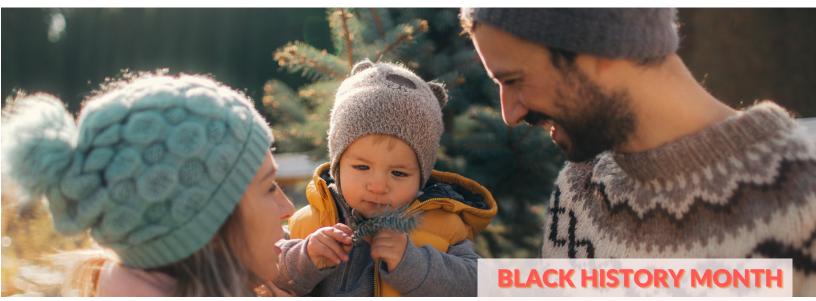
VOL. 13 FEBURARY 2022

POSITIVE CONNECTIONS

News and Resources from South Community Prevention Services



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 activites 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!

<u>Practice self-care</u>

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 <u>HERE</u> 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!



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.



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

