

Mental Health and Wellness in **May**

Resources & Events for
Families in Broome
County



National Mental Health Awareness Month

National Get Caught Reading Month




National Foster Care Day

Mother's Day

National Smile Day

Upcoming Local Events and Family Activities

Blooms & Brews at Factory by Beer Tree Brew

 **May 02, 2026** –  **11:00 AM - 3:00 PM** –  **Beer Tree Factory**

The Terracotta House and Factory by Beer Tree present the fourth annual Blooms and Brews Vendor Market featuring 25 local small business makers.

Pampering Mothers - Women with Purpose

 **May 02, 2026** –  **2 PM** –  **Johnson City Alliance Church**

This Mother's Day, they want to create a relaxing and uplifting afternoon for all of the single moms in our community. You'll enjoy free pampering services like hairstyling and nails, meaningful conversation through a speaking panel, light snacks, and a safe, fun space for your kids with provided childcare. Come be encouraged, refreshed, and surrounded by a supportive community of women who understand your journey

Read with the Therapy Dogs!

 **May 09, 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.

FREE Vaccine Clinic

 **May 05, 2026**  **5:30 - 7:30 PM** –  **K9 Design Dog Grooming**

In partnership with the Broome County Health Department, K9 Dog Grooming is offering FREE rabies vaccines for dogs and cats.

Binghamton Rising: A Block Party celebrating Downtown Binghamton

 **May 16, 2026** –  **11 AM - 10 PM** –  **137 Washington St, Binghamton, NY**

Explore the bars, restaurants and shops. There will be unique vendors, games, activities, and an exclusive Live DJ Brunch Party hosted by Strange Brew and Black Sheep Tavern. We have partnered up with New Vine Inc. to bring you live performances by "Driftwood," "Cast Iron Cowboys," and other local artists to be announced.

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

MAY 2026


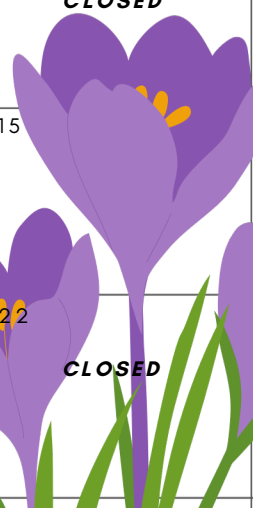
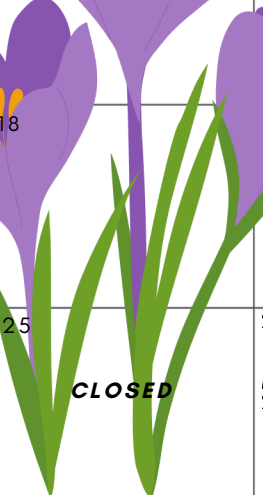
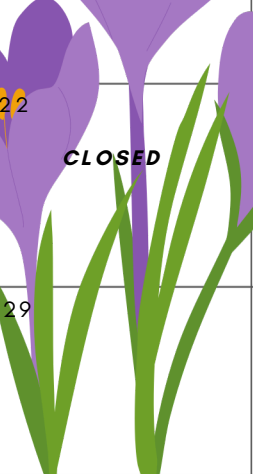
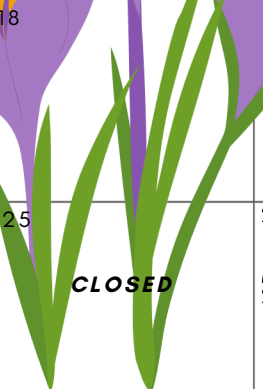
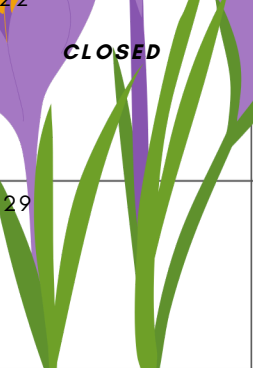

COMMUNITY ROOM & COMPUTER LAB
OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY
8:30 AM - 4:30 PM

**NEED A BIKE?
STOP BY OPEN SHOP ON
THURSDAYS!**

FRIDAY

MONDAY TUESDAY WEDNESDAY THURSDAY

4 	5 DROP-IN HOUR 2:45 PM - 4 PM	6 FOOD PANTRY 10:30 AM - NOON FAMILY FRESH CYCLES 5 PM - 6:30 PM	7 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM COMMUNITY CAFE 5 PM - 6:30 PM	8 CLOSED 
11 	12 DROP-IN HOUR 2:45 PM - 4 PM COLLAGE CRAFT 4:30 PM - 5:30 PM	13 FOOD PANTRY 10:30 AM - NOON PAINT NIGHT 5 PM - 6 PM	14 OPEN SHOP 2:30 PM - 4:30 PM	15 
18 	19 DROP-IN HOUR 2:45 PM - 4 PM	20 FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON	21 CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM COOKING CLASS 5 PM - 6 PM	22 CLOSED 
25 CLOSED	26 DROP-IN HOUR 2:45 PM - 4 PM	27 FOOD PANTRY 10:30 AM - NOON FAMILY GAME NIGHT 4:30 PM - 6:30 PM	28 OPEN SHOP 2:30 PM - 4:30 PM	29 

PROGRAMS

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.

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, 10AM - 11AM

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

OPEN SHOP - THURSDAYS, 2:30 PM - 4:30 PM

Does your bike need a little TLC? Stop by our shop & we'll help you fix it. Need a bike? Stop by and pick one out.

EVENTS



FAMILY FRESH CYCLES - WEDNESDAY, MAY 6TH, 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.



COMMUNITY CAFE WITH NEST: CLEAN ENERGY CAREERS THURSDAY, MAY 7TH, 5 PM - 6:30 PM

Come by to share a meal and learn about clean energy careers with Network for a Sustainable Tomorrow (NeST)!



COLLAGE CRAFT WITH LINDSEY CARLSON TUESDAY, MAY 12TH, 4:30 PM - 5:30PM

Join community artist Lindsey Carlson for an hour of collage making. Materials and snacks will be provided!



FAMILY PAINT NIGHT WITH MS. REBECCA WEDNESDAY, MAY 13TH, 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: FISH TACOS THURSDAY, MAY 21ST, 5 PM - 6 PM

Join Ann from Cornell Cooperative Extension to learn how to make fish tacos! 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.

FAMILY GAME NIGHT WEDNESDAY, MAY 27TH, 4:30 PM - 6:30 PM

Grab the whole family and choose your favorite game from our library to go head to head on. Plus, we've got dinner covered. Outdoor games will be available to play, weather permitting.



CHECK OUT OUR NEWLY UPGRADED COMPUTER LAB

THERAPY DOGS



Every other Saturday
10AM-12PM

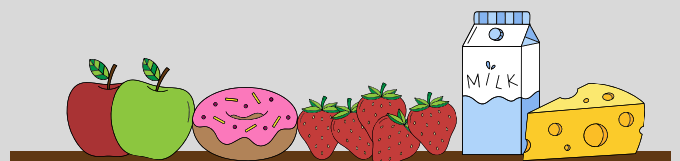
Drop by and
practice
reading with a
therapy dog!



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





Women with purpose!

SINGLE MOMS GATHERING.

We are excited to offer you:

- Hairstyling
- Nail services
- Speaking panel
- Snacks
- Childcare

YOU are seen, known, and loved by
God!

Come enjoy a beautiful time
created just for you, we want to
celebrate you!

MAY 2, @2PM
The Bridge: 143 Baldwin Street, Johnson City



National Mental Health Awareness Month



The month is dedicated to *reducing* stigma, increasing awareness, promoting mental wellness, and encouraging open conversations around mental health issues.

Here's why this month matters to families

- Reduces Stigma in the Family! Mental health is still stigmatized in many communities. National Mental Health Awareness Month encourages openness.

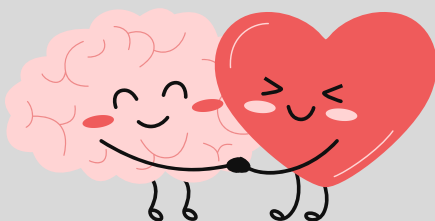
What can parents do? Talk openly about all emotions. Normalize seeking help, just like you would for a physical illness.

- Promotes Parental Mental Health, Too. Parental stress, anxiety, and burnout have a direct impact on children's emotional health.

What can parents do? Prioritize your own mental well-being. Practice self-care, set boundaries, and don't hesitate to seek support.

- Strengthens Family Communication. Mental Health Awareness Month provides an opportunity to introduce healthy coping strategies and create space for emotional check-ins at home.

What can parents do? Try family journaling or mindfulness activities!

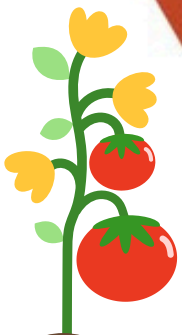


GARDENING 101

 **SATURDAY, MAY 16TH
2PM-3:30PM**



**BROOME COUNTY
PUBLIC LIBRARY:
185 COURT ST.
BINGHAMTON**



National Get Caught Reading Month



National Get Caught Reading Month is a campaign to encourage people of all ages, especially children, to spend more time reading for fun. It's a great way to promote literacy, spark imagination, and build lifelong habits.

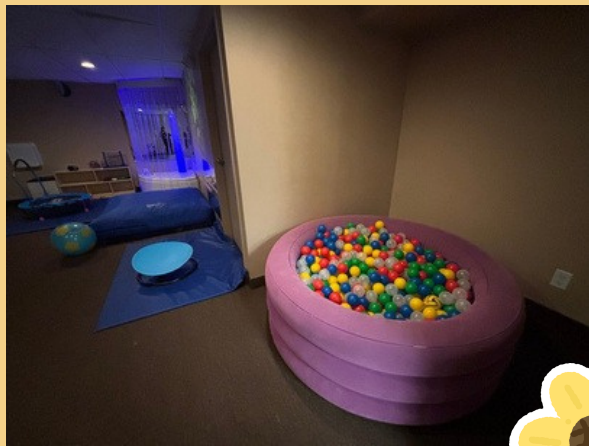
Why It Matters

- Reading boosts brain development: It strengthens vocabulary, focus, comprehension, and empathy.
- It encourages unplugged time: Books offer a break from screens while still entertaining and educating.
- Parents are role models: When kids see adults reading, they're more likely to pick up books themselves.

Easy Ways to Celebrate

- Get "caught" reading at home, in the park, or during errands.
- Set aside 15 minutes a day for family reading time.
- Let kids choose books based on their interests, ***comics or graphic novels count!***
- Visit a local library and explore a new section together.





SPRING IS HERE!

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

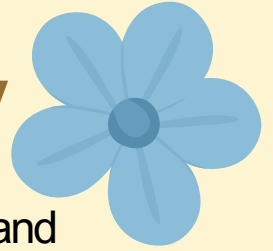
Please contact Lucas Stone

607 724 2111 Ext. 359

A Time to Celebrate, Support, and Reflect

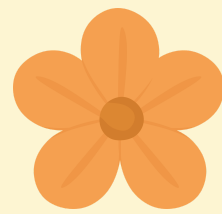
May brings two powerful observances that remind us of the strength, love, and resilience found in families, both biological and chosen.

National Foster Care Day



(First Tuesday in May)

It's a moment to recognize the families, social workers, and communities who support these children, and especially the foster parents who open their hearts and homes! Foster parents step in during times of crisis and provide safety, stability, and hope. Many children in foster care face significant hardships, and the love and support of a foster family can be life-changing.



Mother's Day

(Second Sunday in May)

Mother's Day honors the caregivers, nurturers, and guiding lights in our lives, whether they are biological mothers, adoptive moms, stepmothers, grandmothers, or mother figures. It's also a day to hold space for complex emotions, for those grieving a mother, longing to be one, or navigating motherhood in challenging circumstances.





HAPPY
Mother's Day

THANK YOU FOR
EVERYTHING YOU DO!





National Smile Day



National Smile Day is celebrated annually on May 31st. This National Smile Day, let's embrace the power of a smile to improve our own well-being and brighten the lives of those around us.

Why Smiling Matters

- Reduces Stress: Smiling triggers the release of endorphins, which are natural stress relievers.
- Enhances Mood: The act of smiling can improve your mood and the mood of those around you.
- Boosts Health: Smiling is linked to better cardiovascular health and a stronger immune system.
- Strengthens Relationships: A genuine smile fosters trust and builds connections with others.

Fun Facts About Smiling

- Babies smile about 400 times a day, while adults average 20 times.
- Smiling is contagious; seeing someone smile can make you smile too.
- It takes fewer muscles to smile than to frown.
- Smiling can make you appear more approachable and trustworthy.



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



To All Caregivers:

Thank You

Your presence, patience, and compassion make
the world better for every child you touch.

This month, we see you. We thank you. We stand
with you.

