

# Mental Health and Wellness in **February**

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



**Black History Month**  
**Groundhog Day**  
**Valentine's Day**  
**Random Acts of Kindness Day**

# Upcoming Local Events and Family Activities



## Read with the Therapy Dogs!

 **Feb 07, 2026** –  **10:30 a.m. – 12:30 a.m.** –  **George F Johnson Memorial Library**

Go to the GFJML to read to their specially trained dogs! This will help boost kids reading skills and confidence in addition to helping with social and emotional skills. No registration is required.

## Free Admission Night & Heart to Heart LEGO Art Show

 **Feb 06, 2026**  **4:00 PM – 6:30 PM** –  **The Discovery Center**

Explore a world of colorful LEGO creations made by our amazing community, all inspired by love, teamwork and the joy of playing together! Watch how bricks can tell stories, spark imagination and bring people closer because every little piece matters! Bring your family and friends to laugh, play and discover the joy of creating together. Celebrate hearts and happy building at a block party for the whole community!

## Paint with Puppies

 **Feb 08, 2026**  **Time: 11:00 AM – 2:00 PM** –  **Broome County Humane Society**

Create a “Spots & Wildflowers” watercolor masterpiece while meeting their adorable & adoptable pups!

## Hands-on-History: Presidents Day for Kids workshop

 **Feb 14, 2026**  **1 PM - 2:30 PM** –  **Phelps Mansion**

This workshop is designed to be educational and engaging, making it a perfect way to enjoy Presidents Day Weekend together. This workshop is open to children ages 5-10 years old. Space is limited to 10 children. A parent or guardian must remain with the child/children during the workshop. Workbooks provided by Presidents For Kids. Cost to attend: \$3.00 per child. No fee for accompanying parent or guardian.

## STIC Trivia Night

 **Feb 21, 2026**  **6 PM - 8 PM** –  **Sons of Italy**

Join us from 6 to 8pm at Sons of Italy, on 126 Odell Ave in Endicott. The cost is \$20 per person for teams of up to 8, with all proceeds benefiting people with disabilities. The event will also feature basket raffles and a 50/50! Bar service and limited food will be available for purchase. Doors open at 5pm. Dazzle us with your knowledge and help support STIC! To register, visit the following link: <https://xscapes.resova.us/items/view/7>

## 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](mailto: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.

# February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2  Teen Craft & Chat 6:00-7:30pm	3  Family Game Night 5:00-6:00pm  Pajama Story Time 6:30-7:15pm	4  Toddler Story Time 10:00-11:00am	5  Baby Story Time 10:00-11:00am	6  Tween Craft & Chat 3:30-4:30pm	7  LEGO Club 9:00am-1:00pm  Pride Story Time 3:00-4:00pm
9  Teen Craft & Chat 6:00-7:30pm	10  Family Game Night 5:00-6:00pm  Pajama Story Time 6:30-7:15pm	11  Grab N Go Craft available at 9:00am  Toddler Story Time 10:00-11:00am  Sit & Stitch 5:00-6:00pm	12  V-Day Scavenger Hunt all day  Baby Story Time 10:00-11:00am	13  V-Day Scavenger Hunt all day  Tween Craft & Chat 3:30-4:30pm	14  V-Day Scavenger Hunt all day  Therapy Dogs 10:30am-12:30pm  Family Game Day 2:00-4:00pm
16    Library Closed	17  Family Game Night 5:00-6:00pm  Pajama Story Time 6:30-7:15pm	18  Toddler Story Time 10:00-11:00am  Sit & Stitch 5:00-6:00pm	19  Baby Story Time 10:00-11:00am	20  PBS Kids Screening 10:00-11:00am  Tween Craft & Chat 3:30-4:30pm	21  Teen D&D® 11:00am-4:00pm  LEGO Club 9:00am-1:00pm
23  Teen Craft & Chat 6:00-7:30pm	24  Family Game Night 5:00-6:00pm  Pajama Story Time 6:30-7:15pm	25  Grab N Go Craft available at 9:00am  Toddler Story Time 10:00-11:00am  Sit & Stitch 5:00-6:00pm	26  Read for the Record 10:00-11:00am	27  Pokémon Club 3:30-4:30pm	28 10:00-11:00am  Therapy Dogs 10:30am-12:30pm  Mr. Mike's Art Class 11:00am-12:00pm  Family Movie Day 2:00-4:00pm

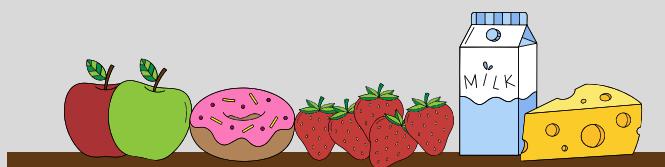
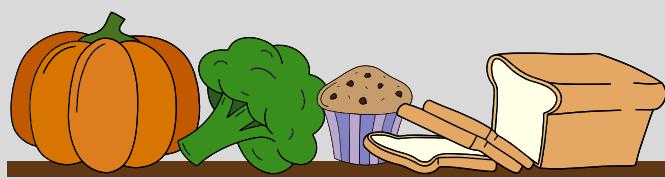


185 COURT STREET, BINGHAMTON, NY 13901  
607-778-6400 | BCPLYOUTHSERVICES@GMAIL.COM

## 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 <b>DROP-IN HOUR</b> 2:45 PM - 4 PM <b>OPEN SHOP</b> 3 PM - 4:30 PM	4 <b>PANTRY</b> 10:30 AM - NOON <b>FAMILY FRESH CYCLES</b> 5 PM - 6:30 PM	5 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM <b>OPEN SHOP</b> 3 PM - 4:30 PM	6
9 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM	10 <b>DROP-IN HOUR</b> 2:45 PM - 4 PM <b>OPEN SHOP</b> 3 PM - 4:30 PM	11 <b>PANTRY</b> 10:30 AM - NOON	12 <b>OPEN SHOP</b> 3 PM - 4:30 PM	13 <b>CLOSED</b>
16 <b>CLOSED</b>	17 <b>OPEN SHOP</b> 3 PM - 4:30 PM <b>VALENTINE'S CRAFT FOR YOUTH</b> 3:30 PM - 5:30 PM	18 <b>PANTRY &amp; HYGIENE CLOSET</b> 10:30 AM - NOON <b>OPEN SHOP</b> 4:30 PM - 6 PM <b>PAINT NIGHT</b> 5 PM - 6 PM	19 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM <b>OPEN SHOP</b> 3 PM - 4:30 PM	20 <b>CLOSING AT 3 PM</b>
23 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM	<b>DROP-IN HOUR</b> 2:45 PM - 4 PM <b>OPEN SHOP</b> 3 PM - 4:30 PM	25 <b>PANTRY</b> 10:30 AM - NOON	26 <b>OPEN SHOP</b> 3 PM - 4:30 PM <b>COOKING CLASS</b> 5 PM - 6 PM	27 <b>CULTURAL CROSSROADS AT THE BRIDGE COMMUNITY CENTER</b> <b>6 PM TO 8 PM</b>  <b>CLOSED DURING REGULAR HOURS</b>



## PROGRAMS

**EAR-N-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, 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**

**WEDNESDAY, FEBRUARY 18TH 4:30 PM - 6 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. **FOOD PANTRY - WEDNESDAYS, 10:30 AM - NOON**

**HYGIENE CLOSET - EVERY 3RD WEDNESDAY** 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, FEBRUARY 9TH & 23RD, 5TH & 19TH, 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.

## EVENT

**FAMILY FRESH CYCLES - WEDNESDAY, FEBRUARY 4TH, 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. **VALENTINE'S DAY CRAFT FOR YOUTH TUESDAY, FEBRUARY 17, 3:30 PM - 5:30 PM** Stop by to create a Valentine's Day craft using upcycled materials with Broome Creative ReUse.

**FAMILY PAINT NIGHT WITH MS. REBECCA - WEDNESDAY, FEBRUARY 18TH, 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: CREAMY POTATO SOUP THURSDAY, FEBRUARY 26TH, 5 PM - 6 PM**

Join Ann from Cornell Cooperative Extension to learn how to make creamy potato soup! 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. **CULTURAL CROSSROADS AT THE BRIDGE COMMUNITY CENTER 143 BALDWIN STREET, JOHNSON CITY FRIDAY, FEBRUARY 27TH, 6 PM - 8 PM**

Join us at The Bridge to celebrate Black History Month with dinner, jazz music, vendors, and family-friendly activities.

THANK YOU TO OUR SPONSORS:



**UNITED WAY**

Broome County

**TSB Foundation**  
INC.



FOR THE MOST UP TO DATE INFORMATION ON OUR CALENDAR FOLLOW US ON FACEBOOK.

# Black History Month

A month to learn about history, culture, and the importance of treating everyone with respect.

## Here's why this month matters to families:

- Teaches Respect: Children learn to appreciate differences and celebrate contributions from people of all backgrounds.
- Builds Understanding: Kids begin to learn about fairness, equality, and standing up for others.
- Encourages Positive Role Models: Families can explore inspiring leaders, artists, and everyday heroes.

## What can you do as a parent?

- Talk about historical figures using simple, age-appropriate language.
- Encourage questions and open conversations about fairness and inclusion.
- Model respect and curiosity about others.

## Things to do with your kids:

- Read a children's book by or about Black leaders.
- Create art, music, or stories inspired by what they learn.

## Book recommendations:

The Snowy Day by Ezra Jack Keats  
Hair Love by Matthew A. Cherry





# TRIVIA NIGHT

**SATURDAY, FEBRUARY 21**



**6PM-8PM**

**DOORS OPEN AT 5PM**



**SONS OF ITALY - 126 ODELL AVE.  
ENDICOTT, NY 13760**

**\$20 PER PERSON**

**TEAMS OF UP TO 8**

**BAR SERVICE AND LIMITED FOOD  
OPTIONS WILL BE AVAILABLE**

**QUESTIONS?**

**CALL : 607-724-2111**

**EMAIL : [STICEVENTS@STIC-CIL.ORG](mailto:STICEVENTS@STIC-CIL.ORG)**

**REGISTER AT**

**[WWW.STIC-CIL.ORG](http://WWW.STIC-CIL.ORG)**

**OR USE THE QR CODE  
BELOW**



# Groundhog Day

A fun day to explore weather, seasons, and predictions.

## Here's why this day matters to families:

- Encourages Curiosity: Kids learn to observe nature and ask questions.
- Builds Early Science Skills: Children explore ideas about weather and seasons.
- Creates Family Fun: It's a lighthearted tradition that kids enjoy.

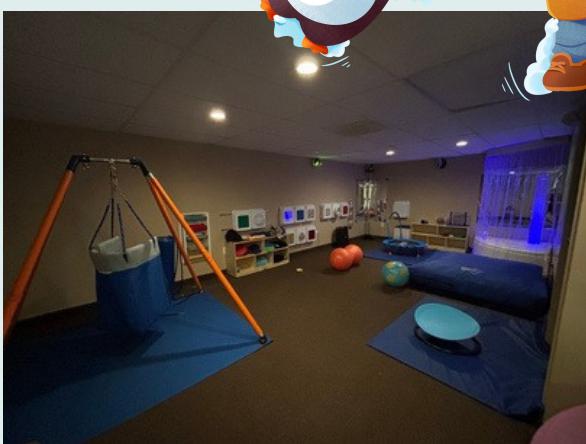
## What can you do as a parent?

- Explain the tradition in a simple, playful way.
- Talk about the difference between predictions and facts.
- Encourage curiosity about weather changes.

## Things to do with your kids:

- Watch a short Groundhog Day video or read a themed book.
- Make a simple weather chart and track daily changes.





**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



# Valentine's Day

A day to focus on love, kindness, and friendship.

## **Here's why this day matters to families:**

- Promotes Kindness: Kids learn ways to show care through words and actions.
- Builds Social Skills: Children practice giving, sharing, and expressing feelings.
- Strengthens Family Bonds: It's a chance to celebrate love at home.

## **What can you do as a parent?**

- Talk about different ways to show love beyond gifts or candy.
- Encourage kind words and appreciation within the family.
- Model healthy ways to express affection.

## **Things to do with your kids:**

- Make handmade cards for family members and friends.
- Practice saying kind words or compliments to one another.

# POSITIVE SOLUTIONS FOR FAMILIES



Join us to explore:

- Evidence-based positive parenting
- Strategies for managing challenging behaviors
- Techniques for building strong relationships
- The impact of routines
- And much more!

**THE FOLLOWING TUESDAYS**  
**FEBRUARY 24**  
**MARCH 3, 10, 17, 24**  
**5:30 PM TO 7 PM**  
**ONLINE VIA TEAMS**

*It is recommended that you attend each session but is not required. New information is provided at each session.*



**Register at:**

<https://lp.constantcontactpages.com/eve/reg/gnqm3t9>



607-724-2111



<https://www.stic-cil.org/face>



[karenr@stic-cil.org](mailto:karenr@stic-cil.org)

# Random Acts of Kindness Day

A day to focus on helping others and spreading kindness.

## Here's why this day matters to families:

- Builds Empathy: Kids learn how their actions affect others.
- Encourages Helping Behavior: Children see that small actions can make a big difference.
- Supports Emotional Growth: Kindness helps kids feel proud and connected.

## What can you do as a parent?

- Talk about what kindness looks like at home, school, and in the community.
- Praise kind choices and effort, not just outcomes.
- Model helping behaviors throughout the day.

## Things to do with your kids:

- Do one small kind act together, like sharing, helping, or writing a note.
- Make a simple kindness list and check off acts as you do them.

## Food Resources for Broome County Residents

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

## Afton - Colesville - Harpursville - Sanitaria Springs Pantries

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

## Whitney Point & Lisle Pantries

<b>Whitney Point Community Pantry</b>	St. Patrick's 59Keibel 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

<b>Bread of Life Pantry</b> <b>Windsor Bible Baptist</b>	155 Chapel St Windsor		Call ahead Mon - Fri 7 AM - Noon	743-1946 655-1612
<b>Human Development</b> <b>Our Lady of Lourdes</b>	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

<b>Binghamton Farm Share</b>	Offers a season-long agreement with a local farmer who provides a "share" of vegetables each week. Convenient pick-up points in Binghamton. Share size and price range from \$15-\$32 per week. Binghamton residents.	238-3522
<b>BC Office for Aging</b>	Senior Center meals and Farmers Market Coupons for seniors.	778-2411
<b>CHOWbus</b>	Mobile Chow Bus during growing season (July 15th through October 31st) with stops in Johnson City, Whitney Point, Lisle, Endicott, and Binghamton. Cash, credit or EBT. Low cost/No cost.	759-8772
<b>Food Coop</b>	Binghamton University-Basement Student Union Rm 30	10AM-4PM Mon-Fri
<b>Mobile Food Pantry</b>	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 <a href="http://www.foodbankst.org">www.foodbankst.org</a> or call 2-1-1 for schedule
<b>SNAP</b> (Supplemental Nutrition-Al Assistance Program)	Government 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
<b>WIC (Women, Infants &amp; Children)</b>	Government food subsidy and Farmers Market coupons for pregnant women, children birth-5 yrs based on "nutritional risk" and income.	778-2881
<b>Susquehanna River Region 2-1-1</b> <small>Get Connected. Get Answers.</small>	<a href="http://www.helpme211.org">www.helpme211.org</a> Dial: 2-1-1 or 1-800-901-2180	10/30/15