

Mental Health and Wellness in **September**

Resources & Events for
Families in Broome County



Welcome to our September Resource Packet - designed specially for you!

Suicide Prevention Month

Back-to-School Healthy Habits

International Day of Sign Languages

National Good Neighbor Day

September: Finding Our Rhythm



Ease back into routines

- *Consistency can make busy days feel more manageable*



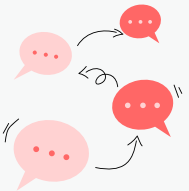
Make space for mental health

- *Check in, listen, and remind each other that asking for help is okay*



Focus on healthy habits

- *Sleep, movement, nourishment, and downtime all matter*



Celebrate all forms of communication

- *There are many ways to connect, express ourselves, and be heard*



Build community

- *Small acts of kindness can help everyone feel like they belong*

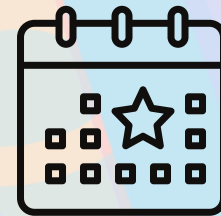


Give yourself time to adjust

- *New routines take practice! Progress doesn't have to happen all at once*

What is one small habit you can start this month that would make the days feel a little better?

Upcoming Local Events and Family Activities



MWM Library: Free Movie Tuesday

July 17 September 1, 2026 – 🕒 1:00 PM - 3:00 PM – 📍 MWM Library: 2630 Main Street, Whitney Point

Beat the summer boredom with weekly Tuesday matinees! Fresh popcorn is provided for free, just bring your own drink! *Movie showing: **Dinosaur (PG)***

Two Rivers Back to School Block Party

July 17 September 6, 2026 – 🕒 4:00 PM - 7:00 PM – 📍 1 Chrisfield Avenue, Johnson City

Your kids are going to love this block party! There will be tons of games, food, and prizes for kids in all school ages. Plus, parents will get access to free items to help you get your kids ready for school this year. The celebration will feature free haircuts, backpacks, games, food, popcorn, cotton candy, music, gift cards, and more. Pre-registration required.

Lowe's FREE Kids DIY Workshop: Haunted House

July 17 September 12, 2026 – 🕒 10:00 PM - 1:00 PM – 📍 Lowe's: 1318 Front Street, Binghamton

Spooky season starts here! Mini builders will construct a Haunted House complete with charmingly eerie details. Perfect for Halloween decorating, this project lets kids unleash their imagination while learning how to bring spooky scenes to life.

Monster Truck Wars

July 17 September 19, 2026 – 🕒 12:00 PM & 6:00 PM – 📍 Broome County Fairgrounds

America's fastest-growing Monster Truck series is bringing action-packed family-friendly entertainment to Broome County! Car-crushing Monster trucks, Quad Wars, Kids Powerwheel Races, Pre-show Pit Party, RIDE in a real Monster Truck. Tickets on sale now!

SLC Saturday

July 17 September 26, 2026 – 🕒 10:00 AM - 12:00 PM – 📍 148 Recreation Drive, Vestal

Looking for a fun, welcoming, and inclusive space for your family to play and connect? The Institute for Child Development (ICD) invites all Southern Tier families to SLC Saturday! Hosted on the Binghamton University campus, these free-play sessions feature engage-and-support activities designed so that individuals of all abilities can enjoy quality play time with family and friends.

Cluck, Chuck, N Cruise

July 17 September 26, 2026 – 📍 1660 Union Center Highway, Endicott

Join Southern Tier Independence Center (STIC) at Country Pines for a BBQ, Cornhole Tournament, and Classic Car Cruise-In. Proceeds benefit STIC's mission to empower people with disabilities to live independently and fully participate in their communities. Cornhole tournament participants are expected to bring their own team member.

DON'T MISS THE BUS!



BC TRANSIT



FREE RIDES on all BC Transit
routes for back to school
vaccine appointments!

Just let the driver know you and your
child are going to get a vaccine!

July 1-October 31 2026

Visit broomecountyny.gov/transit for bus schedules,
route maps, and questions on using BC Transit

Children must be up to date on vaccines to attend
school. Children who do not have required
vaccines will not be allowed in school!*

Plan your back to school appointments today!



**BROOME COUNTY
NEW YORK**

*PHL 2164, NYCRR 10 Subpart 66-1
06/2026

**Not sure what
your child needs?
Call your
healthcare
provider today!**



LEE BARTA COMMUNITY CENTER

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

HEALTHYLIFESTYLES COALITION

SEPTEMBER 2026

HealthyLifestyles Coalition

COMMUNITY ROOM & COMPUTER LAB

OPEN

MONDAY - THURSDAY & EVERY OTHER FRIDAY

8:30 AM - 4:30 PM

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1	2	3	4
	FOOD PANTRY 10:30 AM - NOON	OPEN SHOP 2:30 PM - 4:30 PM	
8	9	10	11
LABOR DAY CLOSED	FOOD PANTRY 10:30 AM - NOON PAINT NIGHT 5 PM - 6 PM	CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM EMPOWERMOMS CONNECTS 5:30 PM - 8 PM	DAY OF CARING
14	15	16	17
		FOOD PANTRY & HYGIENE CLOSET 10:30 AM - NOON	OPEN SHOP 2:30 PM - 4:30 PM COOKING CLASS 5 PM - 6 PM
21	22	23	24
		FOOD PANTRY 10:30 AM - NOON	CHILL & CHAT 10 AM - 11 AM OPEN SHOP 2:30 PM - 4:30 PM EMPOWERMOMS CONNECTS 5:30 PM - 8 PM
28	29	30	
FAMILY GAME NIGHT 5 PM - 7 PM			

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

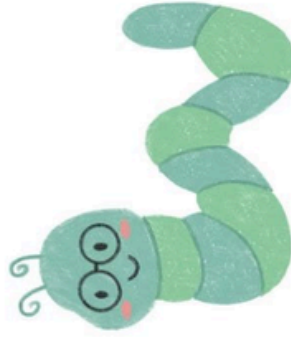
Lee Barta Center

PROGRAMS

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, 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.

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

FAMILY PAINT NIGHT WITH MS. REBECCA WEDNESDAY, SEPTEMBER 9TH, 5 PM - 6 PM
 You bring your creativity & we will provide the art supplies! This program is open to all & snacks will be provided.

POURING INTO YOU: CHOOSING YOURSELF WITHOUT GUILT LED BY EMPOWERMOMS CONNECTS THURSDAY, SEPTEMBER 10TH & 24TH, 5:30 PM - 8 PM

A free community gathering for moms and caregivers seeking encouragement, connection, and practical support while navigating everyday life. Limited capacity; RSVP encouraged. Zoom option available.

COOKING CLASS: FRESH SALSA THURSDAY, SEPTEMBER 17TH, 5 PM - 6 PM

Join Ms. Ann from Cornell Cooperative Extension to learn how to make fresh salsa! 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 MONDAY, SEPTEMBER 28TH, 5 PM - 7 PM

Join the LBCC team for a night of family fun! Pizza will be provided.



WHAT'S NEW?

VINES' FARM SHARE RUNS UNTIL OCTOBER

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

CHECK OUT OUR NEWLY UPGRADED COMPUTER LAB

Open during our regular operating hours for printing and internet browsing.



Suicide Prevention Month

SEPTEMBER

September is Suicide Prevention Month which is a time to encourage open conversations about mental health, strengthen connections, and remind people that it's okay to ask for help.

Here's why this month matters to families:

- ***Talking helps.***
 - Open conversations can make it easier to share difficult feelings.
- ***Connection matters.***
 - Feeling supported and connected can protect emotional wellbeing.
- ***Asking for help is a strength.***
 - Kids and adults should know they don't have to handle hard things alone.

What can you do as a parent?

- **Check in regularly:** Ask how your child is *really* doing and make space to listen.
- **Talk openly about emotions:** Help kids understand that all feelings are okay to talk about.
- **Build their support circle:** Identify trusted adults they can turn to when they need help.

Things to do with your kids:

- **Try an Emotional Check-In**
 - Use a feelings chart, 1-10 scale, or colors to talk about how everyone is feeling.
- **Create a "5 People I Can Go To" Hand**
 - Trace a hand and put one trusted person on each finger.
- **Make Encouragement Notes**
 - Write kind messages for family members or friends as a reminder that they matter.

Family Reflection:

Who are the people we can talk to when we're having a hard day?

SNAP Eligibility:

What New Yorkers Need to Know About New Federal Work/Volunteer Requirements

The New York State Office of Mental Health is alerting New Yorkers – including those living with or recovering from behavioral health issues – to new federal work requirements for people who receive Supplemental Nutrition Assistance Program (SNAP) food benefits. All Able-Bodied Adults Without Dependents or ‘ABAWDs’ – defined as anyone between ages 18 and 64 who can work and don’t have any children under age 14 in their household – must now meet certain work requirements to continue receiving SNAP benefits for more than three months over a 3-year period.

Are You Exempt?

There are [exceptions](#) to these rules, **specifically if:**



You participate in substance use treatment.



You are receiving disability benefits from a public or private source, such as Veterans Affairs, Social Security Administration, or New York State disability benefits.



You are in a caregiver role, such as those living with a child under age 14 or taking care of an incapacitated person.



You are age 65 or older.



You are unable to work at least 80 hours a month because of a physical or mental health reason.

If You Are NOT Exempt, How Can You Meet the ABAWD Rules?

•Participation in job skills training and educational activities for 20 hours a week (80 hours a month)

This may include college courses, certifications, or credential programs. Courses for aspiring and working mental health peer specialists may be used to meet the participation requirement, provided training hours can be documented. Visit the [New York Certified Peer Specialist Board](#), [the Academy of Peer Services](#), or [Families Together in New York State](#) for information on these programs.

•Volunteering Counts

In some instances, volunteering can help you meet these new requirements and may even require less than

80 hours a month. The number of volunteer hours needed per month depends on your monthly SNAP benefit amount and the local minimum wage. For example, someone receiving \$160 per month in SNAP benefits and living upstate where the minimum wage is \$16 would need to do 10 hours of volunteering or a Work Experience Program assignment each month to remain eligible.

•Paid or Unpaid Work

The new requirements can be met by working at least 20 hours per week or earning at least \$217.50 per week, even if you are working fewer than 20 hours. Doing in-kind work counts. For instance, someone doing building maintenance for 80 hours per month in exchange for a reduction in rent would meet the monthly work requirement.

Proof of SNAP Eligibility

[Local social service districts](#) can help New Yorkers determine what is needed to prove hours worked or volunteered, how to submit this information, and whether an organization is eligible to support the volunteering requirement.

Volunteer and Work Opportunities

Some OMH facilities offer volunteering opportunities. The agency also works with organizations that offer volunteer opportunities, including [National Alliance on Mental Illness New York State](#) and the [Mental Health Association in New York State](#). The state [Office for the Aging](#) has opportunities for volunteering, and also administers the Senior Community Service Employment Program, a training program for income-eligible New York State residents who are age 55 or over.

NEED HELP?

Connect with your [social services district](#) to determine eligibility for exemptions and find additional resources.

STAYING SAFE ON SOCIAL MEDIA

PRESENTED BY BROOME COUNTY DISTRICT ATTORNEY'S OFFICE

WhatsApp

- Only message people you know in real life.
- Turn off "Last Seen" and "Read Receipts" in Settings.
- Never click on unknown links in messages.
- Use group chats only with friends and family.



Block & report strangers immediately!

Think twice before sharing selfies or videos.

Be kind in comments — and expect kindness back!

Not all "friends" online are really friends.

TikTok

- Use Family Pairing so parents can help manage your account.
- Set your profile to Private.
- Use Restricted Mode to block inappropriate content.
- Avoid sharing videos that show where you live or go to school.



Instagram

- Set your account to Private.
- Don't accept follow requests from strangers.
- Hide your location in posts and stories.
- Turn off comments or restrict mean users.



Discord

- Only join servers with people you know.
- Turn off DMs from strangers in Privacy Settings.
- Report bullying or creepy behavior.
- Don't share your screen with strangers.



YouTube

- Watch in YouTube Kids if you're under 13.
- Don't comment on videos unless your parents say it's okay.
- Never click on links in video descriptions unless approved by an adult.
- If a video makes you uncomfortable — STOP watching and TELL someone.



Not everything on YouTube is real or safe!

TOP 3 GOLDEN RULES:

1. Don't Share Personal Info
2. Talk to a Trusted Adult
3. Block & Report Bad Behavior



SCAN TO LEARN MORE



"Your safety matters more than likes or followers. Be smart, speak up if something feels wrong, and remember, you are never alone. We're here to help you."

— F. Paul Battisti, Broome County District Attorney

September 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Family Game Night 5:00-6:00pm	2 Toddler Play Time 10:00-11:00am Sit & Stitch 5:00-t6:00pm	3 Bead Party 10:00am-12:00pm 2:00-4:00pm	4 Family Movie Day 10:00am-12:00pm Tween Craft & Chat 3:30-4:30pm	5 LEGO Club 9:00am-1:00pm Discover Music* 2:00-3:00pm
7 SORRY WE'RE CLOSED	8 Family Game Night 5:00-6:00pm	9 Toddler Play Time 10:00-11:00am Sit & Stitch 5:00-t6:00pm	10 Baby Play Time 10:00-11:00am	11 Tween Craft & Chat 3:30-4:30pm	12 Family Game Day 10:00am-12:00pm Discover Music* 2:00-3:00pm
14 Teen Craft & Chat 6:00-7:30pm	15 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	16 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-t6:00pm	17 Baby Story Time 10:00-11:00am Crafty Kids 3:30-5:30pm	18 PBS Kids Screening 10:00-11:00am Tween Craft & Chat 3:30-4:30pm	19 LEGO Club 9:00am-1:00pm Teen D&D* 11am-4pm
21 Teen Craft & Chat 6:00-7:30pm	22 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	23 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-t6:00pm	24 Baby Story Time 10:00-11:00am Wonder Works* 3:30-5:00pm	25 Tween Craft & Chat 3:30-4:30pm	26 Toddler Dance Party 10:00-11:00am Mr. Mike's Art Class 10:00-11:00am Discover Music* 2:00-3:00pm
28 Teen Craft & Chat 6:00-7:30pm	29 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	30 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-t6:00pm			

Baby Story Time

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

Crafty Kids

Drop in to make a fun craft. For all ages.

Family 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 :)

Discover Music

This is a four-part music workshop series for youth ages 5-15. No musical experience is required. Attend one workshop, or attend them all. Space is limited and **registration is required**. You must register for each session you would like to attend.

Family Movie Day

Stop in for a movie afternoon! Refreshments will be served. 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+.

Mr. Mike's Art Class

Welcome to our fantastic art classes held by Mr. Mike! This program is aimed at kids in grades 1-5. Registration will not be required for this class. All materials will be provided, just bring yourself and your creativity!

Pajama Story Time

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

PBS Kids Screening with WSKG

Join BCPL and WSKG for a fun-filled morning with a PBS Kids screening, themed educational activities, and thought-provoking hands-on activities!

Teen Craft and Chat

For teens in grades 8-12, come hang out and do arts and crafts!

Teen Dungeons & Dragons

Join us for an exciting one-shot Dungeons & Dragons adventure! Beginners are welcome. Character creation is from 11am-12pm. Join us at 12pm if you just want to play. This is an event for youth in Grades 7-12. Space is limited and **registration is required**.

Toddler Dance Party

Come move and groove at BCPL! Join us for dancing, bubbles, and lots of fun! Recommended for ages 2-5.

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.

Wonder Works

Through family-friendly design challenges and creative projects, children and caregivers will explore the hidden world inside everyday devices while building, discovering, and having fun together. No prior experience is needed, just a willingness to explore and learn together. Space is limited and **registration is required**. Please note: You must register for each session you would like to attend.

Youth Services Department (607) 778-6456
BCPLyouthservices@gmail.com
thebcpl.org
<https://www.facebook.com/bcpubliclibrary>

Back to School, Back to Healthy Habits!

What are healthy habits?

Going back to school means getting back into routines. Simple habits around **sleep, food, movement, and downtime** can help kids feel ready for their day.

Here's why this day matters to families:

- ***Sleep supports success.***
 - Consistent rest helps with focus, mood, and energy.
- ***Fuel matters.***
 - Regular meals and snacks help kids get through busy days.
- ***Routines create predictability.***
 - Knowing what to expect can make transitions easier.

What can you do as a parent?

- **Create simple routines** for mornings, after school, and bedtime.
- **Build in downtime** after a busy school day.
- **Start small:** choose one habit to work on instead of changing everything at once.

Things to do with your kids:

- **Make a Routine Chart**
 - Let your child help create their morning or bedtime routine.
- **Build a Snack Station**
 - Pick out easy grab-and-go snacks together.
- **Create a Get-Ready Playlist**
 - Make mornings more fun with a few favorite songs!

Family Reflection:

What helps our family have a good day at school?

New York State Senator
LEA WEBB

BROOME COUNTY HEALTH RESOURCE FAIR

Join the Office of Senator Webb and partners from across Broome County for community health resources.



TUESDAY

September 1, 2026



RUNS FROM

5:00 PM - 7:00 PM



BROOME COUNTY LIBRARY

Decker Room,
185 Court St, Binghamton

- ✓ Narcan Training
- ✓ Cancer screenings
- ✓ Nutrition Education
- ✓ Tobacco Prevention



Dental Solutions
of Binghamton

SOUTHERN TIER
LYME SUPPORT, INC



Family Planning
OF SOUTH CENTRAL NEW YORK, INC.™



UNITED WAY
Broome County

Southern Tier

Cancer Services Program

Your partner for cancer screening, support and information



Cornell Cooperative Extension



Prevention Coalition
of Broome County



ACHIEVE
A chapter of The Arc
New York

BINGHAMTON UNIVERSITY
DIVISION OF PHYSICAL
THERAPY

Helio Health
Where hope meets healing

Broome County
Office for
Aging
607-778-2411



Tobacco Free
BROOME AND TIOGA

SEPTEMBER 2026

VPL THIS MONTH IN
Youth Services

SUN	MON	TUE	WED	THU	FRI	SAT
Scan the QR code to view and sign up online.		Back to Hogwarts! In-Library activities throughout the day for all witches & wizards Lego Club 4 - 5:30 PM All Ages - Mtng Rm	2	Tiny Tot Storytime 10AM Ages 2 - 3 Mtg Rm A4 1 - 3PM All Ages, All Abilities Meeting Room	4	5
6	7 VPL Closed Labor Day	8	9 BC Chess Club 6-8 PM Ages 12+ Mtng Rm (Kids must be accompanied by a parent/guardian 18 or older)	Tiny Tot Storytime 10AM Ages 2 - 3 Mtg Rm	11	12
13	14 Peek-a-Book Baby Storytime 10AM - Ages 0 - 15m & Caregivers - Mtg Rm Girls Who Code 4:30 - 5:45 PM Grades 3-5	15 Bookaneers! 4 PM Ages 8-9 Mtng Rm Read It & Eat: 4 PM Ages 10-12 Chf. Rm Shelf Love: Silent Book Club 4 PM Ages 12-18 YA Sect.	16	Tiny Tot Storytime 10AM Ages 2 - 3 Mtg Rm A4 1 - 3PM All Ages, All Abilities Meeting Room	18 Pop-Up Food Pantry w/ Good Neighbors 5 - 6PM Pick up a Number at Front Desk to hold your place in line.	19 Arr! Talk Like a Pirate Day! In-Library Activities throughout the Day for all mateys!
20	21 Peek-a-Book Baby Storytime 10AM - Ages 0 - 15m & Caregivers - Mtg Rm Read to a Therapy Dog 6-7:30 PM All Ages Youth Services Dpt.	22	23	Tiny Tot 24 Playtime 10AM Ages 2 - 3 Meeting Rm	25	26
27	28 Elementary STEAM Jumbo Games 6 - 7 PM Ages 5-11	29 BC Chess Club 6-8 PM Ages 12+ Mtng Rm (Kids must be accompanied by a parent/guardian 18 or older)	30	Parents and Caregivers are required to remain in the library for the duration of all events. Please see VPL's Unattended Child Policy for more information.		

REGISTRATION REQUIRED FOR: SIGN UP ONLINE

- **Read It & Eat and Bookaneers! Book Clubs** - Sign up for the year long session online.
- **Girls Who Code: Grades 3 - 5** - Sign Up online
- **Shelf Love: Teen Silent Book Club** - Ages 12 - 18 - Sign up online.

**VESTAL
PUBLIC
LIBRARY**

VP MONTH AT A GLANCE SEPTEMBER 2026

Tuesday, September 1 Back to Hogwarts Day
In-Library Activities throughout the Day
Wednesday, September 2 & 16 Tech Assistance - In Library 11 AM - 12 PM - Drop In

Thursday, September 3 & 17 All Activities for All Ages, All Abilities
1 - 3 PM - Meeting Room

Thursday, September 3 Mad for Art: Scrabble Letter Coasters 6 - 7:30 PM - Ages 16+ - Sign up online 8/25
Yin Yoga - Sign Up Online
6 PM - Meeting Room

Thursday, September 3 Sound Bath - Sign Up Online 7 PM - Meeting Room

Wednesday, September 9 & 23 Tech Assistance - Off Site 10:00 AM - @ Vestal Senior Center

Wednesday, September 9 & 23 Pins & Needles: Knit and Crochet 6 PM - In Library - Meet Up

Wednesday, September 16 Shelf Indulgence - Book Club - Sign Up Online
When Breath Becomes Air by Paul Kalanithi
6 PM - Local History Room

Friday, September 18 Pop-Up Food Pantry w/ Good Neighbors 5 - 6 PM - Meeting Room
Pick up a Number at Front Desk to hold your place in line.

Monday, September 21 VPL Board of Trustees Meeting 6:30 PM - In Library
Read to a Therapy Dog 6 - 7:30 PM - Youth Dept.

Tuesday, September 22 Java Joe Jamblers - Live Music 6 PM - Meeting Room

Friday, September 25 Crafty Cinema: She's the Man 6 - 9 PM - Meeting Room - Movie starts at 6:30 PM BYO Craft & Preferred Snacks, Popcorn provided!

Tuesday, September 29 Caught Read Handed: Cozy Mystery Book Club 6 PM - Conference Room - Sign Up Online

SUN	MON	TUE	WED	THU	FRI	SAT
		1 	2 	3 <i>A4</i> 	4	5
6	7 VPL Closed Labor Day	8 	9 	10	11	12
13	14	15	16 	17 <i>A4</i>	18 	19
20	21 	22 	23 	24	25 	26
27	28	29 	30	Scan the QR code to sign up for and view events 		

VESTAL
PUBLIC
LIBRARY

CLUCK, CHUCK, AND CRUISE

CORN HOLE TOURNAMENT



CHICKEN BBQ

AND CRUISE IN

Questions?

607-724-2111

Development@stic-cil.org

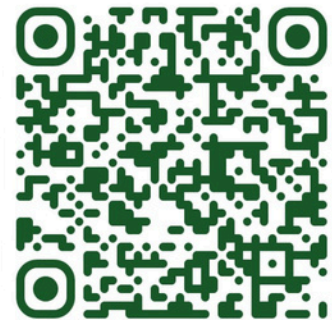
Join Southern Tier Independence Center (STIC) at Country Pines for a BBQ, Corn Hole Tournament, and Classic Car Cruise-In. Proceeds benefit STIC's mission to empower people with disabilities to live independently and fully participate in their communities.



**1660 UNION CENTER HWY
ENDICOTT, NY 13760**



SEPTEMBER 26
1PM -5PM



BBQ CHICKEN - \$25
CORN HOLE TOURNAMENT - \$10



FALL 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

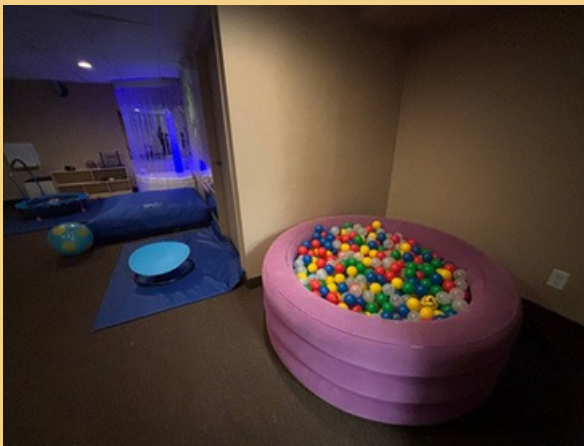
8:30 - 4:30 p.m.

Fridays

8:30 - 3 p.m.

BOOKING PROCESS

Please contact Lucas Stone
(607) 724-2111 Ext. 359



International Day of Sign Languages

September 23, 2026

Celebrated on **September 23**, this day recognizes sign languages and the important role they play in communication, connection, and Deaf culture.

Here's why this day matters to families:

- ***Communication looks different for everyone.***
 - There is no single “right” way to communicate.
- ***Everyone deserves to be heard.***
 - Accessible communication helps people participate and connect.
- ***Sign languages are languages.***
 - They have their own grammar, structure, and cultural importance.

What can you do as a parent?

- **Talk about different ways people communicate** including signing, speaking, gestures, pictures, and communication devices.
- **Model inclusion** by teaching children to be patient and respectful of different communication styles.
- **Learn together:** even a few signs can introduce kids to a new way of communicating.

Things to do with your kids:

- **Learn 5 signs**
 - Start with *hello, please, thank you, help, and friend*.
- **Learn the ASL Alphabet**
 - Practice finger spelling everyone's names.
- **Sign Along**
 - Learn signs that go along with a favorite children's song.

Family Reflection:

How can we make sure everyone has a way to communicate and feel included?

7th annual CHALK THE WALK

#BroomeHas
Hope

have the talk



SEPTEMBER

10-20, 2026

An Awareness Campaign

honoring World Suicide Prevention Month



National Good Neighbor Day

September 28, 2026

Celebrated on **September 28**, Good Neighbor Day is a reminder that small acts of kindness can help create stronger, more connected communities.

Here's why this day matters to families:

- ***Kindness builds connection.***
 - Small gestures can help others feel welcome and valued.
- ***Community starts close to home.***
 - Being a good neighbor teaches kids about belonging and helping others.
- ***Everyone can contribute.***
 - You don't have to do something big to make a difference.

What can you do as a parent?

- **Model kindness:** let kids see you helping and connecting with others.
- **Talk about community:** discuss what it means to be a good neighbor.
- **Look for opportunities to help:** encourage small, age-appropriate acts of kindness.

Things to do with your kids:

- **Make a Neighbor a Card**
 - Draw a picture or write a kind message.
- **Help Your Neighborhood**
 - Pick up litter or help with a simple outdoor task.
- **Share Something**
 - Deliver a treat, flowers, or another small surprise to a neighbor.

Family Reflection:

What is one thing we can do to make our community a kinder place?

Welcome to the STIC Room- Fall edition!

Each season, we highlight new ways to explore our senses! This season we highlight tools that can be indoors or outdoors!

For outdoors:

- **Trampolines** are a great way to get excess energy out! Whether it's big or small, it'll help with spatial awareness (this model is only 55 lbs though)!
- **Bean bags** are fun to toss, such as in a game of corn hole: the weight of them will promote focusing!

For indoors:

- **Rain Sticks** or a **mini sound bowl** might bring some sound sensory relief!
- **Charley the Chameleon** is great to snuggle up with and take a nap on a cool fall day, just as other stuffed animals are!

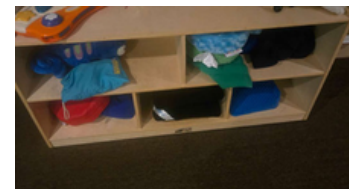
Book the sensory room by scanning below!



Pictured: Child's



Pictured: Rain stick



Pictured: Charley the Chameleon,



ART • FOOD • MUSIC

BROOME

ARTS

FESTIVAL

**SATURDAY, SEPTEMBER 19
FROM 10AM - 5PM**

RAIN DATE: SUNDAY, SEPTEMBER 20

STATE STREET • BINGHAMTON NY



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BROOMEARTS.ORG



VISIONS
FEDERAL CREDIT UNION



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- 3:30PM 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 8AM	723-1127
Loaves & Fishes	25 1/2 Mill St	May be served 1X/month with proof of residence	Mon & Wed 11AM-2PM	724-5304
Salvation Army 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 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 residence	May be served 1X/month with proof of	Thursday 3 - 6 PM	727-3266 Bill
Endicott - Endwell Area Pantries				
Mother Teresa's Cupboard 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
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 - 11:45AM Tue 5:30 - 6:45PM	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	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	Proof of address and ID for household members	Call ahead	648-8341 call ahead

Whitney Point & Lisle Pantries

Whitney Point Community Pantry	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

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 vegetables 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	
		www.helpme211.org Dial: 2-1-1 or 1-800-901-2180		10/30/15

CATERPILLARS IN THE GARDEN

 WED. SEPTEMBER 30TH
6PM - 7:30PM

 VINES OFFICE:
157 SUSQUEHANNA ST.



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.

