

In light of the COVID-19 the Prevention Department has paused all in-person education and awareness presentations, activities, classes, and groups. Although we may not be able to offer things the same way as we had prior to this pandemic we know that continuing to provide our community prevention support and services is extremely important during this unpredictable time. By doing so our Prevention Team is working diligently at coming up with creative ways to continue offering our services and programming, we are here to serve our entire community. We want you to know that we will be moving toward virtual prevention learning and will soon be posting programs, topic presentations, and activities with dates, times and links for anyone wishing to participate. We will also be sending out our monthly Prevention Newsletter. If you do not subscribe to the free newsletter and would like to receive, please scroll to the bottom of the website, click on the "joining our mailing list", provide your information, and click on "Tips and Alerts" on the email list serve. Please also check out our CFLR Facebook page for further prevention information each week.

We want you to know that you are not alone and

Coming Soon with dates, times, and links:

- [Active Parenting-Resume programming, start next week \(already filled\) contact Lauren Platt if interested in signing up for the program](#)
- [Active Grand Parenting-open to public, start date TBD contact Lauren Platt at 315.768.2653](#)
- [Vaping Education and Awareness for Youth](#)
- [Vaping What Parents/Caregivers Need to Know](#)
- [Volunteering and Making a Difference](#)
- [Compeer-Fun, Family Activities/Social Group](#)
- [Tech 101-How to Stay Connected During COVID19](#)
- [Diet and Mental Health](#)
- [Elderly Depression](#)
- [Don't be Afraid of Growing Older](#)
- [Tips for Seniors to Be Safe at Home](#)
- [Medication Safety and Disposal](#)
- [Managing Anxiety and Stress](#)
- [Life Skills for Youth](#)
- [Family Fun Activities](#)
- [Youth Cooking 101](#)

Campaign Events for April:

- National Take Back Day-April 25th- OC MedReturn Campaign is:
 - **READY, SET, SPRING INTO ACTION!!**
- NYSDOH: Rainbow of Hope
- Alcohol Awareness Month
- Autism Awareness Month
- Stress Awareness Month
- National Public Health Week 5-11th
- World Health Day April 7th