

Mental Health and Wellness in **April**

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



World Autism Awareness Day

Easter

Earth Day

Go Birding Day

Upcoming Local Events and Family Activities

FREE Sensory Friendly Entertainment Night

April 03, 2026 – 6:00 - 8:00 PM – STIC

Showing the animated film *The Super Mario Brothers Movie*. Featuring the vocal talents of Chris Pratt, Charlie Day, and Anya Taylor-Joy, the movie follows the adventures of brothers Mario and Luigi, two down on their luck plumbers who discover a magical portal in the depths of the NYC sewer system. FREE snacks will be provided. Looking forward to seeing you for an evening of old school Nintendo nostalgia and cutting edge computer animation!

Vintage Sip N' Shop

April 25, 2026 – 10 AM - 03 PM – STIC

Soak up the thrifty, spring vibes at our 1st annual Vintage Sip N' Shop! This swinging event will feature a wide variety of groovy and stylish clothing, unique antiques, delicious samples of local libations, basket raffles, a 50/50, and more! Drink bracelets are \$20. Admission to the event is FREE. Interested in being a Sip N' Shop vendor? Visit the following link: www.stic-cil.org/sip-n-shop. All proceeds support people with disabilities. Be sure to attend and tell all your friends to help make our premier Vintage Sip N' Shop fundraiser a timeless smash!

Read with the Therapy Dogs!

April 11 and 25, 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: Green Thumb Workshop: Seed Starting, 4/1/26

April 01, 2026 6 - 7:30 PM – 157 Susquehanna St, Binghamton, NY 13901, USA

This is a hands-on workshop that will teach participants the basics of starting their own transplants from seed. We will discuss where and how to start seeds for your home garden. We will also review various methods, materials and low cost options to get started easily! Seed planting techniques will be demonstrated and there will be opportunities for you to try the techniques. This workshop is FREE and open to the public. A suggested donation of \$5-\$10 is appreciated.

Spring Break at The Discovery Center

April 06 - 10, 2026 – 10 AM - 1 PM – The Discovery Center of the Southern Tier

A perfect day to do craft and activities and enjoy a fun story time!

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.



LEE BARTA COMMUNITY CENTER

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

HEALTHYLIFESTYLES COALITION

APRIL 2026

COMMUNITY ROOM & COMPUTER LAB

OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY

8:30 AM - 4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 FOOD PANTRY 10:30 AM - NOON MEAL TAKEAWAY 4 PM - 6 PM FAMILY FRESH CYCLES 5 PM - 6:30 PM	2 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	3
6	7 DROP-IN HOUR 2 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	8 FOOD PANTRY 10:30 AM - NOON	9 OPEN SHOP 3 PM - 4:30 PM	10 CLOSED
13	14 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	15 FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON PAINT NIGHT 5 PM - 6 PM	16 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM	17 CLOSED
20	21 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	22 FOOD PANTRY 10:30 AM - NOON	23 OPEN SHOP 3 PM - 4:30 PM	24 CLOSED
27 HOME ENERGY WORKSHOP 6 PM - 7:30 PM	28 DROP-IN HOUR 2:45 PM - 4 PM OPEN SHOP 3 PM - 4:30 PM	29 FOOD PANTRY 10:30 AM - NOON COLLAGE NIGHT 4 PM - 5 PM	30 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 3 PM - 4:30 PM COOKING CLASS 5 PM - 6 PM	EARN-A-BIKE CALL FOR AN APPOINTMENT (607) 238-1005



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. 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. **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

COMMUNITY MEAL TAKEAWAY FROM BIG ZUES - WEDNESDAY, APRIL 1ST, 4 PM - 6 PM
Come by for a hot meal take-away provided by Southern Tier Independence Center and One Plate One Community. Served on a first come, first served basis as supplies last.
FAMILY FRESH CYCLES - APRIL 1ST, 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 - APRIL 15TH, 5 PM - 6 PM

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

PEDAL INTO SPRING AT ROOSEVELT ELEMENTARY SCHOOL SATURDAY, APRIL 18TH, 12 PM - 2 PM

Join the team for a family-friendly event to get back outdoors! We will have a bike rodeo teaching bike safety, a kids' used bike giveaway, fun crafts, and food!

COLLAGE NIGHT WEDNESDAY, APRIL 29TH, 4 PM - 5 PM

Join community artist, Lindsey Carlson, for a fun family-friendly collage craft. Snacks will be provided.

COOKING CLASS: TACO CHILI • THURSDAY, APRIL 30TH, 5 PM - 6 PM

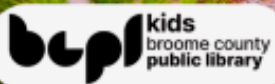
Join Ann from Cornell Cooperative Extension to learn how to make taco chili! All participants will receive the ingredients to make the recipe. Spaces are limited and registration is required - call us at (607) 238-1005 to reserve your seat.

HOME ENERGY WORKSHOP WITH NEST MONDAY, APRIL 27TH, 6 PM - 7:30 PM

Are high energy costs putting a strain on your household? We want to hear your story. Join us for a free, community-focused workshop where we'll talk openly about the challenges residents face in accessing clean, affordable energy - and what solutions could make a real difference. All participants and refreshments will be provided. will receive a \$25 gift card for their participation. Free food and refreshments will be provided.

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Toddler Story Time 10-11am Sit & Stitch 5-6pm	2 Baby Story Time 10-11am Family Makerspace 6-7pm	3 LEGO Club 9am-1pm Everything is Awesome! 10am-12pm Tween Craft & Chat 3:30-4:30pm	4 LEGO Club 9am-1pm Pride Story Time 3-4pm
6 Teen Craft & Chat 6:00-7:30pm	7 Butterfly Crafts 10am-12pm Family Game Night 5-6pm Pajama Story Time 6:30-7:15pm	8 Toddler Story Time 10-11am Family Movie Day 12:30-2:30pm Sit & Stitch 5-6pm	9 Baby Story Time 10-11am Raspberry Pi Class 2-4pm LEGO Science 6-7pm	10 Tween Craft & Chat 3:30-4:30pm	11 Family Game Day 2pm-4pm
13 Teen Craft & Chat 6:00-7:30pm	14 Family Game Night 5-6pm Pajama Story Time 6:30-7:15pm	15 Toddler Story Time 10-11am	16 Baby Story Time 10-11am Family Makerspace 6-7pm	17 PBS Kids Screening 10-11am Tween Craft & Chat 3:30-4:30pm	18 LEGO Club 9am-1pm Therapy Dogs 10am-12pm Teen D&D 11am-4pm <small>*registration required</small>
20 Teen Craft & Chat 6:00-7:30pm	21 Family Game Night 5-6pm Pajama Story Time 6:30-7:15pm	22 Toddler Story Time 10-11am Sit & Stitch 5-6pm	23 Baby Story Time 10-11am Tween Club 6-7pm	24 Pokémon Club 3:30-4:30pm	25 Toddler Dance Party 10-11am Mr. Mike's Art Class 11am-12pm Family Movie Day 2-4pm
27 Teen Craft & Chat 6:00-7:30pm	28 Family Game Night 5-6pm	29 Toddler Play Time 10-11am Sit & Stitch 5-6pm	30 Baby Play Time 10-11am		

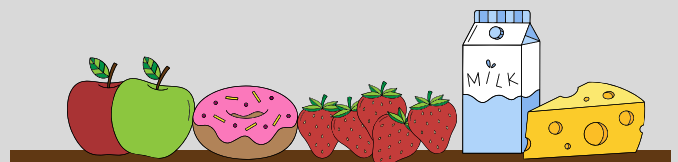


185 COURT STREET, BINGHAMTON, NY 13901
607-778-6400 | BCPLYOUTHSERVICES@GMAIL.COM

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



SENSORY FRIENDLY ENTERTAINMENT NIGHT

APRIL
03

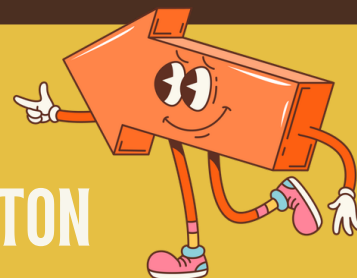
TIME: 6 - 8 PM

**FREE
SNACKS**



HOSTED BY THE CHILDREN AND FAMILY MENTAL HEALTH COUNSELING PROGRAM

135 E FREDERICK ST BINGHAMTON



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

World Autism Awareness Day

(April 2)

A special day to celebrate everyone's differences and learn about how people experience the world in unique ways.

Here's why this day matters to families:

- Celebrates Inclusion: Kids learn to appreciate that everyone has strengths and challenges.
- Encourages Empathy: Talking about feelings helps children understand others.
- Builds Respectful Habits: Small acts of kindness create lifelong understanding.

What can you do as a parent?

- Talk about what autism means in kid-friendly terms.
- Highlight the importance of patience, listening, and helping friends.
- Show that differences make communities richer and more interesting.

Things to do with your kids:

- Read *All My Stripes* by Shaina Rudolph.
- Create "difference cards" celebrating what makes each family member special.
- Wear blue or decorate with blue to show support.



JOIN ONE PLATE ONE COMMUNITY & THE
SOUTHERN TIER INDEPENDENCE CENTER

COMMUNITY MEAL

Join our community meal and help us fight hunger one plate at a time.
Together we can make sure no one in our community goes hungry.

- Free meal
- Community Resources
- Hygiene Items
- Clothing Available



Meal Distribution Information:

*50 meals will be available at the following location:

Lee Barter Community Center

108 Liberty Street
Binghamton, New York
13901

From 4 PM to 6 PM



MOST NEEDED ITEMS:

Men's Clothing, Teen Clothing, New Underwear, New Socks,
Toothpaste for Children, and Water Bottles.

Donations can be dropped off at STIC's main entrance on E. Frederick Street during regular business hours.

Our Community Meal location will be at the Grant Street Entrance

APRIL 1, 2026
4:00 TO 6:00 PM

SOUTHERN TIER INDEPENDENCE CENTER

135 E Frederick St, Binghamton, NY
13904 (Grant Street Entrance)

Register at:

www.1plate1community.org

Easter

(April 5)

A joyful day to celebrate spring, new beginnings, and time with family.

Here's why this day matters to families:

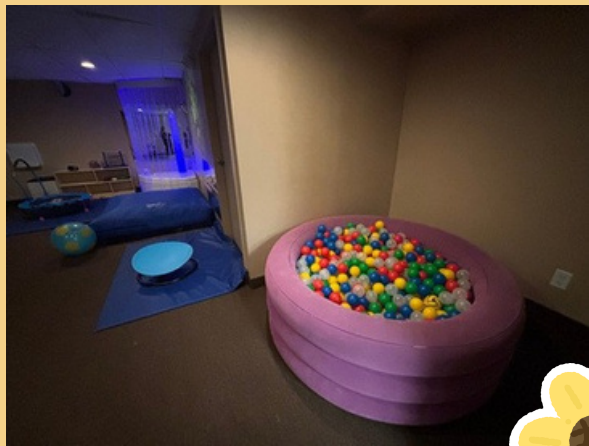
- Celebrates Renewal: Kids learn about the cycles of nature and new life.
- Encourages Creativity: Egg decorating, crafts, and games make learning playful.
- Builds Family Memories: Shared traditions connect children with loved ones.

What can you do as a parent?

- Explain Easter as a celebration of spring and kindness in kid-friendly terms.
- Talk about traditions like egg hunts, baskets, and family meals.
- Emphasize sharing and caring for others.

Things to do with your kids:

- Decorate Easter eggs together.
- Organize a backyard or indoor egg hunt.
- Read *The Tale of Peter Rabbit* by Beatrix Potter



**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



Earth Day

(April 22)

A day to celebrate our planet and all the living things that call it home.

Here's why this day matters to families:

- Celebrates Nature: Kids learn why protecting Earth matters.
- Encourages Responsibility: Simple eco-friendly habits teach care for the planet.
- Builds Connection: Outdoor activities strengthen bonds with nature and family.

What can you do as a parent?

- Explain how recycling, planting trees, and saving water help the Earth.
- Talk about the animals, plants, and habitats around your community.
- Emphasize that small actions can make a big difference.

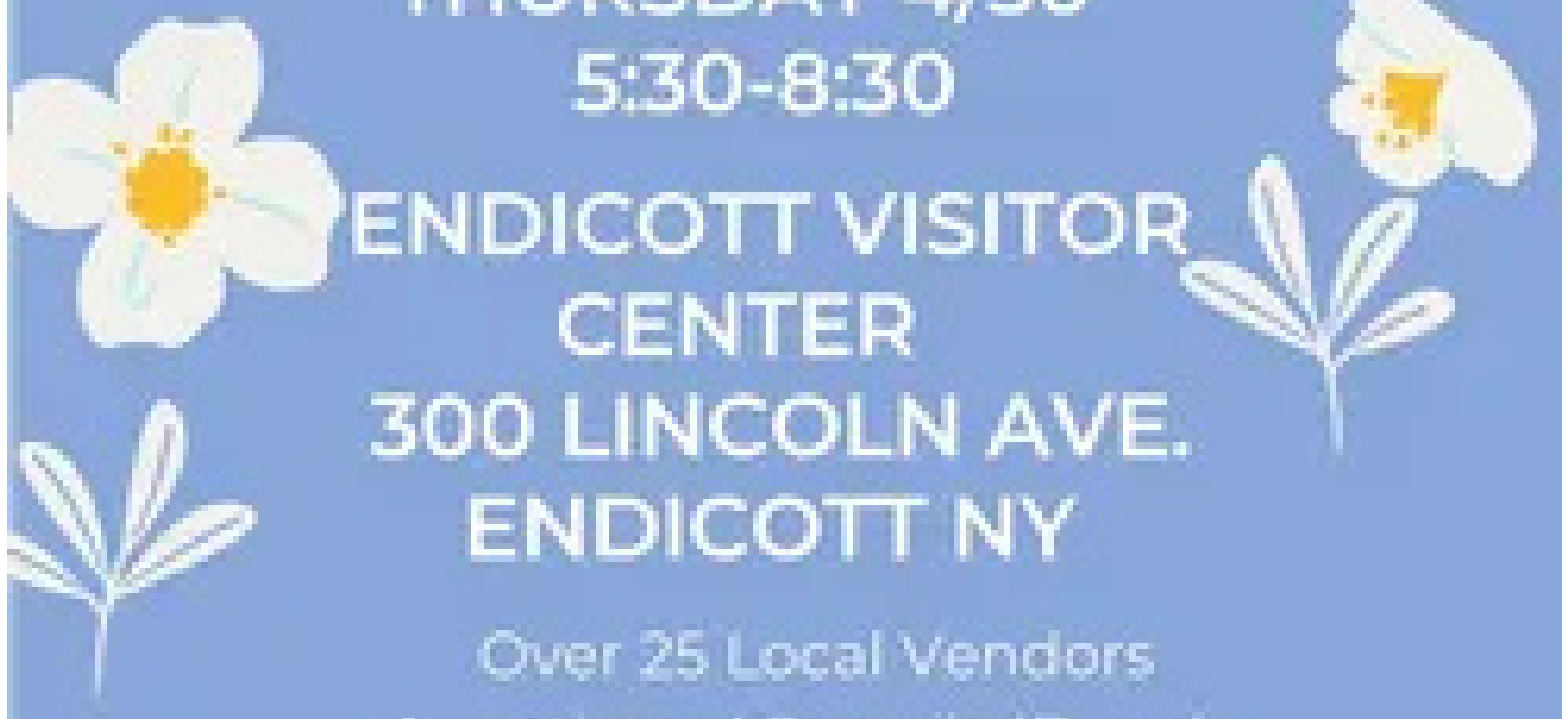
Things to do with your kids:

- Plant flowers, trees, or a small garden.
- Make a "trash cleanup" walk in your neighborhood.
- Read *The Lorax* by Dr. Seuss.

The top corners of the poster are decorated with clusters of white flowers with yellow centers and dark green leaves. The flowers are stylized and appear to be part of a larger floral arrangement that frames the central text.

SIP N SHOP MOTHERS DAY MARKET

THURSDAY 4/30
5:30-8:30

The left and right sides of the poster feature vertical floral arrangements. On the left, there are white flowers and green leaves. On the right, there are white flowers and green leaves, including a sprig of leaves without flowers.

ENDICOTT VISITOR
CENTER
300 LINCOLN AVE.
ENDICOTT NY

Over 25 Local Vendors
Appetizers | Sangria | Punch

A shopping experience you
don't want to miss

The bottom of the poster is filled with a dense arrangement of white flowers with yellow centers and dark green leaves. The flowers are scattered across the width of the poster, creating a lush, floral border.

Free admission

Go Birding Day

(April 26)

A fun day to watch, learn about, and appreciate birds in your backyard or local park.



Here's why this day matters to families:

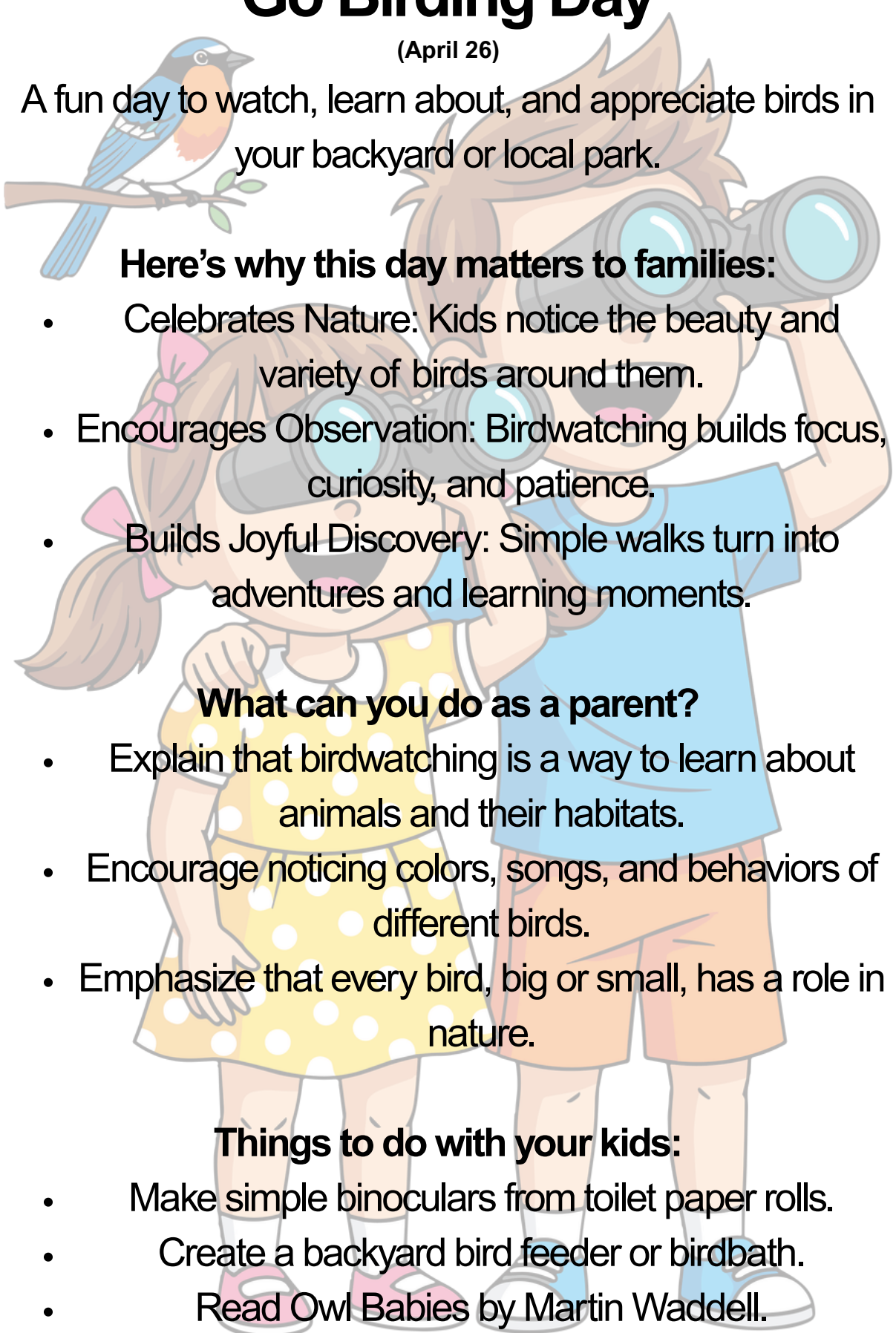
- Celebrates Nature: Kids notice the beauty and variety of birds around them.
- Encourages Observation: Birdwatching builds focus, curiosity, and patience.
- Builds Joyful Discovery: Simple walks turn into adventures and learning moments.

What can you do as a parent?

- Explain that birdwatching is a way to learn about animals and their habitats.
- Encourage noticing colors, songs, and behaviors of different birds.
- Emphasize that every bird, big or small, has a role in nature.

Things to do with your kids:

- Make simple binoculars from toilet paper rolls.
- Create a backyard bird feeder or birdbath.
- Read *Owl Babies* by Martin Waddell.



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