

Mental Health and Wellness in October

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



ADHD Awareness month
World Mental Health Day
World Teacher's Day
National Disability Employment
Awareness month
LGBTQ+history month
Halloween

Upcoming Local Events and Family Activities

Event

 **October 02, 2026** –  **10:00 -12:00 PM** –  **George F. Johnson Library**

Read with Therapy Dogs also October 17th and October 31st, November 14th and December 12th

Event

 **October 3, 2026** –  **100:00 - 3:00 PM** –  **1163 Front St. Binghamton, NY 13905**

Fall 2026 Open Farm Day Tours, Family Friendly Activities, Demos, Seasonal Fun, 15 Local Farms!

Event

 **October 10, 2026**–  **12:00 - 4:00 PM** –  **Grippen County Park, 607 S Grippen Ave, Endicott , NY 13760** **Broome County Parks Festival**

Event

 **October 15, 2026** –  **5:00 - 7:00 PM** –  **STIC Southern Tier Independence Center 135 E. Frederick Street Binghamton, NY 13904** **STIC's Trunk or Treat and Community Services Fair**

Event

 **October 17, 2026** –  **12:00 - 2:00 PM** –  **Arnold Park Andrews Road, Vestal, NY 13850**
Monster Mash Halloween Party Free and Open to the Public



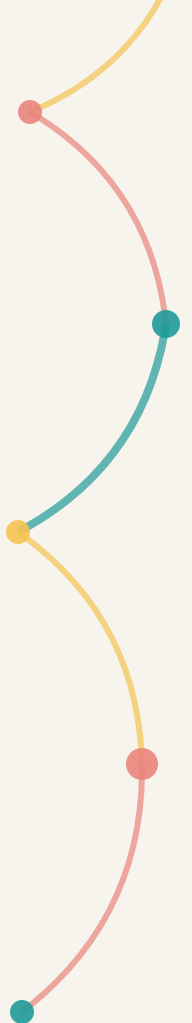
ADHD Awareness Month

- ADHD is a complex neurodevelopmental disorder characterized by persistent patterns of inattention, impulsivity, and hyperactivity. While it's common for individuals to occasionally experience these traits, ADHD involves a significant and enduring impact on daily life, often leading to academic, occupational, and social challenges.

There are three primary types of ADHD:

- Predominantly Inattentive Presentation: People with this type struggle with paying attention to details, following through on tasks, and organizing activities. They may be forgetful in daily activities and often lose things like keys or school materials.
- Predominantly Hyperactive-Impulsive Presentation: Individuals with this are hyperactive and impulsive but may not have significant problems with inattention. They may have difficulty staying seated, blurting out answers before questions are complete, and interrupting others.
- Combined Presentation: This is the most common, where individuals exhibit a combination of inattention, hyperactivity, and impulsivity
- ADHD is more common than many people realize. According to the Centers for Disease Control and Prevention (CDC), in the United States, approximately 9.8% of children aged 3-17 have been diagnosed with ADHD as of 2019. This means that in a typical classroom of 25 students, it's likely that at least two or three students have ADHD.
- ADHD doesn't affect only children; it continues to impact individuals as they grow into adulthood. It is estimated that 4.4% of adults in the United States have ADHD. The prevalence of ADHD may vary slightly from one country to another, but it is a global concern affecting millions of people worldwide.

<https://keyassetskentucky.org/celebrating-child-welfare-workers/>



October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Baby Story Time 10:00-11:00am Wonder Works* 3:30-5:00pm	2 Tween Craft & Chat 3:30-4:30pm	3 
5 Teen Craft & Chat 6:00-7:30pm	6 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	7 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	8 Baby Story Time 10:00-11:00am Wonder Works* 3:30-5:00pm	9 Tween Craft & Chat 3:30-4:30pm	10 Raspberry Pi Class 10:00am-12:00pm Discover Music* 2:00-3:00pm
12 	13 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	14 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	15 Baby Story Time 10:00-11:00am Crafty Kids 3:30-5:30pm	16 PBSKids Screening 10:00-11:00am Tween Craft & Chat 3:30-4:30pm	17 LEGO Club 9:00am-1:00pm Teen D&D* 11:00am-4:00pm Interactive Movie Day 2:00-4:00pm
19 Teen Craft & Chat 6:00-7:30pm	20 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm 27 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	21 Toddler Story Time 10:00-11:00am Halloween Party 4:00-6:00pm	22 Baby Story Time 10:00-11:00am Wonder Works* 3:30-5:00pm 29 Baby Story Time 10:00-11:00am Wonder Works* 3:30-5:00pm	23 Tween Craft & Chat 3:30-4:30pm	24 Mr. Mike's Art Class 10:00-11:00am
26 Teen Craft & Chat 6:00-7:30pm	27 Family Game Night 5:00-6:00pm Pajama Story Time 6:30-7:15pm	28 Toddler Story Time 10:00-11:00am Sit & Stitch 5:00-6:00pm	30 Trick or Treat 10:00-11:00am Tween Craft & Chat 3:30-4:30pm	31 LEGO Club 9:00am-1:00pm Toddler Dance Party 10:00-11:00am	

THE DISCOVERY CENTER'S

FREE ADMISSION NIGHT

Sponsored by:



HATALA ORTHODONTICS, PC



4-6:30PM

Friday, October 2

Join us on the First Friday of October as we showcase artwork from students at Windsor Elementary Schools, including C.R. Weeks Elementary, A.F. Palmer Elementary, and Floyd L. Bell Elementary.

The exhibit, themed “Colors of Fall,” will celebrate the beauty of the season through student artwork inspired by autumn. Guests can also enjoy a fall-themed craft, snacks, music, and a wonderful display of creativity from our young artists!

Thanks to Hatala Orthodontics, all can enjoy FREE admission to The Discovery Center from 4-6:30PM

HALLOWEEN COSTUME GIVEAWAY



OCTOBER 10TH | 9:00 AM - 12:00 PM

101 S JENSEN RD, VESTAL, NY 13850



UNITED WAY
Broome County

Rotary
Vestal, NY



The Empowered Caregiver

Join us at the Veteran Resource Center for an empowering and interactive workshop series focused on mental well-being, self-care, and resilience for caregivers.

What You'll Learn

October 1st at 11am: Building Foundations of Caregiving

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

November 5th at 11am: Supporting Independence

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

December 3rd at 11am: Communicating Effectively

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

January 7th at 11am: Responding to Dementia-Related Behaviors

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

February 4th at 11am: Exploring Care and Support Services

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.



Veterans Resource Center
11 Frederick Street, Binghamton NY 13901

POC: Caty Strong - Clear Path for Veterans
607-744-6303



BROOME COUNTY PARKS

TRUNK OR TREAT



Otsiningo Park • SUNDAY, OCTOBER 18
11:00AM - 1:00PM

World Mental Health Day

October 10

A day to focus on feelings, kindness, and the importance of taking care of our minds and hearts.

Here's why this day matters to families:

- Encourages Emotional Awareness: Helps children recognize and name their feelings.
- Promotes Kindness: Reminds families to support each other with empathy.
- Teaches Coping Skills: Introduces simple strategies to manage stress or worries.

What can you do as a parent?

- Keep conversations age-appropriate. Talk about feelings, kindness, and healthy ways to manage emotions.

Things to do with your kids:

- Create a “feelings chart” together.
- Practice deep breathing or short mindfulness exercises.
- Read a story about emotions or empathy



Down Syndrome Achievement Centers
educate. inspire. believe.

Southern Tier NY

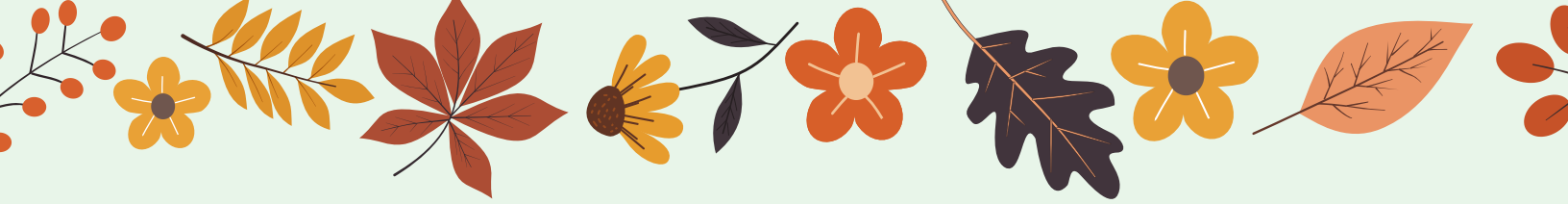
October 2026: Down Syndrome Acceptance Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Red Robin Fundraiser! 	2 	3 Matthew's Auto Walk-A-Thon
4	5	6	7 DSAM Proclamation! Press Conference!	8 	9	10
11	12	13	14	15	16 	17 BUAM Dynamic Docent Exhibit
18 DSAM Spirit Week!	19 Crazy Hat Day	20 Twin Day	21 Pajama Day	22 Sports Jersey Day	23 DSAM Pride: Blue & Yellow Day	24 Crazy Sock Day
25	26	27	28	29 Halloween Party!	30	31

Why Celebrate DSAM?

Originally established in the 1980's, the month of October is set aside to raise understanding of Down syndrome & the amazing abilities people with it have!

We celebrate DSAM to raise acceptance, promote inclusion, and increase advocacy!



Fall Family Bucket List

Here's why this time matters to families:

- Pick apples at an orchard or farm to encourage bonding.
- Take a family photo to create lasting memories.
- Cuddle up for a Halloween movie to encourage sharing similar interests.

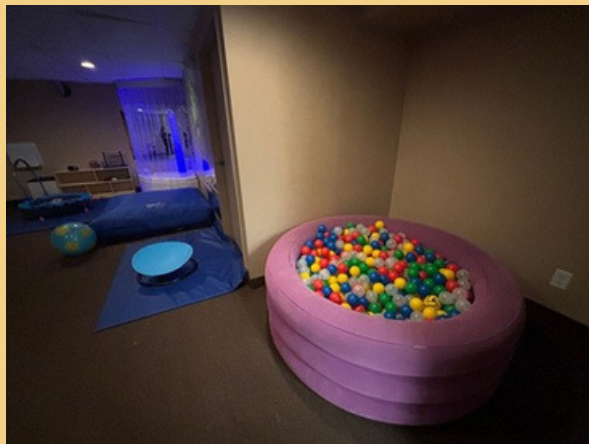
What can you do as a parent?

- Talk about feelings of acceptance.
- Highlight the importance of belonging.
- Show that making time for one another is important.

Things to do with your kids:

- Warm up with chili or soup.
- Jump in a pile of leaves.
- Decorate your porch and your home together for fall.





SENSORY ROOM

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

World Teacher Day

October 5th

A day to recognize teachers and mentors who help children learn, grow and explore their potential.

Here's why this day matters to families:

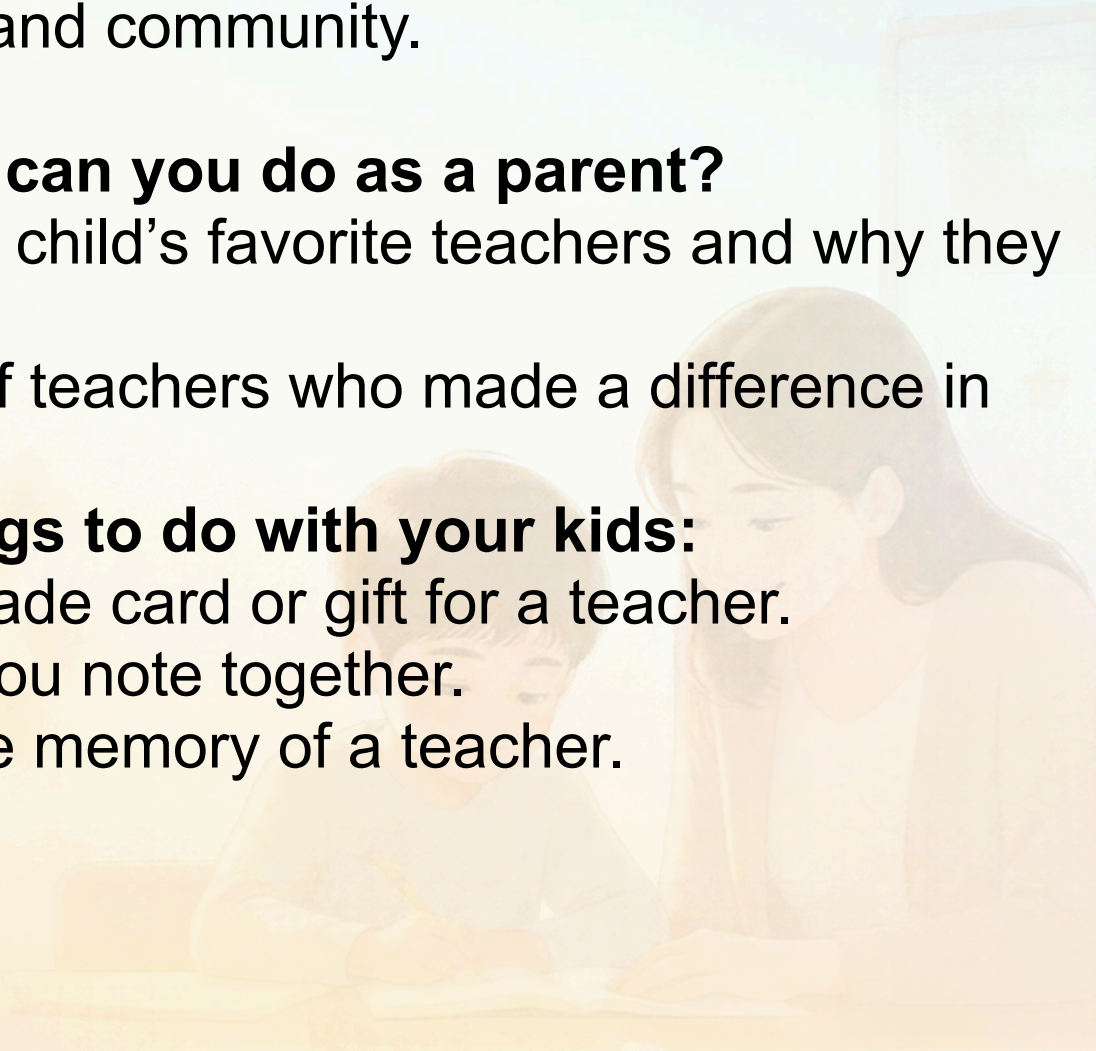
- Builds Gratitude: Teaches children to appreciate those who guide and support them.
- Encourages Reflection: Kids can think about the people who help them learn and grow.
- Fosters Connection: Strengthens the bond between family, school, and community.

What can you do as a parent?

- Talk about your child's favorite teachers and why they matter.
- Share stories of teachers who made a difference in your life.

Things to do with your kids:

- Make a handmade card or gift for a teacher.
- Write a thank-you note together.
- Share a favorite memory of a teacher.



NEW
FALL
SESSION!

CHOP IT UP

with Miss. Jesula

REAL CONVERSATIONS • REAL FOOD • REAL GROWTH

WE NEED TO TALK...

About life.
About goals.
About confidence.
About friendships.
About **YOU**.

COME CHOP IT UP!

Join us for an exciting fall experience where youth can **connect, learn, laugh, grow**, and be themselves in a safe and welcoming environment.

- Enjoy food & snacks
- Share your voice
- Have real conversations
- Build confidence
- Make new friends
- Learn leadership skills
- Explore creativity and self-expression

FALL SESSION DETAILS

**Fridays in
September & October**

STARTING SEPTEMBER 18TH

3:30 PM – 6:30 PM

Trinity AME Zion Church
203 Oak Street
Binghamton, NY 13905

ALL YOUTH WELCOME
Ages 10-21

FREE PROGRAM

EACH WEEK INCLUDES

- Real Talk Discussions
- Food & Fellowship
- Games & Activities
- Music & Good Vibes
- Leadership Development
- Creative Expression
- Community Building
- Special Guests

SPOTS ARE LIMITED!
REGISTER TODAY!

chop2talk26@gmail.com

(607) 304-0292

More Than a Program—It's A Vibe.



2ND ANNUAL FALL Fun Fest!

FREE
COMMUNITY
EVENT!

FOOD • MUSIC • COMMUNITY • FUN FOR ALL AGES!

SATURDAY
OCTOBER 17, 2026
12:00pm • 4:00pm

REC PARK
BINGHAMTON, NY
Rain or Shine!

CHILI
COOK-OFF



FREE FACE
PAINTING



FREE FOOD



BANDS &
SPECIAL
PERFORMANCES



COMMUNITY
RESOURCES



VENDORS



ACTIVITIES,
GAMES &
GIVEAWAYS



LEARN MORE

www.iamsheministries.org



FOLLOW US

I am She Ministries



QUESTIONS?

connect@iamsheministries.org

DANCE IS MY SUPERPOWER!

Join us in celebrating dancers
of all abilities!

- Experienced & passionate teachers
- 1 hour long class
- Once a month on Fridays
- FREE for all dancers!
- All accommodations and abilities welcome!
- Pre-registration required, link in bio

**DANCE IS FOR
EVERYONE!**



Have you heard about the dance program that Dance Intentions in Vestal is hosting for individuals with special needs ages 15 and under, and 16 and older? This is a great opportunity for our Gigi's families who have an individual interested in trying a dance class! Dance Intentions is excited to host this FREE monthly adaptive dance class, created to give dancers of all abilities a welcoming, supportive, and FUN place to dance!- Once a month on Fridays- 1-hour class- FREE for all dancers-

All abilities & accommodations welcome- Led by
experienced & passionate teachers

'Dance is my Superpower' Registration

Trunk Or Treat and Community Services Fair

Save The Date



**October 15
5pm-7pm**



**135 E. Federick St.
Binghamton, NY
13904**

**Invite your
friends, family
and neighbors!**



**Discover the wealth of
services available within our
community all in one place!**



**Southern Tier
Independence Center**



WHAT'S THEA?



POUR UP. SPEAK UP. LEVEL UP.

**REAL CONVERSATIONS.
REAL GROWTH. REAL
IMPACT.**

A youth empowerment experience where young people build confidence, find their voice, develop leadership skills, explore their purpose, and connect with positive mentors in a safe and supportive environment.



WHAT WE'LL EXPLORE



**REAL TALK &
MEANINGFUL
CONVERSATIONS**



PERSONAL GROWTH & SELF-DISCOVERY



**EMOTIONAL
WELLNESS &
RESILIENCE**



**LEADERSHIP &
PUBLIC
SPEAKING**



**TEAM BUILDING &
COMMUNITY
IMPACT**



**GOAL SETTING &
FUTURE
PLANNING**



WHEN:

Thursdays
4:30 PM - 7:00 PM



**WHERE:
PHEL'S MANSION
MUSEUM**

191 COURT STREET
BINGHAMTON, NY



**AGES:
10-18**



**COST:
FREE**

All youth
welcome!



PROGRAM STARTS:.

SEPTEMBER 17
2026

“
Your *voice* matters.
Your *story* matters.
Your *future* matters.
”

**SIGN UP
TODAY!**

Spots are limited!



SCAN TO REGISTER!



607-304-0292



sip2chategmail.com



www.NextStepz.org



@NextStepzinc



@NextStepzinc

Trunk or Treat & Hay Rides!!
at Chenango Valley State Park
Saturday, October 24th, from 1 to 3 pm



Promoted By: Friends of Chenango Valley State Park

[Chenango Valley State Park - Chipmunk Camping](#)

October 24, 2026 1:00 pm - 3:00 pm ED

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH



In October 2026, we celebrate National Disability Employment Awareness Month (NDEAM), an annual recognition of the positive impact of people with disabilities in the American workforce. This yearly event began in 1945 as a weeklong national observance of the contributions of people with physical disabilities. In 1988, Congress designated the commemoration as NDEAM, which then evolved to acknowledge the importance of increasing employment opportunities for people with disabilities, including those with mental health conditions and other nonobvious disabilities.



EDWARDS

♥ PETTING FARM ♥

Partnered with

THE MUNCH BOX

FALL FESTIVAL

Family Fun
for All Ages!



Sunday, October 25th

11:00 AM - 3:00 PM

2948 Webb Rd
Binghamton, NY 13903



Visit the Animals



Play Games



See the Barn
Decorated
for Halloween



Enter our
Make a Pumpkin Face
Coloring Contest! -

**A FREE
Community
Open House**
(Donations Welcome)





Halloween

October 31st

Here's why this day matters to families:

- Known for family fun activities such as pumpkin carvings, home decorations, fall festivals
- Gatherings to watch family-friendly seasonal films
- Eating festive meals and sweet treats together

What can you do as a parent?

- Talk about safety to prepare for trick or treating.
- Highlight the importance of being alert and aware.
- Show that patience is a part of development.

Things to do with your kids:

- Pick out or make costumes together.
- Trick or treat as family. Pass out candy to trick or treaters.
- Visit a trunk or treat together.



A Halloween-themed graphic with a purple background. A large, light purple circle in the center contains the title and a list of safety tips. To the left of the circle is a friendly ghost holding a small jack-o'-lantern. To the right is a witch's hat. At the bottom right is a large jack-o'-lantern. The bottom center features the Plant City logo. The background is decorated with stylized clouds, stars, and a bare tree on the left.

Halloween SAFETY TIPS

- Wear bright colors or use reflective tape to make sure you can be seen while trick-or-treating
- Remain on well-lit streets & always use the sidewalk when available
- Travel in groups with an adult
- Use extra caution when crossing the street
- Take water & your phone (make sure it's charged)
- Check all candy carefully before eating any
- Do **NOT** enter any stranger's home
- Make sure you can breathe & see clearly if wearing a costume mask
- Don't block the road or park your vehicle improperly while trick-or-treating

LGBTQ+ HISTORY MONTH

LGBTQ+ History Month
celebrates the achievements of
31 lesbian, gay, bisexual, or
transgender Icons. Each day in
October, a new LGBT Icon is
featured with a video, bio,
bibliography, downloadable
images, and other resources.

ICONS:

- Giorgio Armani: Fashion Designer
- Gabriel Attal: First Gay French Prime Minister
- Alvin Baltrop: American Photographer
- Michael Bennett: Choreographer & Director
- Rachel Crandall-Crocker: Transgender activist
- Barry Diller: Media Moul
- Andrea Gibson: Poet & Activist
- Julie Johnson: U.S. Congresswoman
- Calvin Klein: Fashion Designer
- Paul Rudolph: Architect
- Amber Ruffin: Comedian, Writer & Actor
- Jessica Stern: LGBTQ+Diplomat
- Alok Vaid-Menon: Comedian & Performance Artist
- much more! <https://lgbthistorymonth.com/>

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 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	May be served 1X/ month with proof of residence	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 - 6:30 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 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
---------------------------------------	--	---	---	----------------------

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