

# Mental Health and Wellness in June

Resources & Events for  
Families in Broome  
County






**World Environment Month**  
**Father's Day**  
**Juneteenth**  
**International Yoga Day**






# Upcoming Local Events and Family Activities

## Air Power History

 **June 02-03, 2026** –  **9 AM - 5 PM** –  **2534 Airport Rd, Johnson City, NY 13790**

The world's most famous flying B-29 Superfortress and other classic warbirds!

## VINES: On-Site Workshop: Transplanting

 **June 01, 2026** –  **5:30 PM** –  **79 Liberty St, Binghamton, NY 13901**




Transplanting seedlings into your garden requires a handful of considerations to set them up for success in their growing season. Come learn best practices at this hands-on workshop! \*You do not need to be a member at a community garden to attend.\* All are welcome! This workshop is FREE and open to the public.

## VINES: Composting 101 @ Liberty St. Community Garden

 **June 10, 2026** –  **5:30 PM** –  **Liberty St. Community Garden**

Join us for a free composting workshop at the Liberty St. Community Garden! Learn the basics of composting, including how to start and maintain a compost pile, what materials to use, and how composting benefits your garden and the environment. \*You do not need to be a member at a community garden to attend.\* All are welcome! This workshop is FREE and open to the public.

## One Slight Hitch

 **June 05, 2026**  **7:30 PM** –  **Cider Mill Stage**

One Slight Hitch by Lewis Black! It's Courtney's wedding day, and her mom, Delia, is making sure that everything is perfect. The groom is perfect, the dress is perfect, and the decorations (assuming they arrive) will be perfect. Then, like in any good farce, the doorbell rings. And all hell breaks loose. So much for perfection.

## BIG ZUES BBQ Fundraiser

 **June 06, 2026** –  **11 AM - 2 PM** –  **KeyBank on Upper Front St**

Join us for a BIG ZUES BBQ Fundraiser on Saturday, June 6th, from 11am to 2pm in Binghamton to support people with disabilities.

## 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

# JUNE 2026

COMMUNITY ROOM & COMPUTER LAB

OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY

8:30 AM - 4:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3 <b>FOOD PANTRY</b> 10:30 AM - NOON	4 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	5 <b>CLOSED</b>
8	9 <b>DROP-IN HOUR</b> 2:45 PM - 4 PM	10 <b>FOOD PANTRY</b> 10:30 AM - NOON	11 <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	12
15	16 <b>CLOSED</b>	17 <b>FOOD PANTRY &amp; HYGIENE CLOSET</b> 10:30 AM - NOON	18 <b>CHILL &amp; CHAT</b> 10 AM - 11 AM <b>OPEN SHOP</b> 2:30 PM - 4:30 PM <b>COOKING CLASS</b> 5 PM - 6 PM	19 <b>CLOSED</b>
22	23 <b>DROP-IN HOUR</b> 2:45 PM - 4 PM <b>COMMUNITY CAFE</b> 5 PM - 6:30 PM	24 <b>FOOD PANTRY</b> 10:30 AM - NOON <b>PAINT NIGHT</b> 5 PM - 6 PM	25 <b>OPEN SHOP</b> 2:30 PM - 4:30 PM	26
29	30 <b>DROP-IN HOUR</b> 2:45 PM - 3 PM			

**NORTHSIDE  
BLOCK PARTY  
SATURDAY,  
JUNE 27TH  
12PM - 3PM**

**NEED A BIKE?  
STOP BY OPEN SHOP ON  
THURSDAY AFTERNOONS!**

## 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.

### THANK YOU TO OUR SPONSORS:



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

## EVENTS

### COOKING CLASS: COPYCAT BIG MAC QUESADILLA THURSDAY, JUNE 18TH, 5 PM - 6 PM

Join Ann from Cornell Cooperative Extension to learn how to make a copycat big mac quesadilla! 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 TUESDAY, JUNE 23RD, 5 PM - 6:30 PM

Join NEST to understand your utility bill and why your utility bill is going up! Food and refreshments will be provided. Email info@nynest.org for more info.

### FAMILY PAINT NIGHT WITH MS. REBECCA WEDNESDAY, JUNE 24TH, 5 PM - 6 PM

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

### NORTHSIDE BLOCK PARTY SATURDAY, JUNE 27TH, 12 PM - 3 PM

Join the community on Liberty Street to celebrate the start of summer! We'll have tunes, outdoor games, food, and giveaways - just bring yourself, friends, and family!

## WHAT'S NEW?

### VINES' FARM SHARE STARTS JUNE 11TH

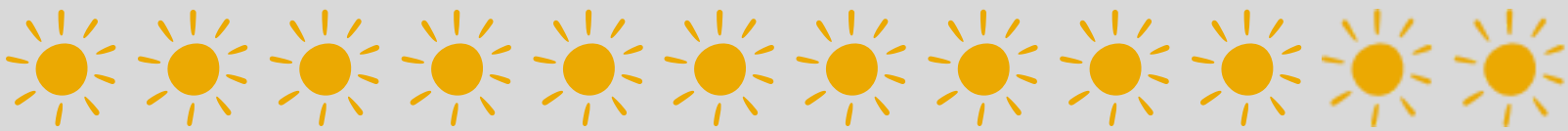
We're a pickup site every Thursday afternoon! Enjoy fresh vegetables at an affordable price every week from June until October. Call/Text (607) 238-3522 for more info!

### CHECK OUT OUR NEWLY UPGRADED COMPUTER LAB

### INTERESTED IN VOLUNTEERING IN THE COMMUNITY GARDENS?

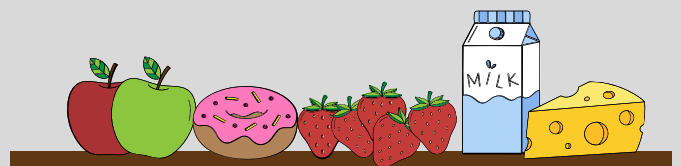
Give us a call at (607) 238-1005





# Food Assistance Resources

Looking for help with groceries or meals? Check out these local options included in this packet!  
For the details, see page 15





**STIC**  
Southern Tier  
Independence  
Center  
*Access your world*



# CHICKEN BBQ FUNDRAISER

**PROCEEDS BENEFIT  
SOUTHERN TIER INDEPENDENCE CENTER'S  
MISSION TO EMPOWER PEOPLE WITH DISABILITIES**

**KEY BANK**

**1314 FRONT ST, BINGHAMTON**

**½ CHICKEN, 2 SIDES & A ROLL-\$17**

***SATURDAY, JUNE 6, 2026***

***11AM-2PM (OR SOLD OUT)***

# World Environment Month



World Environment Month is a global observance that encourages awareness and action for the protection of our planet. It's a perfect opportunity for families to teach children about environmental responsibility and how small actions at home can make a big difference.

## Here's why this month matters to families

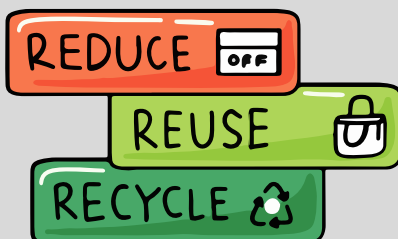
Fosters Stewardship of the Earth: Kids learn values by watching their parents. Engaging with environmental causes teaches empathy, responsibility, and sustainability.

### ***What can parents do?***

- *Take a nature walk, start a family recycling challenge, or plant something together. Talk about how caring for the Earth is part of caring for each other.*
- *Encourages Healthy Outdoor Habits. Time in nature benefits mental and physical health for both kids and adults.*

### ***What can I do with my kid to celebrate this?***

Schedule screen-free time outdoors. Explore a new trail, have a picnic, or visit a local park. Make it a monthly tradition!



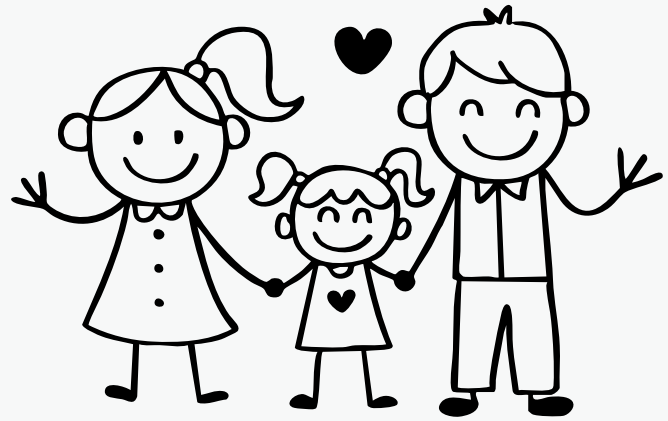
2026 ON-SITE WORKSHOPS  
FOR NEW GARDENERS

TRANSPLANTING

Liberty St. Community Garden:  
79 & 90 Liberty Street, Binghamton

Monday, June 1<sup>st</sup>  
5:30pm-7pm

# Father's Day

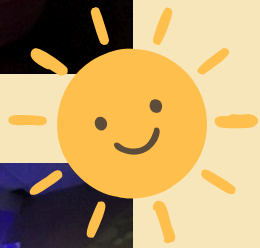
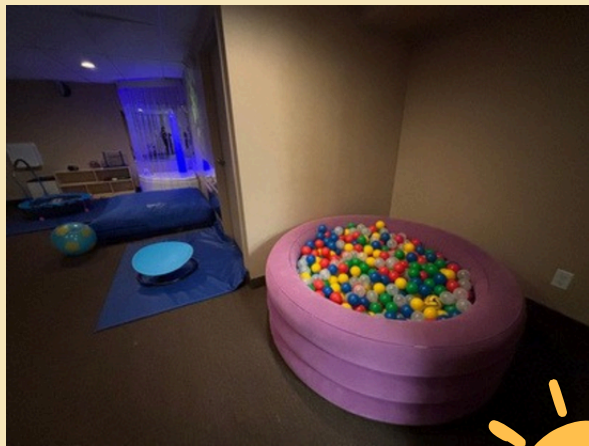


Father's Day is a time to celebrate the men and father figures who play vital roles in the lives of children; including biological dads, stepdads, grandfathers, foster fathers, uncles, and mentors. These caring adults shape children's lives through love, guidance, and support.

## Why It Matters

- **Celebrates All Father Figures:** families are beautifully diverse, and many children are nurtured by foster dads who step in with compassion and commitment. Father's Day is a time to honor their role in providing safety, stability, and care.
- **Supports Men's Emotional Wellness:** all dads, including foster dads, face pressures that can impact their mental health. Encouraging open conversations helps break down outdated stereotypes about masculinity and emotional expression.





## **SUMMER IS ALMOST 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



# Juneteenth

June 19th



Juneteenth is celebrated on June 19<sup>th</sup> and honors the day in 1865 when enslaved people in Texas learned they were free. It is a celebration of freedom, history, and culture.

## Why Does This Day Matter?

- Celebrates freedom and equality
- Helps us learn important lessons from history
- Honors the strength and contributions of African Americans

## What Can You Do as a Parent?

- Talk about fairness, kindness, and respect
- Read books that celebrate diversity and history
- Encourage your child to appreciate and learn about different cultures

## 3 Things to Do with Kids

- **Make a Freedom Craft** - Create artwork about what freedom means
- **Read Together** - Choose a book about African American history or culture
- **Celebrate Through Music** - Listen to music and talk about how people celebrate special days

## Family Question:

*What does freedom mean to you?*





Down Syndrome Achievement Centers  
educate. inspire. believe.

Southern Tier NY

# June 2026

Check for changes or cancellations on our online calendar here!



## Programming Calendar

- Local Playhouse Closed
- Pre-registration Required

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> Open Hours 9am-3pm <b>9:15am</b> - Muisic Makers Adult <b>10:15am</b> - Walking Club	<b>3</b> Open Hours 9am-7pm <b>5:30pm</b> - GiGiFIT Adult <b>6:30pm</b> - Signing with the Stars	<b>4</b> Open Hours 9am-7pm <b>10:30am</b> - Zumba <b>11:30am</b> - Gratitude <b>1:30pm</b> - Kickball @ Dick's House of Sport <b>4:30pm</b> - GiGiFIT Teen	<b>5</b> Open Hours 9am-3pm <b>10:15am</b> - GiGiFIT Adult <b>12pm</b> - Lunch Bunch <b>1:30pm</b> - Yoga	<b>6</b> Open Hours 9am-12pm <b>9:15am</b> - GiGiFIT Preschooler <b>10am</b> - LMNOP
<b>7</b>	<b>8</b>	<b>9</b> Open Hours 9am-3pm <b>9:15am</b> - Muisic Makers Adult <b>10:15am</b> - Walking Club	<b>10</b> Open Hours 9am-7pm <b>11am</b> - GiGi's Kitchen Adult <b>5:30pm</b> - GiGiFIT Adult <b>6:30pm</b> - Signing with the Stars	<b>11</b> Open Hours 9am-7pm <b>11:30am</b> - Art Explosion Adult <b>4:30pm</b> - GiGiFIT Teen	<b>12</b> Open Hours 9am-3pm <b>10:15am</b> - GiGiFIT Adult <b>12pm</b> - Lunch Bunch <b>1pm</b> - Movie Afternoon	<b>13</b> Open Hours 9am-12pm <b>9:15am</b> - GiGiFIT Preschooler <b>10am</b> - Music Makers Kids
<b>14</b>	<b>15</b>	<b>16</b> Open Hours 9am-3pm <b>9:15am</b> - Muisic Makers Adult <b>10:15am</b> - Walking Club	<b>17</b> Open Hours 9am-7pm <b>5:30pm</b> - GiGiFIT Adult <b>6:30pm</b> - Signing with the Stars	<b>18</b> Open Hours 9am-7pm <b>11:30am</b> - Gratitude <b>1:30pm</b> - Kickball @ Dick's House of Sport <b>4:30pm</b> - GiGiFIT Teen	<b>19</b> Open Hours 9am-3pm <b>10:15am</b> - GiGiFIT Adult <b>12pm</b> - Lunch Bunch <b>1:30pm</b> - Yoga	<b>20</b> Open Hours 9am-12pm <b>9:15am</b> - GiGiFIT Preschooler <b>10am</b> - Open Play
<b>21</b>	<b>22</b>	<b>23</b> Open Hours 9am-3pm <b>9:15am</b> - Muisic Makers Adult <b>10:15am</b> - Walking Club	<b>24</b> Open Hours 9am-7pm <b>6pm</b> - Game Night @ Dick's House of Sport	<b>25</b> Open Hours 9am-7pm <b>10:30am</b> - Zumba <b>11:30am</b> - Art Explosion Adult	<b>26</b> Open Hours 9am-3pm <b>12pm</b> - Lunch Bunch <b>1pm</b> - Internet Safety	<b>27</b> Open Hours 9am-12pm <b>10am</b> - Music in Motion Kids
<b>28</b>	<b>29</b>	<b>30</b> Open Hours 9am-3pm <b>9:15am</b> - Muisic Makers Adult <b>10:15am</b> - Walking Club <b>3:30pm</b> - Achievers				

# International Yoga Day

June 21st



Global reminder to slow down, check in with ourselves, and move with intention.

## Why Yoga Matters?





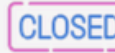




- **Reduces Stress:** Yoga calms the nervous system and supports emotional regulation.
- **Improves Focus:** Mindful movement enhances attention and clarity, for kids and adults alike.
- **Boosts Physical Health:** Flexibility, strength, and balance are all improved through regular practice.
- **Builds Family Bonds:** Practicing yoga together encourages connection, laughter, and mindfulness.

## Fun Yoga Ideas for Families

- Try a short family-friendly yoga video or guided breathing exercise.
- Create a “calm corner” at home with mats, pillows, and quiet space.
- Invent animal poses together! Downward dog, cat-cow, and more!
- End your day with a few deep breaths or a bedtime stretch.

This International Yoga Day, take a moment to stretch, smile, and simply breathe. Your body and mind will thank you!

# June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Teen Craft & Chat 6:00-7:30pm	2 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	3 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	4 Baby Story Time 10:00-11:00am Family Makerspace 6:00-7:00pm	5 Tween Craft & Chat 3:30-4:30pm	6 LEGO Club 9:00am-1:00pm All Ages Pride 1:00-4:00pm
8 Teen Craft & Chat 6:00-7:30pm	9 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	10 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	11 Baby Story Time 10:00-11:00am	12 Tween Craft & Chat 3:30-4:30pm	13
15 Summer Reading Registration Begins Teen Craft & Chat 6:00-7:30pm	16 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	17 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	18 Baby Story Time 10:00-11:00am Family Makerspace 6:00-7:00pm	19  Library Closed for Juneteenth	20 LEGO Club 9:00am-1:00pm Teen D&D* 11:00am-4:00pm
22  Library Closed for Staff Development	23 Family Game Night 5:00-6:00pm	24  Library Closed for Construction	25  Library Closed for Construction	26  Library Closed for Construction	27
29 Teen Craft & Chat 6:00-7:30pm	30 Family Game Night 5:00-6:00pm				



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

### Baby Story Time

Nursery rhymes and knee-bouncing songs and a story is read. Then it's playtime! For children ages 0 to 3.

### Family Board Game Night

Hang out and play some family games like giant Jenga, chess, or even a puzzle! All are welcome and snacks will be provided :)

### Family Makerspace

Join us for a fun makerspace program! There will be snap circuits, K'NEX, straws and connectors, KEVA planks, LEGO bricks, crafts, and more! Youth of all ages are welcome.

### LEGO Club

Drop in for a fun time of building and creating. All materials provided and finished LEGO creations will be displayed. For youth ages 2+.

### Pajama Story Time

Get cozy with our Pajama Family Storytime! Read bedtime stories, enjoy a fun craft, and wind down for a restful night.

### Teen Craft and Chat

Join us for coloring, tote bag decorating, chit chat, snacks, and more!! All teens welcome!

### Teen Dungeons & Dragons

Join us for an exciting one-shot Dungeons & Dragons adventure! Beginners are welcome. This is an event for youth in Grades 7-12. Space is limited and **registration is required**.

### Toddler Story Time

Join us for stories, activities, and a craft! Recommended for youth ages 2-3.

### Tween Craft and Chat

Join us for crafts, chit chat, snacks, and more! For youth ages 8-12.

### Tween & Teen Sit & Stitch

Join us for an hour of cross-stitching and conversation! For ages 12-18.

## Get Ready for Summer Reading!

Registration for our 2026 Summer Reading Program opens **June 15th**. Families can stop by the **Children's Room** to sign up and get everything they need to start reading on **July 1st**. Join us for a summer full of stories, activities, and fun all the way through **August 15th**.



HAPPY  
*Father's Day*

THANK YOU FOR  
EVERYTHING YOU DO!

## 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> <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 <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 91 Second St	May be served 1X/month with proof of Deposit residence at side door)	Thursday 3 - 6 PM	727-3266 Bill
<b>Endicott - Endwell Area Pantries</b>				
<b>Mother Teresa's Cupboard</b> <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 - 6:30PM	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	Town of Colesville residents 1X/month Harpursville Proof of address and ID for household members	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>callahead</b>


## Whitney Point & Lisle Pantries

<b>Whitney Point Community Pantry</b>	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

<b>Bread of Life Pantry Windsor Bible Baptist</b>	155 Chapel St Windsor		Call ahead Mon - Fri 7 AM - Noon	743-1946 655-1612
<b>Human Development 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 site stops in Johnson City, Whitney Point, Lisle, Endicott, and Binghamton.  Cash, credit or EBT Lowcost/Nocost.			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 778-3772 or 1-800-342-3009
<b>SNAP</b> (Supplemental Nutritional Assistance Program)	Governmental subsidy for food through Social Services. Family Enrichment Network offers assistance to find out eligibility.			723-8313 ext 827
<b>WIC (Women, Infants &amp; Children)</b>	Government food subsidy and Farmers Market coupons for pregnant women, children birth-5yrs based on "nutritional risk" and income.			778-2881
 <b>2-1-1</b> Get Connected. Get Answers.	<a href="http://www.helpme211.org">www.helpme211.org</a> Dial: 2-1-1 or 1-800-901-2180			10/30/15



**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.

