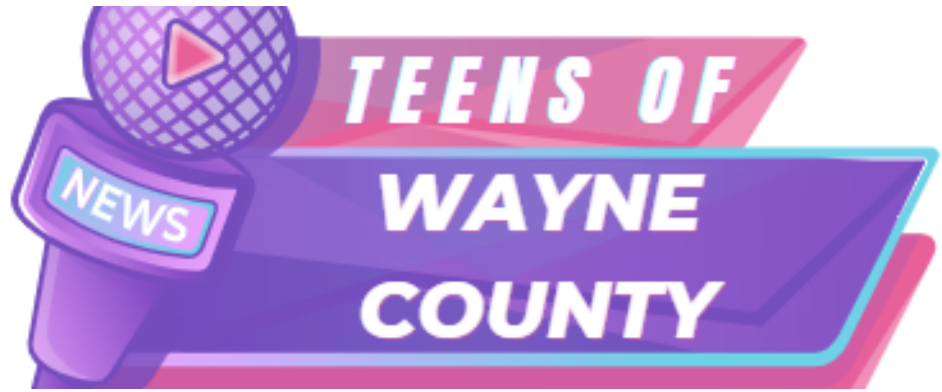




<-- We would appreciate your feedback

call or text
988
anyone.
any struggle.
anytime.



The winning PSA of the Drive 2 Life PSA contest. A Bit of Belgium. The history of Yellowstone National park. Maryland's state flag. The most popular emoji. National Ice Cream Day (and month!)

For help quitting call 315-946-5749 and ask for the Health Educator



Dougy Center
The National Grief Center for Children & Families



Dougy Center provides support in a safe place where children, teens, young adults, and families who are grieving can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children in grief.

NO VAPE : WHAT DOES VAPING DO TO YOUR BODY?
BE SMART. DON'T START.

VAPING IS TOXIC TO YOUR LUNGS
WHAT ARE THE TOXIC CHEMICALS IN VAPES THAT CAUSE LONG-TERM DAMAGE TO THE LUNGS?

- FORMALDEHYDE**: When inhaled - even at low levels - formaldehyde causes eye, nose and throat irritations. At higher levels, it causes rashes, breathing problems and changes in lung function.
- ACROLEIN**: Acrolein, when inhaled, can cause respiratory distress and delayed pulmonary edema, making breathing difficult.
- ACETALDEHYDE**: Acetaldehyde is a known cancer-causing chemical. The more exposure, the higher the risk. Acetaldehyde causes irreversible damage to our DNA.

VAPING IS TOXIC TO YOUR BRAIN
WHAT ARE THE TOXIC CHEMICALS IN VAPES THAT CAUSE LONG-TERM DAMAGE TO YOUR BRAIN?

- NICOTINE**: Vaping releases highly addictive nicotine into the brain in seconds. Your brain continues to develop in critical ways until around the age of 25. Nicotine exposure can alter the brain's normal development including memory, learning and how you process information.

VAPING IS TOXIC TO YOUR BODY
WHAT ARE THE TOXIC CHEMICALS IN VAPES THAT CAUSE LONG-TERM DAMAGE TO YOUR BODY?

- METAL PARTICLES**: Vaping releases toxic metal particles - including chromium, nickel, lead, tin and aluminum - delivering them directly into your lungs every time you inhale. Exposure to heavy metals increases the risk of cancer.

U.S. Department of Health and Human Services Vaping Facts and Misconceptions 2021

Have you heard about...

STEADY Work

CCE WAYNE

MOSI

NEW YORK WAYNE COUNTY
Department of Aging & Youth

finger lakes WORKS

Workforce Opportunities • Workplace Solutions

for youth!

<https://fingerlakesworks.com/youth/>





PARENT NEWS




WAYNE COUNTY FOOD PANTRIES



FARMERS MARKET

5 Step Stress Management Guide:

- 1 Identify what is stressing you out.
- 2 Prioritize and handle one stressor at a time.
- 3 Engage in relaxation techniques.
- 4 Try to keep a hopeful mindset.
- 5 Reach out to your support system.

 American Foundation for Suicide Prevention

RIVER ROCK MUSIC FEST
To benefit St. Jude Children's Research Hospital

Music Producer: **Mark DeVito** Organizer: **Jerry Fremouw**

SAVE THE DATE!

June 8, 2024
11am-8pm
Lauraville Landing Park- Water Street, Clyde, NY
FREE!

Craft & Artisan Vendors wanted!
Scan QR Code to register 

Enjoy Live Music, Food & Craft Vendors all day long!

FREE FAMILY ACTIVITIES!
BOUNCE HOUSES - GAMES - PLAYGROUND - WALKING TRAIL
BOAT DOCKING - FISHING - CAMPING

50/50 RAFFLE!
To benefit St. Jude Children's Research Hospital

 For more information or to make a donation to St. Jude, scan code to visit River Rock Music Fest website

 Restrooms available
Bring the family and a lawn chair - stay for the day!



Summer is coming, check out these camps for your child

Camp	Location/ Price	Contact Information
Gardening and Cooking Camp	Cornell Cooperative Extension, Newark \$150 (scholarships avail.)	https://ccewayne.org/4-h-youth-development/4-h-camps 315-331-8415 x114
Walworth Summer Adventure Weeks	Walworth, NY	https://townofwalworthny.gov/summer-day-camp-forms/ 315-986-1400, option 7
Water and Wildlife Summer Camp for Middle Schoolers	Canandaigua, NY \$200 (scholarships avail.)	https://www.canandaigualakeassoc.org/water-and-wildlife-summer-camp/



Public Health
Prevent. Promote. Protect.
Wayne County, NY



We would appreciate your feedback -->

