



7 Secrets To Becoming Mentally Tougher



Positive Mind.
Positive Vibes.
Positive Life.

Teenager Summer bucket list

- picnic with friends
- play tag at night
- make origami
- go to to a drive in
- go on a bike ride
- hike a new trail
- complete a puzzle
- go to the zoo
- plant a garden
- visit a museum
- have a bowling night
- go roller skating
- play mini golf
- go on a scavenger hunt
- go to the lake/beach
- have a bake sale
- find a pen pal
- go thrift shopping
- go camping
- watch movies
- have a water balloon fight
- have a bonfire
- have a pool day
- make homemade ice cream
- enter a 5k or mud run
- go stargazing
- walk the neighbor's dog
- skateboard with friends
- go on a double date
- make homemade pizza
- write a story
- watch the sun rise
- volunteer
- redecorate your room
- stay up all night
- visit colleges

TheTypicalMom.com

*Wayne County Public Health has
partnered with Connections Begin:
Clubhouse to provide weekly
education sessions and GlowUp
Girls for their summer camp.*

Want us to come to your teen group?
Give us a call 315-946-5749

ONTARIO PARKS & REC UPCOMING CLASSES

REGISTER ONLINE:
WWW.ONTARIOTOWN.ORG
315.524.7447
315.524.7020

BABY SIGN LANGUAGE

Teach your baby/toddler a system of gestures to communicate basic needs, such as hunger and sleepiness, as well as fun words, such as animal names. Parents have realized that children can use their hands long before they have the ability to speak. Signing with your baby can relieve the frustration of not being able to communicate verbally. Class size is limited.

AGES: Newborn - 2 years old
WHEN: Wednesdays; 7/10 - 8/14; *No Class 7/31*
TIME: 9:00 - 9:30 am
WHERE: Adult Activity Center
FEE: \$20.00

TINY TIGERS KARATE CAMP

Just as much fun as our Tiny Tigers classes! Personal safety is a huge concern for parents so our focus for this camp will be on learning self-protection skills. A must for all kids!

AGES: 4 - 7 years old
WHEN: Monday - Thursday; July 8 - 11
TIME: 9:00 - 11:00 am
WHERE: Kuk Sool Won Studio on Route 104 located next to Bill Gray's
FEE: \$90.00

**SPACES ARE
FILLING UP FAST FOR
PRE-SCHOOL CAMP
& DAY CAMP
GRAB YOUR SPOT TODAY!**

GENTLE YOGA

Gentle Yoga can be practiced by everyone, regardless of age and fitness levels. Beginners and experienced yogis are welcome. Join Kim LaFave as she models poses with several modifications at a comfortable pace. We will focus on breathing, stretching, balance, strength, and final relaxation. Fall in love with gentle yoga...your body and mind will thank you!

WHO: Ages 16 & up
WHEN: Thursdays
WHERE: Community Center Group Exercise Room
TIME: 10:30 - 11:30 am
FEE: \$40.00; \$34.00 with member discount

Session I
June 6 - July 18
NC 7/4

Session II
July 25 - August 29

AHSI BABYSITTING COURSE

Ready to start babysitting and need the skills and training necessary? This training through the American Health & Safety Institute (AHSI) will help develop skills in six critical areas: leadership, safety, safe play, basic care, first aid and professionalism. *Please bring a lunch, a notebook and a baby doll.*

AGES: 11 - 16 years old
WHEN: Saturday, July 20
TIME: 9:00 am - 1:30 pm
WHERE: Adult Activity Center
FEE: \$45.00



**REGISTRATION
FOR
SWIM LESSONS
IS STILL OPEN!!**

SUBURBAN DRIVING 5-HOUR COURSE

NYS/DMV Approved 5-hour Pre-Licensing class. By actively participating in, and completing the 5-hour Pre-Licensing Course offered through Suburban Driving, students will learn safe driving skills and how to safely share the road in a courteous manner with all other users. This 5-hour course is mandatory in order to register for the road test. Pre-registration is required. Call 315-524-7447 for additional information.

WHO: Drivers w/a valid learner's permit (laminated photo)
WHEN: Wednesday, July 17
TIME: 6:00 - 9:00 pm
WHERE: Adult Activity Center
FEE: \$48.00

AARP DRIVER SAFETY PROGRAM

Learn defensive driving techniques, new traffic laws, rules of the road and much more in this 6-hour course. Find out how to adjust your driving to your age-related changes in vision, hearing and reaction time. You'll even get an insurance discount!!

AGES: Any licensed driver
WHEN: Tuesday, July 30 & Wednesday, July 31
You must attend both days!
TIME: 9:00 am - 12:00 pm
WHERE: Adult Activity Center
FEE: \$25.00 AARP Member
\$30.00 Non-Member

Registration Required prior to class. Checks only made out to AARP ~ Give to the instructor on the day of the class.



Feedback

TEXT "Got5" to 741-741
FREE, 24/7 CONFIDENTIAL TEXT LINE





FEEDBACK



PARENT NEWS

JULY 2024



WAYNE COUNTY PUBLIC HEALTH WOULD LIKE TO REMIND RESIDENTS

SUMMER IS HERE!

BUT IT IS NEVER TOO SOON TO PREPARE TO SEND YOUR CHILDREN BACK TO SCHOOL. SCHEDULE AN APPOINTMENT FOR BACK TO SCHOOL IMMUNIZATIONS TODAY...

IMMUNIZATIONS CLINICS ARE THE 3RD WEDNESDAY OF THE MONTH!

APPOINTMENT REQUIRED
PLEASE CALL
315-946-5749!

★ WAYNE COUNTY PUBLIC HEALTH ★
Stay in the game with...

HOME RUN FOR HEALTH Night

FREE TICKETS TO THE FIRST 100 PEOPLE TO VISIT OUR MOBILE HEALTH VEHICLE AND COMPLETE A BRIEF SURVEY!

FREE POPCORN AT CONCESSIONS FOR KIDS!

NEWARK PILOTS VS JAMESTOWN TARP SKUNKS

COLBURN PARK
1160 E Union St, Newark, NY 14513
FIRST PITCH 7:05 PM
THURSDAY, JULY 18

The new Brighter Days Pediatric Mental Health Urgent Care Center is the area's first-ever walk-in mental health clinic for young people up to the age of 18, who can show up with no prior appointment to get care. Families and caregivers are encouraged, but not required, to call the UR Medicine Crisis Call Line at (585) 275-8686 where they will speak to a mental health professional before walking in to the Urgent Care Center.



PALMYRA COMMUNITY LIBRARY
WALKING GROUP
EVERY THURSDAY AT 10AM
MEET IN THE LIBRARY'S FRONT PARKING LOT



WAYNE COUNTY FOOD PANTRIES

10 ways to support your teen's mental health during summer break



FARMERS MARKET