

October 2023: Wellness Calendar



For more information on adolescent & youth substance use visit:

- cdc.gov/healthyouth/substance-use/index.htm
- opa.hhs.gov/adolescent-health/substance-use-adolescence
- oasas.ny.gov/treatment/youth-and-young-adults

For support at school, please reach out to your counselor or WICSD K-12 Substance Abuse and Prevention Counselor, Nicole Corcimiglia.

SUN	MON	TUE	WED	THU	FRI	SAT
1 Goal Setting Set your intentions for the month- What is one thing you will accomplish?	2 Gratitude Take a moment to think about something you're grateful for.	3 Talk About It Check in with a trusted adult. What are you excited about? Nervous? Happy? Share it out.	4 Awareness Join via zoom for the Monroe County Opioid Epidemic, Overdose Awareness, and Nalaxone Training.	5 Fuel your Body Treat yourself at the Farmer's Market tonight. 1280 Titus Ave. 4-8pm.	6 Art Enter the community mural design contest. See the rec center's fall catalog for details.	7 Pet Therapy Relax with a furry friend at Lollypop Farm's Doggy Day Out.
8 Nature Take some time away from screens and enjoy nature.	9 Indigenous People's Day West Irondequoit sits on the homelands of the Onödowa'ga (Seneca) of the Haudenosaunee Confederacy.	10 Deep Breathing When breathing in, the belly expands slightly; and when breathing out, it contracts. Repeat 3 times.	11 Listen Be a listening ear to a friend or peer. Be sure to listen for emotions, not just facts.	12 Fall Fest Market Irondequoit Town Hall hosts: story telling, fall treats, seasonal produce and a costume contest.	13 Pay it Forward Volunteer or donate to your favorite local charitable resource.	14 Sleep Hygiene Practice a night time routine that helps you get a good nights rest. Limit screen time. Read a book, Listen to a story.
15 Your Toolbox Identify 4 ways you cope with emotions or manage stress. Share them with a trusted adult.	16 Read Go to the library to check out a book or join a new club.	17 Relaxation Find a way to relax and de-stress. Try a bath, aromatherapy or just taking a few deep breaths.	18 Kindness Spread love with a random act of kindness.	19 Self-Awareness Take the time to check in with yourself, how are you feeling? Share with a trusted adult.	20 Movie Under the Stars Family Activities 6:30-7:30 E.T. starts at dusk.	21 Safety First St. Paul Fire Dept. Open House 433 Cooper Rd Check out their sign for hours.
22 Take the Pledge Support Red Ribbon Week by pledging to help create a drug-free community. www.redribbon.org/pledge	23 Wear Red Talk to someone about the benefits of being drug free.	24 Music Play your instrument or listen to your favorite music.	25 Positive Self-Talk Identify one positive quality about yourself.	26 Friends & Family Take some time to spend quality time with supportive people.	27 Movement Check out the high school's pool calendar for open swim time.	28 National Rx Drug Take Back Day 10am-2pm community drug and vape disposal at the town hall 1280 Titus Ave.
29 Plan for Wellness Stay active with Irondequoit's winter recreation catalog. https://recreation.irondequoit.gov/	30 Mindfulness Try progressive muscle relaxation today.	31 Walking Have a fun and safe Halloween!	Have you heard about Uplift Irondequoit? Check out https://www.upliftirondequoit.org/ to learn more about the coalition.			

