on *The Science of the Positive* evidence-based framework is offered to Community leaders and Coalition members invested in raising healthy Hampden and Wilbraham Youth.

October 11th **Save the Date - Teen Vaping: Get the Facts Community Workshops**

Participants (adult only) will be able to learn the facts about vaping (E-cigarettes, JUULs), see the products first-hand, and have their questions answered at this one-hour workshop. Workshops are being planned at Scantic Valley YMCA (afternoon) and HWRSD (evening). Program details will be available soon. Watch for flyers or go to calendar on HWP4Y.ORG website.

October 12th **Hampden Police Department Night Out 4 p.m. – 7 p.m.**

Join/visit the Coalition Resource table organized for this fun community event.

October 19th **Minnechaug Football Homecoming Game 7 p.m.**

Join/visit at the Coalition Resource table and help us welcome CHAUG fans!

October 27th **National Rx Take-back Day**

Every day is Take-back Day at the Hampden and Wilbraham Police Stations! Permanent Rx Drop-Off Bins are open 24 hours a day X 7 days a week! *Pills Only – No Liquids allowed.* Safe disposal, no questions asked!

Coalition Resources

Youth Mental Health First Aide (YMHFA) Community Workshops

This training is for Adults who have contact with Youth (ages 12-25), including Parents, Grandparents, Neighbors, Friends, and Relatives. The course teaches you how to recognize signs of a mental health challenge and how to provide support. This class is offered at no cost. More info at: HWP4Y.ORG/community/youth-mental-health-first-aid-training

HWP4Y.ORG Website - **Follow us on Facebook @HWP4Y** - **Resource Area**

- **Go to** our *website* to find *resources* promoting healthy youth development and the prevention/reduction of drug use, as well as HELP finding treatment/recovery resources in our area. Read articles, watch videos, download resources, and learn more about HWP4Y. **Take the *Parent Perspectives Survey*** and tell us about your successes and challenges raising kids in Hampden and Wilbraham. The Survey is also found on HWRSD District Home Page.
- **Follow** us on **Facebook** to stay up to date!
- **Visit** our **Resource area** (located at TWB 85 Wilbraham Rd Hampden) to browse a wide selection of booklets, provided at no cost to help adults talk to kids about staying safe, healthy, and drug-free. Resources are geared toward the age and stage of your child (elementary, Middle School, High School). Topics include communication, healthy habits, as well as specific resources for the prevention/reduction of alcohol, marijuana, Rx Drugs, Tobacco use. Call Ruth to make an appointment at rdicristoforo@hwrdsd.org or call (413) 566 – 5060 (Ext. 17)