

# PREVENTION

# WORKS

Educate ■ Collaborate ■ Motivate

May, 2020

*Building a safe and healthy environment  
by effectively educating the community on positive life choices.*

### **At a glance...**

The Hope and Healing Conference of WNY 2020 was originally scheduled for Wednesday, June 3rd and Thursday, June 4th at the State University of New York at Fredonia. Due to the recent COVID-19 spread and social distancing guidelines, the conference will be held on Thursday, June 4th only. This event will be a **one-day virtual conference** from the comfort of your home.

The conference will address complex needs in mental health, chemical dependency, and wellness, while celebrating the successes in Chautauqua County and our region. Stay tuned for an updated list of the virtual conference highlights.

If you have any questions, please contact Annie Rosenthal at [rosentha@co.chautauqua.ny.us](mailto:rosentha@co.chautauqua.ny.us)

This event is hosted by:

HOPE Chautauqua  
Prevention Works  
Chautauqua County Department of  
Mental Hygiene  
SUNY Fredonia  
Chautauqua County Health  
Department  
Chautauqua Tapestry  
The Community Alliance for  
Suicide Prevention

### **Intervention Services Available**

Prevention Works continues to accept individuals who are in need of intervention services. For more information, please call 664-3608 or email Laurie Reynolds at

### **Monthly Media Campaign: Above the Influence**



The graphic features the Prevention Works logo on the left and a red 'WARNING' banner on the right. Below the banner is a red circle with a white arrow pointing up, followed by the text 'abovetheinfluence'. At the bottom, it states 'Providing alcohol to anyone under 21 is illegal, unhealthy & unacceptable!' and provides contact information: 716.664.3608, www.preventionworks.us, and 716.366.4623.

Local restaurants have partnered with Prevention Works to place our stickers on take out boxes and delivery orders.

If you happen to see one, send us a photo, along with the name of the restaurant, and submit to [info@preventionworks.us](mailto:info@preventionworks.us).

### **Online Virtual Parenting Classes Offered:**

*First Five Years*

**Dates:** Wednesdays,

July 1, 8, 15 & 22

**Time:** 12:00 pm - 2 pm

*Active Parenting (Ages 5 - 12)*

**Dates:** May 6

**Time:** 12:00 pm - 2 pm

*Active Parenting of Teens*

**Dates:** Wednesdays, May 13, 20,  
27 & June 10, 17 & 24

**Time:** 12:00 pm - 2 pm



[laurie@preventionworks.us](mailto:laurie@preventionworks.us)

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**May Events:**

Mother's Day  
May 10

Prevention Works Board Meeting  
May 13  
4:15 pm

Memorial Day  
May 25

**\*The Dunkirk Chiavetta's  
Chicken BBQ has been  
postponed and a date will be  
determined in the near future.  
The Jamestown BBQ is still  
scheduled for June 23rd.**

**Thank you for your patience!**

To register for Prevention Works parenting classes, please call 664-3608 or contact Kathleen Colby at [kjcolby@preventionworks.us](mailto:kjcolby@preventionworks.us)

Parenting Classes sponsored by United Way of Southern Chautauqua County

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**Ways to Cope With Stress**

Take care of your body.  
Take deep breaths, stretch, or meditate.  
Eat healthy, well-balanced meals.  
Exercise regularly.  
Get plenty of sleep.  
Avoid alcohol and other drugs.  
Make time to unwind.  
Make time for activities you enjoy.  
Connect with others. Talk with people you trust about your concerns and how you are feeling.

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**About Us**

Since 1974, Prevention Works, formerly known as CASAC, a United Way partner agency, has provided social emotional learning and the prevention of risky behaviors in Chautauqua County School Districts and our local community. Prevention Works is the only New York State Office of Addiction Services & Supports (OASAS) approved and supported alcohol and other drug prevention agency in Chautauqua County. For further information about Prevention Works programs and services, call the Jamestown office at 664-3608, or the Dunkirk office at 366-4623, or go to Prevention Works' website, [www.preventionworks.us](http://www.preventionworks.us).

[Visit our website](#)

***Donate to keep our community thriving.***

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716-664-3608

716-366-4623

email: [info@preventionworks.us](mailto:info@preventionworks.us)

website: [www.preventionworks.us](http://www.preventionworks.us)

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