

Mental Health and Wellness in **January**

**Resources & Events for
Families in Broome
County**



**Martin Luther King Jr. Day
Lunar New Year
Kid Inventors' Day
International Day of Education**

Upcoming Local Events and Family Activities




SENSOY FRIENDLY ENTERTAINMENT NIGHT

 **January 23, 2026** – ⌚ 6:00 p.m. – 8:00 p.m. – 📍 **STIC**

Join us for a Sensory-Friendly Movie Night: a relaxed, inclusive evening designed with comfort in mind. Enjoy a movie in a supportive environment with adjusted sound and lighting, and the freedom to move, talk quietly, or take breaks as needed.

Broome County Festival of Lights

 **November 17, 2025 – January 4, 2026** – ⌚ 5:00 PM – 9:00 PM – 📍 **Otsiningo Park**

Experience a beautiful holiday light display in a scenic park setting. Perfect for a family outing during the holiday season. Tickets are now available at STIC's front desk. *Ticket sales through STIC help support us in return!*

WINTER FAMILY GAMES

 **Date: January 31, 2026** – ⌚ **Time: 12:00 PM – 3:00 PM** – 📍 **STIC**


Bundle up the fun without the cold! Join us for Winter Family Games, where classic backyard games are brought indoors for a cozy, laughter-filled time the whole family can enjoy.

Broome County Regional Farmers Market

 **Every Saturday** ⌚ 9:00 AM – 1:00 PM – 📍 **840 Front Street, Binghamton NY**


It's a weekly free community market where you can browse and shop locally grown produce, artisanal foods, and other goods. Perfect for a Saturday morning outing.

LEGO Club

 **Saturday, January 24, 2026** – ⌚ 9:00 a.m. – 1:00 p.m. – 📍 **Broome County Public Library**

Drop in for a fun time of building and creating! All materials provided, and finished LEGO creations will be displayed. Children must be accompanied by an adult.

Career Counseling

 **Fridays** – ⌚ 9:30 a.m. – 3:00 p.m. – 📍 **Broome County Public Library**

A one-on-one career counseling service with Broome-Tioga Workforce. To make an appointment, call (607) 778-2136 or send an email to Jazmin Justo at jazmin.justo@broomecountyny.gov. The counselors can help with filling out job applications, finding jobs to apply for, resumes, cover letters, practice interviews and more. Appointments are for one hour.

January 2026

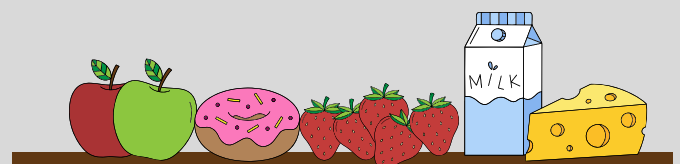
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Library Closed 	2 Tween Craft & Chat 3:30-4:30pm	3 LEGO Club 9am-1pm Pride Storytime 3-4pm
5 Teen Craft & Chat 6:00-7:30pm	6 Family Game Night 5-6pm	7	8	9 Tween Craft & Chat 3:30-4:30pm	10 Family Game Day 2pm-4pm
12 Teen Craft & Chat 6:00-7:30pm	13 Family Game Night 5-6pm	14	15	16 PBS Kids Screening 10-11am Tween Craft & Chat 3:30-4:30pm	17 Therapy Dogs 10:30am-12:30pm Teen D&D* 11am-4pm
19 Teen Craft & Chat 6:00-7:30pm	20 Family Game Night 5-6pm Pajama Story Time 6:30-7:15pm	21 Toddler Story Time 10-11am	22 Baby Story Time 10-11am	23 Pokémon Club 3:30-4:30pm	24 LEGO Club 9am-1pm
26 Teen Craft & Chat 6:00-7:30pm	27 Family Game Night 5-6pm Pajama Story Time 6:30-7:15pm	28 Toddler Story Time 10-11am	29 Baby Story Time 10-11am	30 Tween Craft & Chat 3:30-4:30pm	31 Adapted Storytime 10am-12pm Therapy Dogs 10:30am-12:30pm



185 COURT STREET, BINGHAMTON, NY 13901
607-778-6400 | BCPLYOUTHSERVICES@GMAIL.COM

Food Assistance Resources

Looking for help with groceries or meals? Check out these local options included in this packet!
For the details, see pages 12-13





LEE BARTA COMMUNITY CENTER

(607) 238-1005 • 108 LIBERTY STREET, BINGHAMTON, NY 13901

HEALTHYLIFESTYLES COALITION

JANUARY 2026

COMMUNITY ROOM, COMPUTER LAB,
& FITNESS ROOM OPEN
MONDAY - FRIDAY, 8:30 AM - 4:30 PM

EARN-A-BIKE

CALL FOR AN APPOINTMENT
(607) 238-1005

			THURSDAY	FRIDAY
			1 CLOSED	2 CLOSED
5	6 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	7 PANTRY 10:30 AM - NOON FAMILY FRESH CYCLES 5 PM - 6:30 PM	8 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	9
12 CHILL & CHAT 10 AM - 11 AM	13 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	14 PANTRY 10:30 AM - NOON FAMILY PAINT NIGHT 5 PM - 6 PM	15 OPEN SHOP 3 PM - 4:30 PM	16 OPEN AT NOON
19	20 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	21 PANTRY & HYGIENE CLOSET 10:30 AM - NOON	22 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	23
26 CHILL & CHAT 10 AM - 11 AM	27 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM COOKING CLASS 5 PM - 6 PM	28 PANTRY 10:30 AM - NOON	29 COMMUNITY CAFE: ENERGY 5 PM - 6:30 PM	30 CLOSED

WINTER GAMES AT STIC
SATURDAY, JAN. 31ST
12 PM - 3 PM

PROGRAMS

EARN-A-BIKE - BY APPOINTMENT. Need a bike? Pick out one of our bikes to work on, & we'll teach you how to fix it. To learn more, stop by or call (607) 238-1005 to make an appointment.

DROP-IN HOUR FOR YOUTH - TUESDAYS, JANUARY 6TH, 13TH, 20TH & 27TH, 2:45 PM - 4 PM

Join us after school for a snack and to work on homework, play games, or make a craft. Open to all school aged children and youth. Signed permission slips are required - stop by the community center to pick one up.

OPEN SHOP - TUESDAYS & THURSDAYS, 3 PM - 4:30 PM

Does your bike need a little TLC? Stop by our shop & we'll help you fix it. Any parts needed can be earned through volunteer service. To learn more, stop by or call (607) 238-1005.

PANTRY - WEDNESDAYS, 10:30 AM - NOON

We accept walk-in's for food pantry starting at 10:30 AM. Pantry is first come, first served. Our Hygiene Closet is open on the third Wednesday of every month.

CHILL & CHAT - MONDAYS & THURSDAYS, JANUARY 12TH & 26TH, 8TH & 22ND, 10 AM - 11 AM

Join our staff for coffee and light refreshments, and for an opportunity to chat about what's going on in the community.

EVENTS

FAMILY FRESH CYCLES - WEDNESDAY, JANUARY 7TH, 5 PM - 6:30 PM

Stop by for dedicated after-school hours for youth and families to get bikes fixed or fitted in a welcoming, family-oriented space.

FAMILY PAINT NIGHT WITH MS. REBECCA - WEDNESDAY, JANUARY 14TH, 5 PM - 6 PM

You bring your creativity & we will provide the art supplies! This program is open to all & snacks will be provided.

COOKING CLASS: CHICKEN POT PIE CASSEROLE THURSDAY, JANUARY 27TH, 5 PM - 6 PM

Join Ann from Cornell Cooperative Extension to learn how to make a casserole! All participants will receive the ingredients to make the recipe. Spaces are limited and registration is required - call us at (607) 238-1005 to reserve your seat.

COMMUNITY CAFE WITH NEST: ENERGY THURSDAY, JANUARY 29TH, 5 PM - 6:30 PM

Join us for a discussion on understanding your utility bill and how to address rising, unexplainable energy costs, all over the course of a free meal! Receive a \$20 gift certificate to Greater Good Grocery for your participation.

WINTER GAMES AT STIC SATURDAY, JANUARY 31ST, 12 PM - 3 PM

Wishing it was summertime? Join the LBCC team at STIC to play yard games indoors. Light refreshments will be provided! STIC is located at 135 E Frederick St, Binghamton.

THANK YOU TO OUR SPONSORS:



Martin Luther King Jr. Day

January 19

A day to learn about kindness, fairness, and standing up for what is right.

Here's why this day matters to families:

- Teaches Respect: Kids learn that everyone deserves to be treated fairly.
- Builds Empathy: Children begin to understand how words and actions can help or hurt others.
- Encourages Helping Others: Dr. King's message shows the power of caring for your community.

What can you do as a parent?

- Talk about who Dr. King was using simple, age-appropriate language.
- Discuss what fairness and kindness look like at home and school.
- Model respectful behavior and problem-solving.

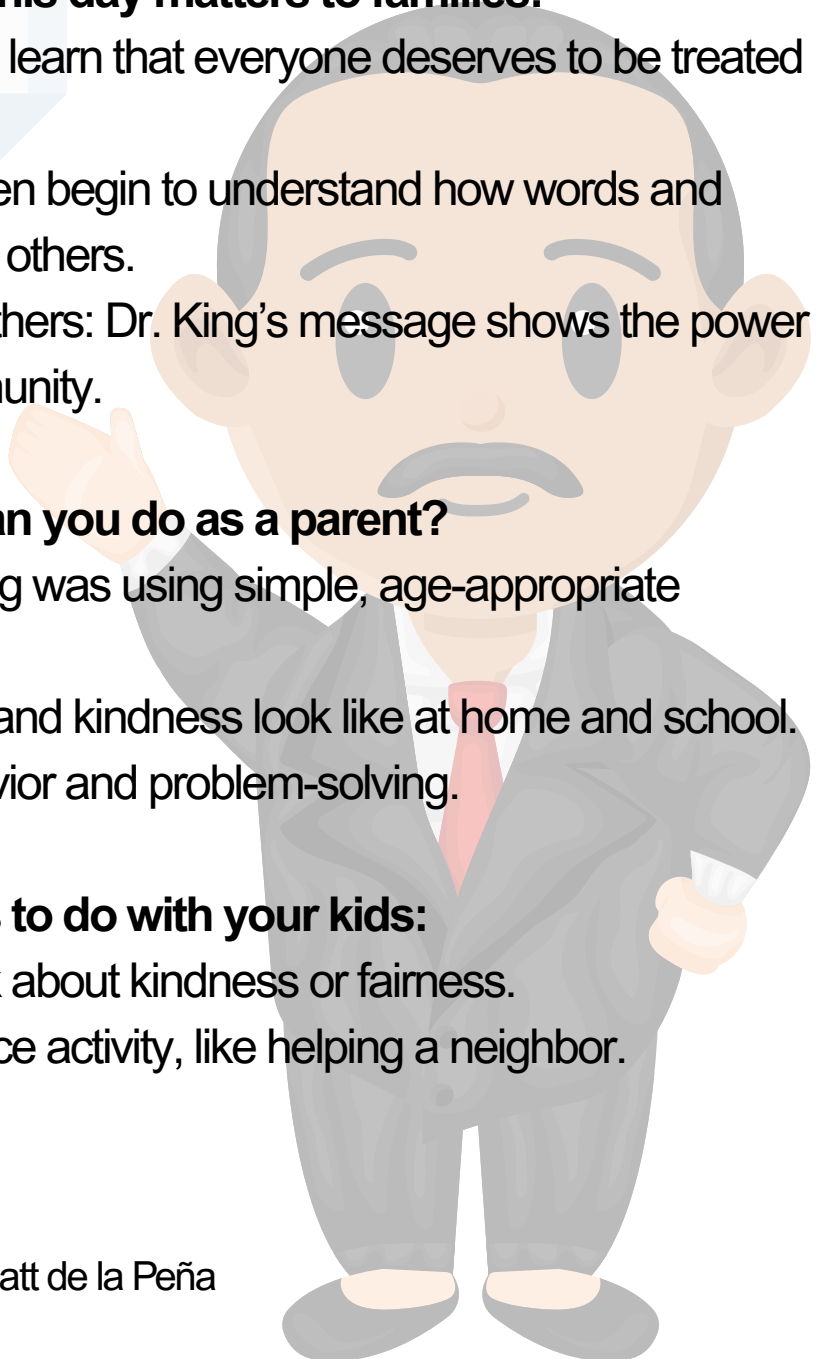
Things to do with your kids:

- Read a children's book about kindness or fairness.
- Do a small family service activity, like helping a neighbor.

Book recommendations:

Be Kind by Pat Zietlow Miller

Last Stop on Market Street by Matt de la Peña





SENSORY FRIENDLY ENTERTAINMENT NIGHT



**HOSTED BY THE CHILDREN AND FAMILY MENTAL
HEALTH COUNSELING PROGRAM**

JANUARY | 23 | AT 6 - 8 PM

135 E FREDERICK ST BINGHAMTON



**SNACKS WILL
BE PROVIDED**

****STIC IS NOT RESPONSIBLE FOR SUPERVISION
DURING THIS EVENT** **CHILDREN MUST BE
ACCOMPANIED BY AN ADULT****

Lunar New Year

A celebration of family, traditions, and new beginnings celebrated in many cultures.

Here's why this day matters to families:

- Builds Cultural Awareness: Kids learn that families celebrate in different ways.
- Encourages Curiosity: Children explore traditions, foods, and stories from around the world.
- Promotes Family Connection: Many Lunar New Year traditions focus on togetherness.

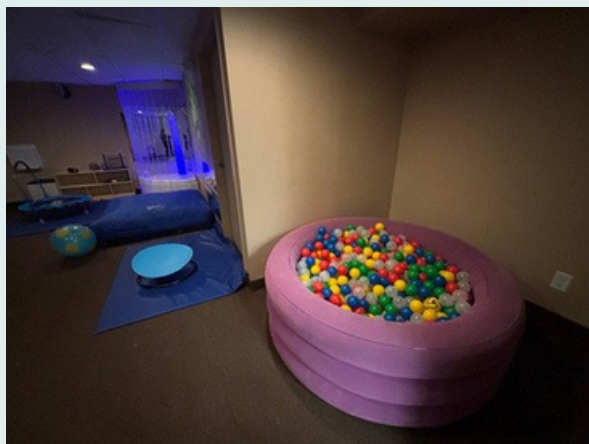
What can you do as a parent?

- Talk about how different cultures celebrate the new year.
- Ask your child what traditions are special to your family.
- Encourage respect and curiosity about differences.

Things to do with your kids:

- Create paper lanterns or red-and-gold artwork.
- Learn about the zodiac animals and find your year.
- Read a picture book about Lunar New Year.





WITH THE WINTER MONTHS COMING...

Our sensory room is available for families to enjoy a calm, safe space anytime during the week.

Take a moment to recharge, your family deserves it!

OPERATING HOURS

Monday - Thursday

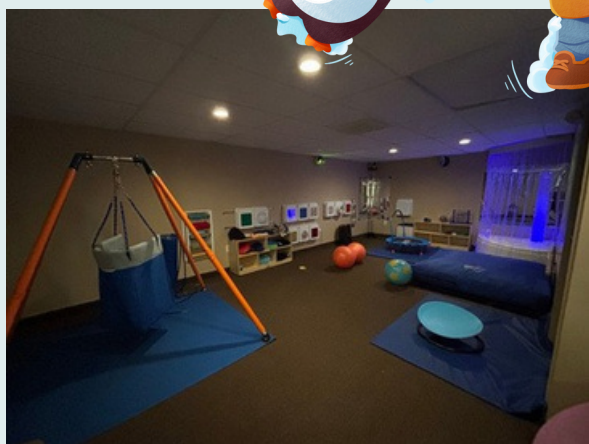
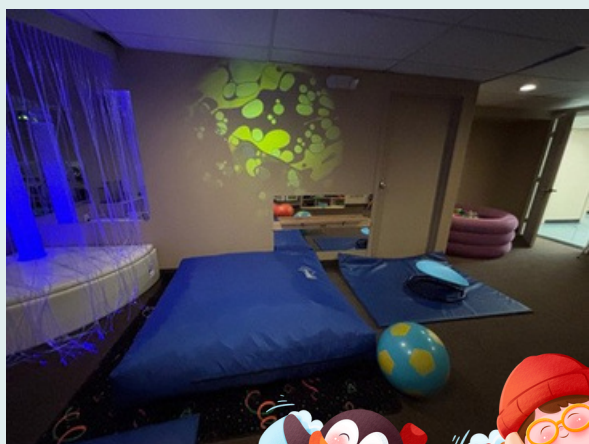
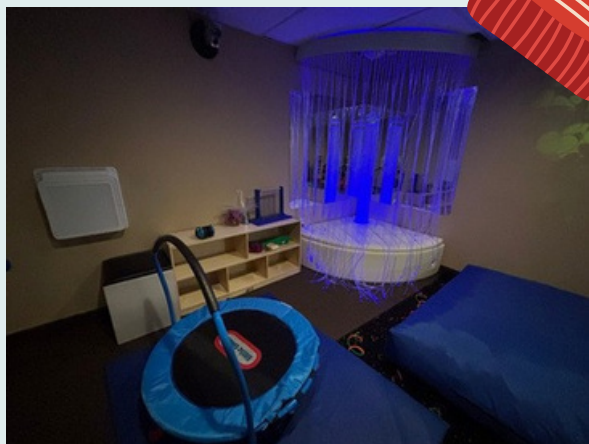
8:30 - 4:30 p.m.

Fridays

8:30 - 3 p.m.

BOOKING PROCESS

Please contact Lucas Stone
607 724 2111 Ext. 359



Kid Inventors' Day

January 17

A day to celebrate creativity, problem-solving, and big ideas from kids.

Here's why this day matters to families:

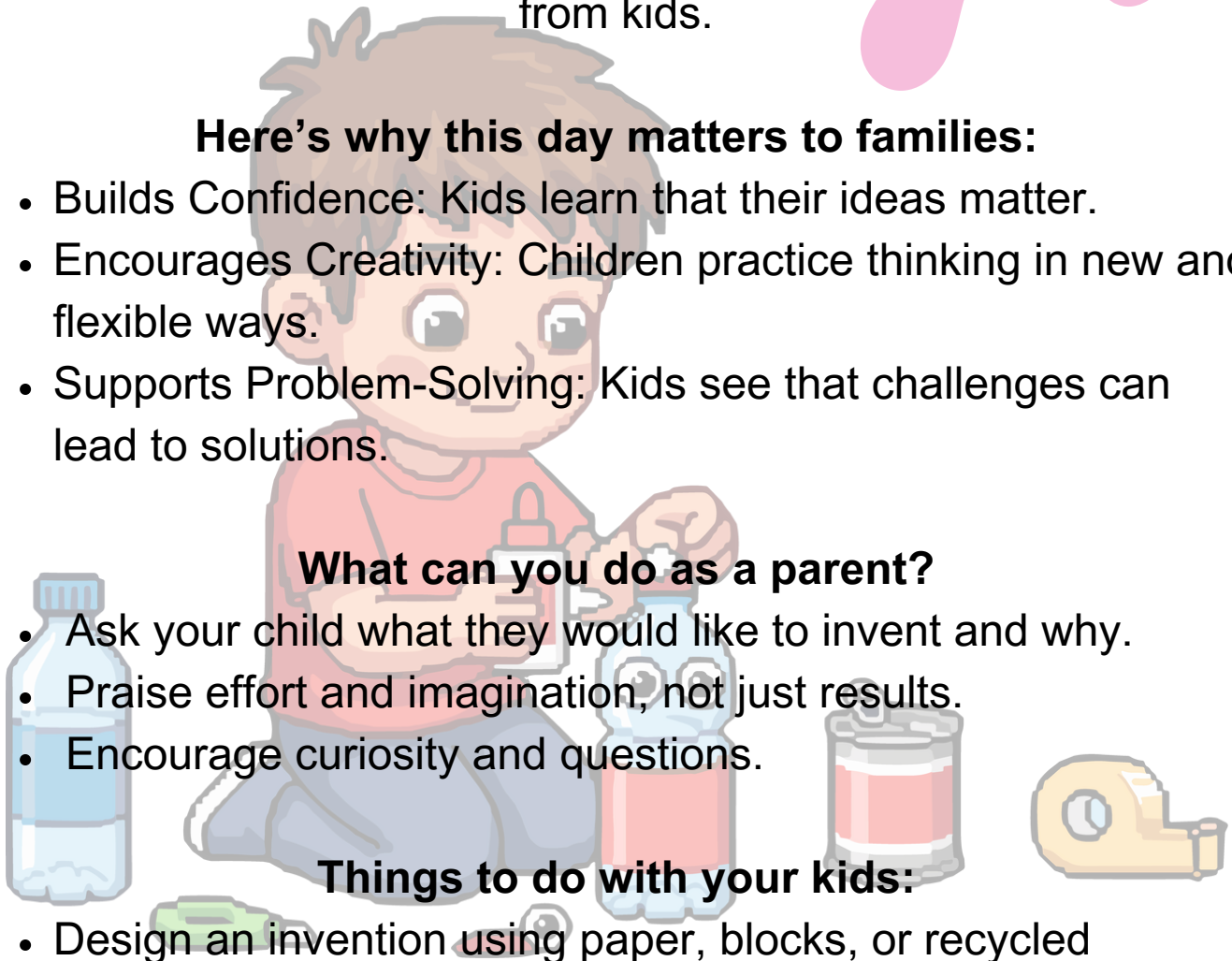
- Builds Confidence: Kids learn that their ideas matter.
- Encourages Creativity: Children practice thinking in new and flexible ways.
- Supports Problem-Solving: Kids see that challenges can lead to solutions.

What can you do as a parent?

- Ask your child what they would like to invent and why.
- Praise effort and imagination, not just results.
- Encourage curiosity and questions.

Things to do with your kids:

- Design an invention using paper, blocks, or recycled materials.
- Draw and label an invention idea.
- Pretend to “pitch” an invention to the family.





STIC AND HLC PRESENTS

WINTER GAMES

SATURDAY, JANUARY 31ST

*Children must
be accompanied
by an adult



WISHING IT WAS
SUMMER? COME
PLAY YARD GAMES
INDOORS AT STIC
+ LIGHT
REFRESHMENTS

JOIN US FROM
12PM - 3PM

135 E FREDERICK
STREET, BINGHAMTON



UNITED WAY
Broome County



Southern Tier
Independence Center

International Day of Education

January 24

A day to celebrate learning and the importance of education for all children.

Here's why this day matters to families:

- Highlights Learning: Kids see that learning happens everywhere, not just at school.
- Builds Gratitude: Children recognize the value of teachers, books, and learning tools.
- Encourages Growth: Learning is connected to confidence and independence.

What can you do as a parent?

- Talk about what your child enjoys learning.
- Thank teachers or caregivers who support learning.
- Encourage curiosity and questions.

Things to do with your kids:

- Visit the library or read together at home.
- Let your child teach you something they know.
- Create a "learning goals" chart for the month.

Food Resources for Broome County Residents

CHOW	26 pantries throughout the county	12 times per year 4 weeks between referrals	Dial 2-1-1 or 1-800-901-2180	2-1-1 1-800-901-2180
Binghamton				
Catherine's Cupboard	St. Francis of Assisi 1031 Chenango St		1st & 3rd Tuesday 5:30 - 7:00 PM	722-4388
Catholic Charities	100 Main St	May be served 1X/month with proof of residence (bill from past 30 days) and ID for all in household	Mon/Wed/Thu/Fri 9 - 11:30 AM & 1 - 3:30 PM Tuesday 1 - 3:30 PM	723-4563
Fairview United Methodist Church	254 Robinson St (use door on Bigelow St)		Monday 4 - 6 PM	724-6886
Landmark Church	126 Court St	Proof of residence required	4th Saturday of month 8 AM	723-1127
Loaves & Fishes	25 1/2 Mill St	May be served 1X/month with proof of residence	Mon & Wed 11 AM - 2 PM	724-5304
Salvation Army <small>Serves only zip 13744, 13745, 13748, 13760, 13761, 13762, 13763, 13790, 13802, 13833, 13850, 13851, 13901, 13902, 13903, 13904, 13905.</small>	131 Washington St	May be served once every 3 months with proof of residence and ID for all in the household	Mon-Fri 10 AM - Noon Bread distribution Mon-Fri 12-1 PM	722-2987
Deposit Area Pantries (Deposit School District residents)				
Deposit Council of Churches Food Pantry	Sanford Town Hall (side door) 91 Second St Deposit	May be served 1X/month with proof of residence	Thursday 3 - 6 PM	727-3266 Bill
Endicott - Endwell Area Pantries				
Mother Teresa's Cupboard <small>Serves zip 13760, 13790, 13802, 13850</small>	202 Garfield Ave Endicott	May be served 1X/month with proof of residence (bill from past 30 days) and ID for all in household	Mon/Wed/Fri 9 AM - 2:30 PM Tuesday 4 - 6:30 PM	741-0011
Our Lady of Good Counsel	701 W Main St Endicott	May be served 1X/month with proof of residence	Tue & Thur 9 AM - Noon	748-7417 Call ahead
The Food Pantry @ The Learning Center East	100 Jenkins St Endicott (Use rear parking lot entrance)	May be served 2X/month with ID for all in the household	Tue & Fri 10 - 11:45 AM Tue 5:30 - 6:45 PM	429-0041
Vestal Pantries				
Our Lady of Sorrows	801 Main St Vestal Call 1 day ahead	Vestal/Apalachin residents with ID and proof of address	Tue 10 AM - Noon Thu 4 - 7 PM Sat 9 AM - Noon	785-3214 leave message

Afton - Colesville - Harpursville - Sanitaria Springs Pantries

Colesville Community Pantry	Volunteer Ambulance Services Building 28 King Rd Harpursville Proof of address and ID for household members	Town of Colesville residents 1X/month	1st & 3rd Tue 10 AM - Noon & 4:30 - 6:30 PM	693-1228 693-2831
St. Joseph Church	659 State Rt 7B Sanitaria Springs		Call ahead	648-8341 callahead


Whitney Point & Lisle Pantries

Whitney Point Community Pantry	St. Patrick's 59 Keibel Rd Whitney Point	Whitney Point/Lisle resident may be served 1X/month with proof of residence	Call ahead Mon - Thu & Sat 10 AM - Noon	692-3911 692-2321
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Windsor Pantries

Bread of Life Pantry Windsor Bible Baptist	155 Chapel St Windsor		Call ahead Mon - Fri 7 AM - Noon	743-1946 655-1612
Human Development Our Lady of Lourdes	594 Kent St Windsor	1X/month Benefit card; current bill (30 days) and ID for all	Tue/Thu/Sat 10 AM - Noon Wed 4 - 6 PM	217-8839

Budget Stretchers

Binghamton Farm Share	Offers a season-long agreement with a local farmer who provides a "share" of vegetable each week. Convenient pick-up points in Binghamton. Share size and price range from \$15-\$32 per week. Binghamton residents.		238-3522	
BC Office for Aging	Senior Center meals and Farmers Market Coupons for seniors.		778-2411	
CHOWbus	Mobile Chow Bus during growing season (July 15th through October 31st) with site stops in Johnson City, Whitney Point, Lisle, Endicott, and Bing. Cash, credit or EBT Low cost/No cost.		759-8772	
Food Coop	Binghamton University-Basement Student Union Rm 30		10AM-4PM Mon-Fri	
Mobile Food Pantry	Food Bank of the Southern Tier visits various sites in Broome County monthly to deliver fresh produce, dairy products, and other food and grocery products directly to distribution sites. All welcome.		Visit website www.foodbankst.org or call 2-1-1 for schedule	
SNAP (Supplemental Nutritional Assistance Program)	Governmental subsidy for food through Social Services. Family Enrichment Network offers assistance to find out eligibility.		778-3772 or 1-800-342-3009 723-8313 ext 827	
WIC (Women, Infants & Children)	Government food subsidy and Farmers Market coupons for pregnant women, children birth-5yrs based on "nutritional risk" and income.		778-2881	
		www.helpme211.org Dial: 2-1-1 or 1-800-901-2180		10/30/15