



2025 Quarterly

# NEWSLETTER

A suicide prevention coalition whose mission is to reduce the number of suicides and suicide attempts by increasing public awareness and providing educational and training resources.

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## ENGAGING YOUTH IN COMMUNITY PROGRAMS

Engaging youth in community programs is essential for building a vibrant, connected, and forward-thinking community. When young people participate in local programs, they not only gain valuable skills and experiences but also contribute to the community's growth and vitality. However, reaching and motivating youth to get involved can sometimes be challenging. Here are different ways to engage young people in community programs:

1. Create Youth-Centric Programs
2. Utilize Digital Platforms for Outreach
3. Offer Leadership Opportunities
4. Create Incentives for Participation
5. Promote Inclusivity and Accessibility
6. Build Strong Partnerships with Schools and Local Organizations

For Full Article: <https://shorturl.at/3HCv9>



## LOCAL VOLUNTEER OPPORTUNITIES IN BROOME COUNTY:

- The Binghamton-Area Salvation Army needs volunteers to help with their soup kitchens, toy shop, or bell ringers around the holidays.
- Willow Point Nursing Home takes volunteers for "friendly visits" with their residents especially during the holidays.
- Catholic Charities of Broome County is always looking for volunteers to help in one of their two food pantries by stocking shelves or packing food.
- Helping at your local public library.
- North of Main Community Center (NoMa) is always looking for volunteers of any age at their center.
- The Christ Episcopal Church in Binghamton would love donated crocheted gloves and scarves to be hung on trees for the community to take. Donations can be dropped at their office on Henry Street.
- Check in with our local animal shelters to volunteer your services by walking dogs, playing with cats, or cleaning cages.



## GRATITUDE AND HEALING DURING THE HOLIDAYS

During the holidays, we pause to give thanks and gratitude. This season can be especially challenging for those managing grief during the holidays, and we are proud to support families as they find meaningful ways of honoring their loved ones who gave such transformative gifts. Finding ways to honor that love and incorporating it into your holidays can help ease the grief you are feeling. So, instead of ignoring the loss, it can help to look at forging new traditions that honor the memory of your loved one.

Examples include:

- Set a place for your loved one at the table.
- Light a candle in their memory.
- Make a favorite recipe of theirs.

For Full Article: <https://shorturl.at/TZoMp>



## THE 6<sup>TH</sup> ANNUAL CHALK THE WALK have the talk

This year's awareness campaign, CHALK THE WALK, HAVE THE TALK has come to a successful end. Broome County continues to raise awareness and reduce stigma for mental health and suicide awareness through beautiful chalk art with many former and new community partners participating this year.

The Gallery continues to be on display at the Broome County Public Library at 185 Court Street Binghamton. Stop in to check out - it is truly inspiring and offers hope to all those that visit!



## SHINING THE LIGHT ON STIGMA

### WHAT ARE SOME WARNING SIGNS THAT SOMEONE MIGHT BE AT RISK FOR SUICIDE?

According to 988, some warning signs may help you determine if a loved one is at risk for suicide, especially if their behavior is new, has increased, or seems related to a painful event, loss, or change. This signs include talking about feeling trapped or unbearable pain, increase use of alcohol or drugs, sleeping little or too much, and more.

Find out more information: <https://shorturl.at/vawch>

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