

HEALTH AND WELLNESS NEWSLETTER

OCTOBER 2023



THERE IS A LOT HAPPENING IN NEWTOWN IN THE COMING WEEKS - READ ON FOR THE LATEST!



How Family Life Can Foster Mental Health

Families play a significant role in shaping mental health. When people feel supported in their family and loved for who they are, it helps them to develop a positive self image and reduces the risk of mental health issues, including depression and anxiety. Supportive practices, such as warmth, open communication, clear boundaries and consistent discipline provide an environment that fosters healthy mental and emotional development. Here is an insightful article on [How Family Life Affects Mental Health](#)

"What Are Teens Up To?" Presentation

On Tuesday, October 3rd, Liz Jorgenson, a nationally recognized expert in counseling adolescents and adults, offered a presentation for the Newtown community. Her presentation covered a range of difficult issues from alcohol and drug use to cell phones and social media and limit setting for teens. The link for her informative PowerPoint is here: ["What Are Teens Up To"?](#)

Be sure to scroll through the slides to the last section entitled "Kids need limits. Limits = Love" for helpful insight on limit setting for teens.



On November 13, **Robert Hackenson**, will be in Newtown to present "Seeing Through the Vapor" to Newtown's 7th - 12th graders.

Parents are invited that evening to see two presentations beginning at 6 pm at Newtown Middle School. Rob will speak to parents on **Vaping, Tobacco & Marijuana** and also on **Social Media Safety**.

PLEASE PLAN TO COME! PARENTS ARE A KEY PART OF THIS CONVERSATION!



Since 2004 Robert Hackenson Jr. has been traveling across the United States and Canada and around the world speaking and keynoting for schools and colleges, organizations, and companies including: Frito Lay, The Boston Beer Company (Sam Adams), and New York Life. He truly has an exceptional knack for presenting material in a highly interactive and engaging way that delivers important messages to audiences in a brilliant and memorable fashion.



2 Training Opportunities: Narcan Administration on November 8th and QPR Suicide Prevention Training on December 6th

HOPE IN ACTION

QPR SUICIDE PREVENTION TRAINING
Uniting Research & Compassion to Save Lives

Join us for an immersive training that equips you with life-saving skills to prevent suicide and become a Merchant of Hope.

- In this training, you will:
- Recognize warning signs of suicide
 - Use the "Question, Persuade, Refer" (QPR) approach to connect individuals to help
 - Become a beacon of hope for others

WEDNESDAY, DECEMBER 6, 2023
7:00-8:30 p.m.

REGISTRATION IS REQUIRED
SCAN THE QR CODE OR
REGISTER HERE

SAINT ROSE OF LIMA CHURCH CAMPUS
HOLY INNOCENTS FAITH FORMATION CENTER
38B CHURCH HILL ROAD
NEWTOWN, CT 06470



Click link for an easy healthy family meal from SkinnyTaste:
[One Pot Orzo with Sausage, Spinach and Corn](#)



Saturday, October 28th Is National Drug Take Back Day!

The leading source of drugs for those who misuse prescription medications is family and friends (with or without their knowledge). Keep your family safe by getting rid of unused medications in your home. Newtown Police Department will be accepting expired, unused or unwanted medications on October 28th from 10 am - 2 pm.

Newtown's 28th

HEALTH FAIR

Saturday, October 28th

9 AM - 12 NOON AT REED INTERMEDIATE SCHOOL
SOMETHING FOR ALL AGES

- **FLU SHOTS** - BRING YOUR INSURANCE CARD
- HEALTH SCREENINGS
- FAMILY HEALTH + WELLNESS INFORMATION
- DRAWINGS
- MULTIPLE VENDOR GIVEAWAYS
- WELLNESS TREATMENTS
- DEMONSTRATIONS

Free Admission