

VOL. 13| FEBURARY 2022

# POSITIVE CONNECTIONS

News and Resources from South Community Prevention Services



**BLACK HISTORY MONTH**

## Winter Mental Health

During the colder months it can be harder to take care of your mental health, there is a decrease in sunlight and going outside can be difficult with the cold weather and snow. It may also be difficult to find activities for you and your family to do inside. Here are a few tips to help you out during the winter,

### Exercise

If the weather is too cold to go out try some indoor exercises. Search up some exercise videos on Youtube such as family yoga or exercise dances and get moving! Find a fun one that you can do as a family.

### Board games

Find a board game or puzzle to do as a family, using your mind to work on a puzzle or answer trivia questions can help keep you sharp!

### Practice self-care

Take a hot shower, read your favorite book, watch that tv show you really love, create some new art, do anything that makes you happy and take care of yourself!

## **February is Black History Month**

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

Click [HERE](#) to learn more information about Black History Month

# Upcoming Events

## **Sweethearts Skate**

Fri, Feb 11, 2:30 PM – Sun, Feb 13, 5:00 PM

### **RiverScape MetroPark**

**237 E Monument Ave, Dayton, OH**

-Bring your sweetheart to the MetroParks Ice Rink during Valentine's Day weekend for a special themed skate!

## **Lets go Hiking: Scavenger Hunt**

Sat, Feb 19, 5:30 – 7:00 AM

### **Huffman Park**

**2100 John Gray Rd, Fairfield, OH**

Let's go on a hunt—a scavenger hunt! Come explore all that Huffman Park has to offer and learn along the way.

## **Sleeping Nature**

Sat, Feb 26, 1:00 – 2:30 PM

### **Germantown MetroPark**

**7101 Conservancy Rd, Germantown**

Ohio's winters can be harsh, come discover how animals and plants adapt!



Find more events  
hosted by the  
MetroParks here!



## **When You Need Support**

- Call 911 in a life-threatening emergency
- Miami Valley Warmline 937-528-7777
- Crisis Text Line Text "4HOPE" to 741741
- Download the GetHelpNow app
- Log onto the SOS Parent Portal at <https://sossignsofsuicide.org/parent>

South  **Community**  
Positive Health Options

For more information on Prevention Services:  
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