

Mental Health and Wellness in **March**

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



St. Patrick's Day
Read Across America Day
National Nutrition Month
Pi Day

CHILDREN AND FAMILY MENTAL HEALTH COUNSELING PROGRAM OFFICES



The Children and Family Mental Health Counseling Program provides counseling services in convenient locations to better serve families.

Main Office

Address: 135 E Frederick St,
Binghamton, NY 13904

Days Available:

- Monday
- Some Tuesdays
- Wednesday
- Friday

Satellite Office

Address: 1100 E Main St #5254,
Endicott, NY 13760

Days Available:

- Some Tuesday afternoons
- Thursday



Families Currently Enrolled in the Program

Families who are already enrolled may schedule sessions at either office, depending on availability. Please call Arielis Perez Arias to coordinate the best location and time for your family.
Call: 607-724-2111 Ext. 375

Families Not Currently Enrolled

If your family is **not** currently enrolled in the program and you are interested in counseling services, please contact Kelsie Seyler to learn more about the referral process. We are happy to guide you through next steps.
Call: 607-724-2111 Ext. 378

Upcoming Local Events and Family Activities



FREE ADMISSION NIGHT: INTRICATE EGGS ART SHOW

 **March 6, 2026** –  **4 PM – 6:30 PM** –  **The Discovery Center**

Start your evening by witnessing the beauty of Ukrainian and Carpatho-Rusyn egg decorating. Our live demonstrations reveal the history and creativity behind these stunning designs, offering a rare look at a truly captivating art form. Then, at 5PM, turn up the volume with Miss Rochelle and Mr. Burt! Our Leapin' Leprechaun Music & Movement session features lively rhythms and Irish-inspired favorites like "The Rattlin' Bog." Whether you're singing along or dancing the "Shamrock Beat," it's a celebration guaranteed to get everyone moving.

Read with the Therapy Dogs!

 **March 7 & 21, 2026** –  **10 AM – 12 AM** –  **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.

VINES 7TH ANNUAL GARDEN BOWL

 **March 07, 2026**  **1:30 PM - 5 PM** –  **137 Laurel Ave, Binghamton, NY 13905, USA**

Teams of 4-6 people will raise funds for the VINES Farm Share program. -\$18 bowling fees per person (covers shoes plus two games) -Each team of 4-6 has a minimum fundraising goal of \$125 -Awards and raffles -Family friendly - involve the kids! - Registration deadline is 3/4/2026 Register your team now at: vinesgardens.org/events/gardenbowl

Youth Art Month Celebration

 **March 14, 2026** –  **11 AM - 3 PM** –  **Roberson Museum**

Celebrate Youth Art Month at Roberson! Roberson Museum invites you to unleash your creativity at Art Explorers Day, a celebration of all things art. Experiment with different media at craft stations around the Museum, get inspired at Story Time in the Mansion, and catch a special presentation in Link Planetarium! Admission may also be purchased at the front desk the day of the event.

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.

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Teen Craft & Chat 6:00-7:30pm	3 Family Game Night 5:00-6:00pm	4 Toddler Play Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	5 Baby Play Time 10:00-11:00am Family Makerspace 6:00-7:00pm	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	11 Toddler Play Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	12 Baby Play Time 10:00-11:00am Tween Club 6:00-7:00pm	13 Tween Craft & Chat 3:30-4:30pm	14 Therapy Dogs 10:00am-12:00pm Family Game Day 2:00-4:00pm
16 Teen Craft & Chat 6:00-7:30pm	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 Family Makerspace 6:00-7:00pm	20 PBS Kids Screening 10:00-11:00am Tween Craft & Chat 3:30-4:30pm	21 LEGO Club 9:00am-1:00pm Teen D&D* 11:00am-4:00pm
23 Teen Craft & Chat 6:00-7:30pm	24 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	25 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	26 Baby Story Time 10:00-11:00am Tween Club 6:00-7:00pm	27 Pokemon Club 3:30-4:40pm	28 Toddler Dance Party 10:00-11:00am Therapy Dogs 10:00am-12:00pm Mr. Mike's Art Class 10:00-11:00am Family Movie Day 2:00-4:00pm
30 Teen Craft & Chat 6:00-7:30pm	31 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm				

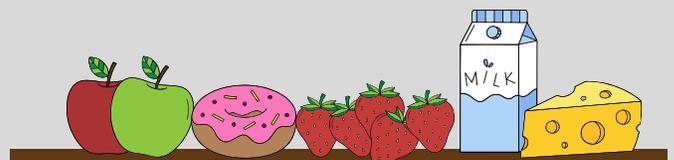


185 COURT STREET, BINGHAMTON, NY 13901
607-778-6400 | BCPLYOUTHSERVICES@GMAIL.COM

Food Assistance Resources

Looking for help with groceries or meals? Check out these local options included in this packet!

For the details, see page 13





LEE BARTA COMMUNITY CENTER

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

HEALTHYLIFESTYLES COALITION

MARCH 2026

COMMUNITY ROOM & COMPUTER LAB

OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY

8:30 AM - 4:30 PM

M O N D A Y T U E S D A Y W E D N E S D A Y T H U R S D A Y F R I D A Y

2	3 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	4 FOOD PANTRY 10:30 AM - NOON FAMILY FRESH CYCLES 5 PM - 6:30 PM	5 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	6
9	10 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	11 FOOD PANTRY 10:30 AM - NOON	12 OPEN SHOP 3 PM - 4:30 PM	13 CLOSED
16	17 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	18 FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON PAINT NIGHT 5 PM - 6 PM	19 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	20
23 COMMUNITY CAFE W/NEST 5 PM - 6:30 PM	24 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	25 FOOD PANTRY 10:30 AM - NOON	26 OPEN SHOP 3 PM - 4:30 PM	27 CLOSED
30	31 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM COOKING CLASS 5 PM - 6 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, 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.

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 - EVERY OTHER THURSDAY

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, MARCH 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.

FAMILY PAINT NIGHT WITH MS. REBECCA - WEDNESDAY, MARCH 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.

COMMUNITY CAFE WITH NEST: REPAIR AND REMEDIATION MONDAY, MARCH 23RD, 5 PM - 6:30 PM

Come by to share a meal and learn about home repair and remediation.

COOKING CLASS: IRISH SODA BREAD TUESDAY, MARCH 31ST, 5 PM - 6 PM

Join Ann from Cornell Cooperative Extension to learn how to make Irish Soda Bread! 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.



THANK YOU TO OUR SPONSORS:



St. Patrick's Day

(March 17)

A festive day to explore Irish culture, traditions, and a little bit of magic.

Here's why this day matters to families:

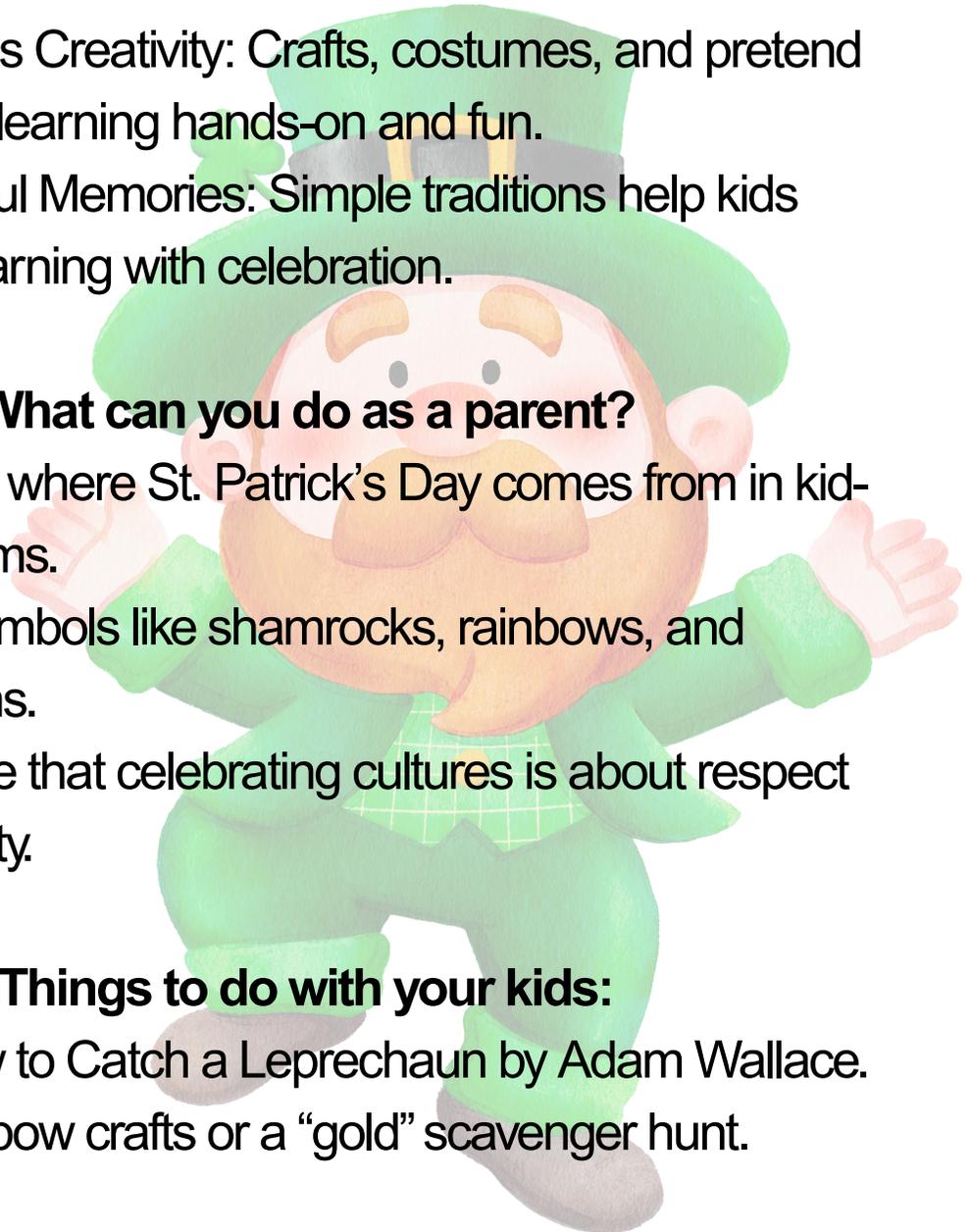
- Celebrates Culture: Kids learn that holidays often come from cultural traditions around the world.
- Encourages Creativity: Crafts, costumes, and pretend play make learning hands-on and fun.
- Builds Joyful Memories: Simple traditions help kids connect learning with celebration.

What can you do as a parent?

- Talk about where St. Patrick's Day comes from in kid-friendly terms.
- Explain symbols like shamrocks, rainbows, and leprechauns.
- Emphasize that celebrating cultures is about respect and curiosity.

Things to do with your kids:

- Read *How to Catch a Leprechaun* by Adam Wallace.
- Make rainbow crafts or a "gold" scavenger hunt.



PANDA PEERS



Spring 2026



PANDA PEERS is a program designed to help young adults who identify as **neurodivergent** to build a **community**, **cultivate social success**, and **develop emotional regulation skills** in a **safe** and **supportive** environment. This program will take place at HCA Binghamton.

Dates: March 2- April 15

Every Monday & Wednesday from 1:00-2:30 PM

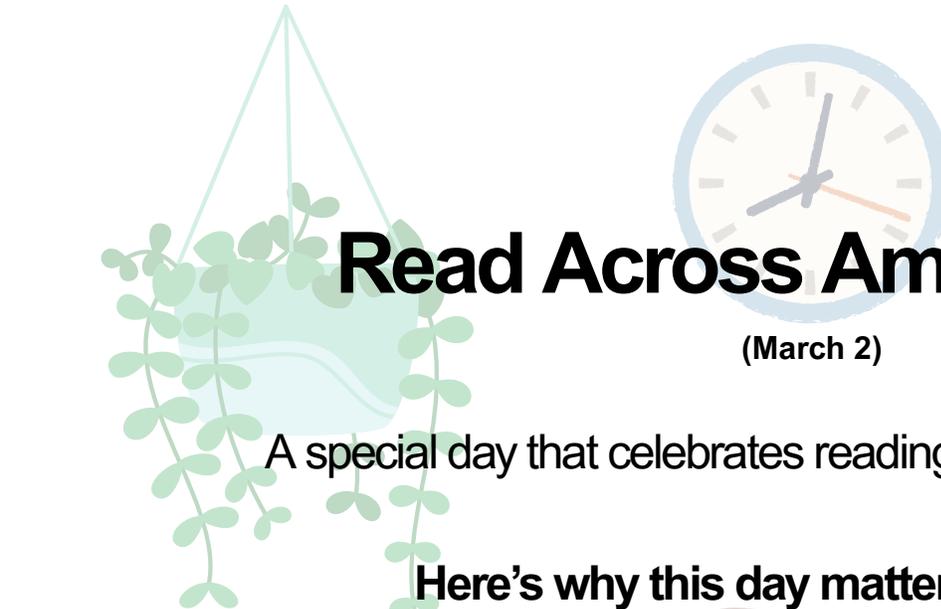
Location: 114 Clinton St., Binghamton, NY 13905

The PANDA Peers program will be a small group of neurodivergent young adults seeking guidance on how to navigate social situations and dynamics. PANDA Peers is evidence-based and empirically supported. 3 facilitators will present psychoeducational information to around 10-12 participants. The program will include role-play exercises, activities and group discussions where participants will support each other.

The PANDA program was designed mainly for individuals with ASD, but if you feel you would benefit from the services this program provides and you do not have an ASD diagnosis, you are still welcome to apply.

If you are interested or have any questions, please fill out the form attached to the QR code or email
c.salvato@hcaserves.com or
d.polycarpou@hcaserves.com

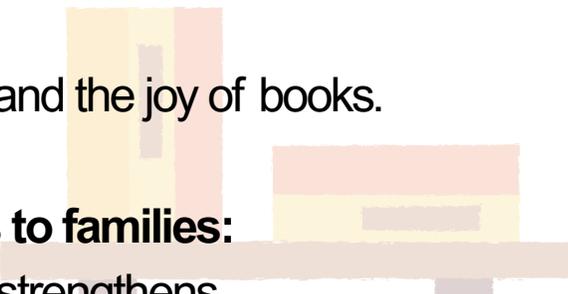




Read Across America Day

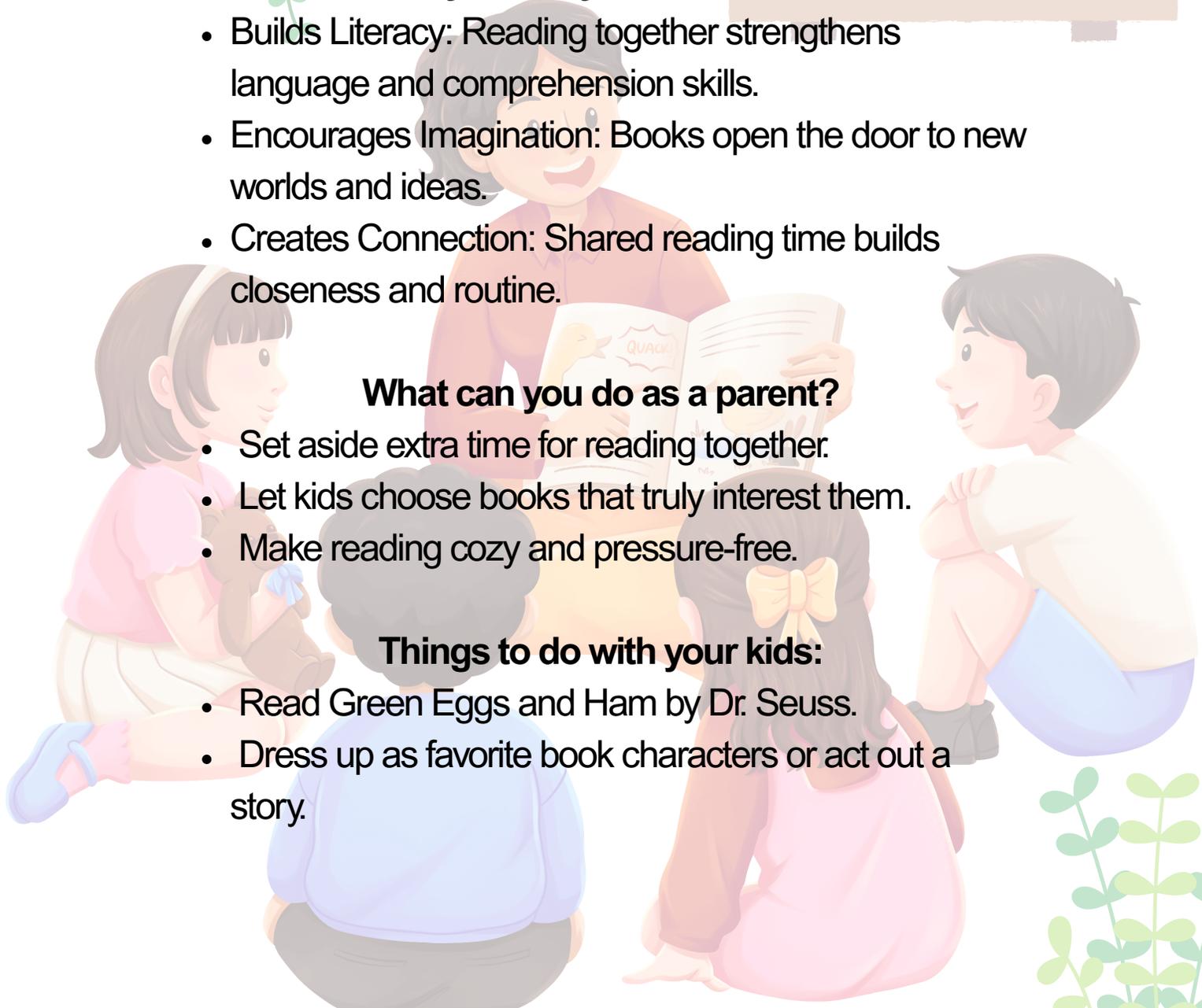
(March 2)

A special day that celebrates reading and the joy of books.



Here's why this day matters to families:

- Builds Literacy: Reading together strengthens language and comprehension skills.
- Encourages Imagination: Books open the door to new worlds and ideas.
- Creates Connection: Shared reading time builds closeness and routine.

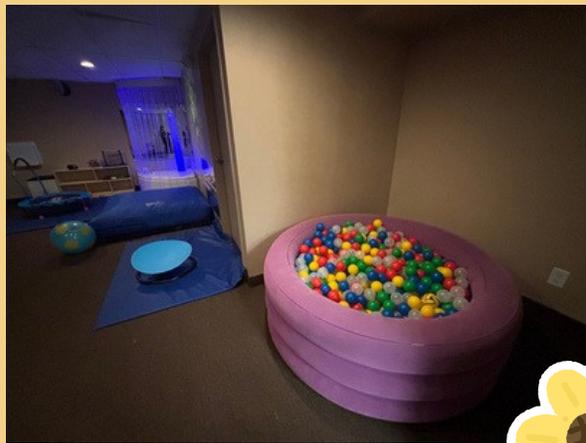


What can you do as a parent?

- Set aside extra time for reading together.
- Let kids choose books that truly interest them.
- Make reading cozy and pressure-free.

Things to do with your kids:

- Read *Green Eggs and Ham* by Dr. Seuss.
 - Dress up as favorite book characters or act out a story.
- 



**SPRING IS
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!



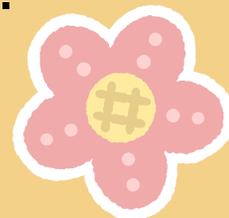
OPERATING HOURS

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



Pi Day

(March 14)

A fun way to introduce math through food, games, and curiosity.

Here's why this day matters to families:

- Makes Math Fun: Kids see math as playful instead of intimidating.
- Encourages Problem-Solving: Early exposure builds confidence with numbers.
- Connects Learning to Real Life: Measuring and baking show math in action.

What can you do as a parent?

- Explain that pi is a special number in simple terms.
- Focus on fun, not memorization.
- Celebrate effort, not “right answers.”

Things to do with your kids:

- Read *Sir Cumference and the Dragon of Pi* by Cindy Neuschwander.
- Bake mini pies or measure circles around the house.



**GARDEN
BOWL**

All Proceeds support VINES'
Farm Share Program



**MARCH 7TH
1:30 - 5PM**

**RIPICS CAROUSEL LANES
BINGHAMTON, NEW YORK**

National Nutrition Month

A month focused on healthy eating and understanding food choices.

Here's why this month matters to families:

- Builds Healthy Habits: Kids learn how food helps their bodies grow.
- Encourages Balance: Focuses on variety, not restriction.
- Creates Awareness: Children begin to understand where food comes from.

What can you do as a parent?

- Talk about “everyday foods” and “sometimes foods.”
- Involve kids in meal planning or grocery shopping.
- Keep conversations positive and simple.

Things to do with your kids:

- Read *The Very Hungry Caterpillar* by Eric Carle.
- Make a colorful fruit or veggie rainbow plate together.

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 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

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
 <small>Susquehanna River Region Get Connected. Get Answers.</small>	www.helpme211.org Dial: 2-1-1 or 1-800-901-2180		10/30/15