
November 2017

What's Happening In Prevention This Month?

Oneida County Prevention Council Bulletin

Contact Center For Family Life and Recovery

Phone: (315) 733-1709
502 Court St, Suite 401
Utica, NY 13502

Fax: (315) 733-1789
Office Hours: Monday-Friday
8:30 AM – 4:00 PM

Website: www.whenthereshelpthereshope.com

Prevention Awareness

Concealing Secrets: Interactive Teen Mobile Bedroom Kit – For Adults Only

The Prevention Department is happy to share that the first run of “Concealing Secrets” was a huge success. This Interactive Teen Mobile Bedroom Kit is for adults who want to learn more about where teens are concealing paraphernalia. We will be presenting “Concealing Secrets” at Center for Family Life and Recovery, Inc. There will be a \$10 charge for the purpose of replenishing supplies and keeping the bedroom kit up to date. If interested please contact CFLR, Inc. to sign up or learn more about it!

NOVEMBER IS...

National Runaway Prevention Month:

Sometimes we tend to forget about how many teens are homeless, or run away from their homes due to intolerable situations they face. Each year there is about 1.6- 2.8 MILLION youths that run away. For the month of November, we are able to open up our eyes and hearts to those runaway youths to try and prevent this from happening. This month is to recognize and educate on the seriousness of homeless youth, and how to help. For more information please click the link

<https://www.1800runaway.org/runaway-prevention-month/>



Upcoming Agency Events



Thanksgiving Drive

If anyone is interested in donating please contact Center for Family Life and Recovery at 315-733-1709 for more details. The items we need for donations include: Canned gravy, squash/Yams, Corn, Peas, Green Beans, Condiments, stuffing, celery, onions, 10lbs potatoes, 1g bag carrots, cranberry sauce, fresh fruit, jello/pudding mixes, 5lb flour/sugar, plastic wrap/aluminum foil, napkins/paper towels, 1lb coffee, teabag, juice/soda, thanksgiving greeting cards.

Sex Trafficking and Community Training

When: December 1st 2017 9am-3:30pm

Where: Harts Hill Inn Whitesboro, NY

Price: \$55 (\$30 for agencies or businesses with a booth).

6th Annual Community Expo

When: December 1st

Where: Harts Hill Inn Whitesboro, NY

Price:\$55 (\$30 for hosting agency)

National Hunger & Homeless Awareness Week:

The week before Thanksgiving, *Nov. 11-19* we start to think about what we are thankful for, and looking forward to spending time with family and friends. There also those who might not have a place to go to for the holidays, so for this week we are spreading awareness on how people can come together to make sure everyone has a meal to eat. For more information and events on how to help please click the link below:

[Hunger and Homelessness awareness Week](#)

International Survivors of Suicide Day:

International Survivors of Suicide Day is once a year, and this year it falls on *November 18, 2017*. This day is for those who have lost a loved one to suicide, and are willing to share their stories about the heartache of suicide, and keeping hope in their hearts. There are support groups all over the country to help bring forth awareness on prevention and supporting those who need help. If you are interested in joining a group near you please check out the website for locations:

[Suicide Support Groups](#)

Education Awareness

November Means Beautiful Leaves and Turkey!

During the month of November we often think about colors, food, and peace! This month let's also think about what we are thankful for, and how we might give to others. Most of the time in this fast, crazy life we might not think of thankful opportunities we might have, or don't recognize them often. For more ways to show gratitude check this link out:

[Ways to Practice Gratitude](#)

Native American Heritage Day:

The Native American Heritage Day is the day after Thanksgiving *November 24, 2017* and it is the day to recognize Native Americans and their traditions. Some states also consider this a legal holiday for activities, ceremonies, and programs that explain the historical side of the Native American culture. For more information please click on this link:

<https://www.timeanddate.com/holidays/us/american-indian-heritage-day>

International Day for Tolerance:

November is a time of giving and thanks, so what better month to recognize the International Day for Tolerance on November 16, 2017. This is a time to come together and see no difference between races, cultures, and beliefs. To learn more about this special day hit the link below:

<http://www.un.org/en/events/toleranceday/>

National Parental Involvement Day:

National Parental Involvement Day is on *November 16, 2017*. This day provides an opportunity for schools and families to celebrate the

CFLR, Inc. Activities

Give It a Whirl Wednesdays

Every Wednesday our Advocacy Coordinator comes up with new and exciting activities to try! Every Wednesday at Center for Family Life and Recovery, Inc. at 6:00-7:30, come in and "give it a whirl"!

CFLR, Inc. Meetings

Heroin and Opiate Educational Workgroup

The next meeting is on November 9th from 10:00 to 11:00. If you are interested in attending please call or email Jodi Warren, the Director of Prevention Services at: jwarren@cflrinc.org or 315.768.2643

CFLR, Inc. Volunteer

Compeer Program

If you are interested in the compeer program or want to learn more about it click the links below!

[Volunteer Application](#)

[Compeer Information](#)



contributions parents and caregivers provide that supports their child's success! Although this day shouldn't be just one day a year but rather all year long. Follow the link for more information and activities for this day.

[Project Apple Seed](#)

World Kindness Day:

World Kindness day is on *November 13th* and began in 1997, when a collection of humanitarian groups came together and created a "Declaration of Kindness". So on this day we encourage you to make your own "Declaration of Kindness". Some ideas include donating food to your local homeless shelter, volunteering your time to the community, donating treats, food, or blankets to your local animal shelters! Take a picture and share it on our Facebook page of your "Declaration of Kindness".



Medical Awareness

GREAT AMERICAN SMOKEOUT:

The Great American Smokeout takes place on *November 16, 2017* and it is to help people quit smoking, and spread education about lung cancer. This is to encourage smokers to quit tobacco for 24 hours in hope that after that they would want to be tobacco free forever. For more information about the Great American Smokeout please click the ink below.

[Great American Smokeout](#)

COPD (Chronic Obstructive Pulmonary Disease) AWARENESS MONTH:

November is COPD Awareness month. Chronic Obstructive Pulmonary Disease is a chronic inflammatory lung disease that causes obstructed airflow from the lungs. Please take a moment to learn about COPD and who is at risk for it, follow the link for more information.

[COPD Information](#)

CFLR, INC. TRAININGS AND CLASSES

Recovery Basics for Families Class

Where: Center For Family Life and Recovery, Inc.

502 Court St, Suite 401
Utica NY, 13502

When: Thursdays in November
4PM

What: Learn all about recovery. Be sure to call and reserve your seat now!

[For more information click here!](#)

Science of Addiction

Where: Center for Family Life and Recovery, Inc. 502 Court St. Suite 401 Utica, NY 13502

When: Thursdays in November
5pm

Engaging Change Talk

Where: Center for Family Life and Recovery, Inc. 502 Court St. Suite 401 Utica, NY 13502

When: Thursdays in November
6pm