

April 2022

# YOUTH BUREAU NEWS

Vol 2 Issue 4 *A St. Lawrence County Monthly Newsletter*



## *Inside the Issue*

The SLC Youth Committee has launched a Sextortion and Teen Suicide Prevention campaign. Check out the art and video contest for middle and high school students to educate, advocate, and prevent teen suicide and sextortion. Deadline is May 6th.

Parents.com issued articles with helpful tips and resources on teen mental health and suicide. Take time today and learn how to open dialogue at home and how to recognize warning signs when a person is in crisis.

**SAVE THE DATE for our 2nd annual Trash Dash on 4/30 and 5/01, Check out our flyer in this issue.**

THANK YOU to our Youth Committee teen ambassadors for writing articles for this month's newsletter. A special thank you to Rosemarie Maneri and Anne Snell for their time and support.



# Happy Spring

# SEXTORTION and TEEN SUICIDE is REAL and it's HERE.



## YOU CAN HELP.

Submit an art design or video educating, advocating, and preventing teen suicide and sextortion by Friday, May 6th.

Consider the following for your design piece or video:

- **Be COURAGEOUS** because **YOU** can get out of any situation
- **REACHOUT** for help
- **Find an ADULT**
- **There's always HOPE**
- **Don't REACT....RETHINK**

A winning art design and video will be chosen for each category of Sextortion and Teen Suicide Prevention at both the Middle and High school levels.

**TO REGISTER:**

[CLICK HERE](#)



Contact your school's Youth Committee Ambassador or contact the SLC Youth Bureau at 315.379.9464 or Alexa Backus at [ABackus@stlawco.org](mailto:ABackus@stlawco.org)



# Impacts on Families After A Teen Loss

Composed by: Alivia Michele Sochia

Due to the Art and Video design project on Sextortion and Teen Suicide I wanted to look into impacts on a family after a devastating teen loss, by interviewing real family members whom have experienced this.

Rosemarie Maneri is a mother, and was the legal guardian of the late Shylynn M. Dixon. I had a zoom meeting with Rosemarie, where she expressed that Shylynn was a family friend but over the years grew into being another child for Rosemarie. I asked Rosemarie the question "How do you remember Shylynn?". The response I got was touching, "She was my spider monkey", said Rosemarie explaining, Shylynn loved to climb trees and be in the outdoors of the Adirondacks. Rosemarie wishes for people to remember who Shylynn was. A prankster, a person full of life, a fun loving character, and someone who loved animals. "She loved everything. There wasn't really ever much that we could say was ever negative about her, she always had a very very good attitude, was always very positive, was always smiling or laughing. Which is why after the fact it was so shocking." Rosemarie said. "Even though she was a great big sister, and was growing into a young woman she still had things she was battling with." Which is why Rosemarie believes that it is important to tell Shylynn's story. "Those things she was able to confide with her friends and those are things as a parent we don't see no matter how many times you ask. We need to let all kids, all people, all parents, know that you need to have somebody to confide in and make sure that we educate them with the right tools to be able to help somebody that is in need." Rosemarie also stated that she feels terribly for any and all family members who have had to go through this. When the anniversary for Shylynn's passing approached she left upstate New York to go be with family and people whom comfort and support her and advise others to do the same. Another question I asked Rosemarie was "if there is something you could tell someone who is struggling, what would you say?" Her response was "I would say, talk about it, I would say you're not alone. I would say there is someone who is always willing to listen." Rosemarie even offers up her own phone number to anyone whom is struggling, stating "I'm always there". I find this immensely touching, opening herself up to others for others to hear her own story and being able to talk to a family member who had this pain of losing a young teen life and then turn around and open herself to others who are in the same shoes struggling. "Everybody has to make mistakes, to better themselves and that's how we learn", states Rosemarie. One key thing is that Rosemarie moves on by keeping Shylynn's spirit and memory alive but also knowing that Shylynn is at peace.

Anne Snell is a mother and also the Aunt of the late Riley K. Basford. On a facetime with her she shared the background of her family's story, saying they have a large, loving, tight knit family where they get together often, for each other's birthday, celebrations, or just to see one another. "He had the curliest hair, brightest smile and just the sassiest attitude and was just so funny." Anne said, recalling that he was always a happy kid. "Certainly [Riley's mom] educated Riley about social media, and had the tough discussions.., We educate and warn our kids, and tell them the things not to do. We also need to tell them what type of people to accept friend requests from", Anne stated, explaining that someone had used a fake profile to blackmail Riley.

Anne said that Riley was a happy kid who had a lot going for him, even good friends, but that all changed. "He got scared. He made a split second decision without thinking of the fact that there are people who wouldn't judge and who would fight with him no matter what." Anne believes that kids need to know that no matter what there are people that love you, and will fight tooth and nail for you. "It's just like spilt milk really, it's not going to hurt anything in the long run, in two weeks it will be yesterday's news." We can get through it, she says. "The hardest thing I've ever had to do is, sit down with my kids and tell them that their cousin was gone." She recalled to me how she sat down and had to tell them the story of how it happened way too young.

The Art and Video design project on Sextortion and Teen Suicide is a great way to help advocate against the issue of teen suicide. By submitting a art or video design educating, advocating, and preventing teen suicide or Sextortion.

The due date for this is May 6th, 2022.

My personal condolences for any and all whom have lost a loved one due to teen suicide or Sextortion. With this split second decision that both families discussed, they want people to know you are not alone.



**Alivia is a freshman at Parishville Hopkinton High School and a Teen Ambassador**

*Thank You!*

Thank you, Alivia Sochia, Rosemarie Maneri, and Anne Snell for sharing Shylynn and Riley's story. ❤️



**Pictured:  
Shylynn Dixon  
Rosemarie Maneri  
Brandon Wilson**

## How to Talk to Your Teen About Mental Health

Written by Kimberly Zapata

While discussing and prioritizing mental health is important, broaching the topic can be hard. Many teens do not want to talk about their thoughts—let alone their feelings—and this can make sensitive conversations tough. Scratch that: It can make them seem impossible. But having an open line of communication is essential.

"It's important that parents talk openly and regularly about mental health with their teens and take a proactive stance," says Christine Yu Moutier, M.D., chief medical officer with the American Foundation for Suicide Prevention. Here are a few ways to start the conversation.

- **Ask your child how they're doing, and what's happening in their world.** This can be as simple as asking, "Are you OK?"
- **Listen intently and without judgment.** While you may hear things that make you uncomfortable, you can (and should) offer judgment-free support. "Because there is often stigma attached to mental health conditions, children can feel ashamed to talk about their worries, obsessions, compulsions, impulsivity, and other behavioral problems," an article by the National Alliance on Mental Illness states. "Talk with them about what they are experiencing. Listen with curiosity and empathize with them." And avoid statements which are full of shame and blame.
- **Learn.** Try to understand where your child is coming from and what they may be going through. Educate yourself about the impact of bullying, isolation, stress, and grief and familiarize yourself with common mental health conditions, like anxiety and depression.
- **Acknowledge their frustrations, feelings, and fears.** Do not minimize your child's emotions or life experiences. Remember, a little validation goes a long way.
- **Follow their cues.** Say things like, "Tell me more about that. I'd love to understand more about what that's like for you. When he said that/did that to you, how did that make you feel?" These statements let them know you are listening while placing the power in their hands.

Finally, remember that **it's important to be patient.**

"If your child isn't ready to talk, leave the invitation open," adds Dr. Yu Moutier. "Say something like 'Whenever you want to talk, I'm here to listen and support you.' Or 'I won't judge, and I'll never stop supporting you, no matter what challenges you face.' The likelihood that your child will open up when you least expect it, whether it's sitting side-by-side rather than face-to-face, in the car or engaged in some other activity together, is high."

[CLICK HERE](#)



## How to Talk to Your Teen About Suicide

Written by Kimberly Zapata

Most children have been exposed to suicide—whether they've seen the subject on TV, had a person close to them struggle with it (or die by it), and/or have experienced suicidal thoughts themselves. According to the 2019 Youth Behavioral Risk Factor Surveillance System survey, 18.8 percent of high school students have seriously considered attempting suicide, with 8.9 percent acting on these thoughts. What's more, mental health emergencies in teens are on the rise. A 2020 report found a 31 percent increase in ER visits. As such, it is imperative you talk to your teen about suicide in an honest, direct, and open way.

"If your child is talking about any level of distress, don't be afraid to ask whether they're feeling changes in their mood or level of stress, or having thoughts of suicide," says Dr. Yu Motier. "Asking your child directly about suicide will not increase their risk, or plant the idea. Rather, it will create an opportunity to offer support, and let them know you care enough to have the conversation."

Ask your teen what they know about suicide. Gather information, present facts, and dispel any myths they may have heard. Answer questions they may have without shame, judgment, or fear. Validate their feelings. Say things like "That must be hard" or "I'm sorry you're dealing with that. What can I do to support you?" You may also want to help adolescents come up with a plan of what they'll say or do if the topic of suicide comes up in their social circles, says Alicia Raimundo, a mental health advocate and project manager at Foundry, an online health and wellness resource for teens and young adults aged 12 to 24. Because chances are the subject will.

## What You Should Do If Your Teen Seems—or Says They Are—Suicidal

Written by Kimberly Zapata

While all mental health matters should be taken seriously, you should handle thoughts of suicide with the utmost care. "If your teen says that they are suicidal, take it very seriously," says Porche, the licensed counselor. "Don't try to 'love them' out of it. Do not take it upon yourself to counsel them, and do not dismiss their thoughts or feelings."

"Any child experiencing suicidal thoughts needs professional help," Porche adds. "Contact a mental health professional immediately and/or take them for an assessment at an inpatient facility. This doesn't mean that they will be admitted, but it is best to allow a trained professional to determine suicidality."



## Warning signs that someone may be at immediate risk for attempting suicide

Written by Kimberly Zapata

- Talking about wanting to die and/or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Being preoccupied with death, in conversation, writing, drawing, or music
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away personal possessions
- Saying goodbye to family and friends
- Increased or unnecessary risk-taking, particularly in activities which could lead to death, like drinking, drugging, or driving extremely fast
- Increased substance use/abuse
- Extreme mood swings

## Resources for Suicidal Teens

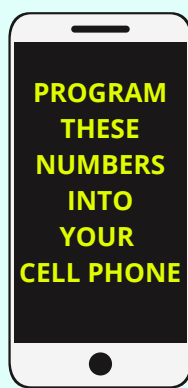
Written by Kimberly Zapata

Suicide may be the second leading cause of death for children and young adults aged 10 to 24 but it doesn't have to be. There is another way "out"—there is hope.

Below are some resources, particularly for suicidal teens:

- **Crisis Text Line:** Free and completely confidential, Crisis Text Line offers SMS mental health services to anyone "in crisis." Simply text "HOME" to 741-741 to connect with a trained counselor.
- **notOK App:** Are you hurting? Struggling? Perhaps you're having a hard time reaching out? Download the notOK app now to let others know you need support—via text, phone call, or GPS location.
- **National Suicide Prevention Lifeline:** Free and accessible 24/7, this service is available to anyone in suicidal crisis or emotional distress. Call 1-800-273-8255.
- **The Trevor Project:** Founded in 1998 for LGBTQ+ youth, The Trevor Project provides crisis intervention services to those aged 25 and under. Call the TrevorLifeline at 866-488-7386 for immediate support.

**24 HOUR CRISIS HOTLINE  
ST. LAWRENCE COUNTY  
REACHOUT  
315.265.2422**



# Sextortion & Teen Suicide Awareness

By Elif Çetinkaya



Elif Cetinkaya is a freshman Youth Ambassador at Potsdam High School

On Sunday, March 20 at 4:00 pm our Youth Committee held a meeting to address the issues of sextortion and teen suicide. To discuss these topics two main ideas were promoted to spread awareness, first was to realize no one really knows who they're talking to on the internet, and second is that not all is lost if something does happen. If someone does become a victim, resources are available. Members of law enforcement were also participating in the meeting to contribute. Something I enjoyed the most was Don't React, Rethink! It was the perfect slogan that was used in the meeting for promoting awareness. Another method for spreading awareness was the plan of accepting artwork submissions about preventing sextortion and teen suicide. Main things to focus on when it comes to sextortion and teen suicide is spotting predators, reporting them, and promoting help in these situations to victims.



Joanie Shaw is a junior Youth Ambassador at Harrisville High School

## Confidence



**Confidence is not something every person possesses naturally. It's not given at birth or found at random one day, but rather built off of a series of events that push you past your every limitation. It roots itself deep into the pit of your soul and feeds off of self love and high esteem, leaving any trace of uncertainty or doubt in the past as it grows. In today's society, it is hard to be a teen. It can be easy to lose pieces of yourself while keeping up with the social media buzz, staying on beat with the trends, and blending in with the general teen population. As teens, we often just follow the people who exhibit the most leadership skills, self confidence, and the most overall popularity, wishing it was ourselves instead of them. However, the people we tend to follow got where they are because they took a risk, went further than required, or put themselves out of their own comfort zone, setting an example for those who want to do the same. These leaders were seen because they pushed themselves further than they thought they could, and as a teen that was once a follower, I urge you to find your own confidence.**

-Joanie Shaw





## SLC Youth Committee Ambassadors



BE A LEADER

HAVE A VOICE

MAKE A DIFFERENCE

Now Recruiting from the following schools:

- Clifton Fine
- Edwards Knox
- Madrid-Waddington
- Hammond
- Hermon DeKalb
- Morristown
- Norwood-Norfolk
- Ogdensburg
- St. Lawrence Central

**Contact**  
**Alexa Backus**  
**ABackus@stlawco.org**  
**315.379.9464**



# GOALS

The St. Lawrence County Youth Committee has openings so that every high school has a teen ambassador to support initiatives, programs, and peers. Contact Alexa Backus at **ABackus@stlawco.org** if your high school doesn't have a teen ambassador.





These magnets can be placed inside your locker



# YAY!

Coming to your St. Lawrence County school, Teen Take Charge cards are magnets this year and are available for students!

Magnets will be delivered to area schools throughout April.  
 Call the Youth Bureau at **315.379.9464** with any questions.

TEENS TAKE CHARGE ST. LAWRENCE COUNTY, NEW YORK	
<b>COUNSELING RESOURCES</b>	
SLC Mental Health Clinic Services .....	315.386.2167
SLC Addiction Clinic Services .....	315.386.2189
St. Lawrence Psychiatric Center .....	315.541.2041
SVPC - Alcohol/Substance Abuse Prevention .....	315.713.4861
Adolescent Residential Treatment, Rose Hill, Massena .....	1.800.776.7344
<b>COMMUNITY RESOURCES</b>	
SLC Public Health Department .....	315.386.2325
SLC Social Services Adolescent Department .....	315.379.2348
SLC One Stop Career Center .....	315.386.3276
Catholic Charities .....	315.393.2660
Church/Community Program .....	315.386.3534
Salvation Army - Ogdensburg .....	315.393.3351
Massena .....	315.769.5154
<b>CRISIS, HELP, AND EMOTIONAL SUPPORT</b>	
Reachout of St. Lawrence County .....	315.265.2422
St. Lawrence Valley Renewal House .....	315.379.9845
Planned Parenthood - Canton .....	315.386.8821
Ogdensburg .....	315.393.6544
Suicide Prevention Hotline .....	1.800.273.8255
Child Abuse Hotline .....	1.800.342.3720
Domestic Violence Hotline .....	1.800.942.6906
Stop Smoking Hotline .....	1.866.697.8487
Runaway Switchboard .....	1.800.786.2929
SLC Sheriff's Office .....	315.379.2222
<b>24 HOUR CRISIS HOTLINE ST. LAWRENCE COUNTY REACHOUT 315.265.2422</b>	
	
ST. LAWRENCE COUNTY YOUTH BUREAU 315.379.9464 STLAWCO.ORG/DEPARTMENTS/YOUTHBUROU	

# SAVE THE DATE

## ST. LAWRENCE Out of the Darkness Walk



[afsp.org/campuswalks](https://afsp.org/campuswalks)



American  
Foundation  
for Suicide  
Prevention



Help us change the culture about  
Mental Health & #StopSuicide!

SUNDAY, April 10, 2022

Registration opens: 10:30

Opening Ceremony: 11:00

Walk Begins: 11:30



Register at [afsp.org/StLawU](https://afsp.org/StLawU)



American  
Foundation  
for Suicide  
Prevention



## GRIEF TALKS

EDUCATIONAL WEBINARS FROM THE HIGHMARK CARING PLACE

# I WANNA HOLD YOUR HAND— BUT IS IT SAFE?

RE-ENGAGING WITH LIFE IN THE FACE OF UNCERTAINTY

WEDNESDAY, APRIL 6TH FROM 2-3:30PM (LIVE ET)

PRESENTED BY ANDREA LURIER, PhD, CT &  
JANET ARIDA, PhD, RN, LGSW, CT  
OUTREACH AND EDUCATION COORDINATORS/CHILD GRIEF SPECIALISTS

THIS IS A **NO COST** WEBINAR AND IS APPROVED FOR 1.5 CEUS. YOU WILL RECEIVE A ZOOM LINK TO THE WEBINAR UPON REGISTRATION. DETAILED INFORMATION ABOUT HOW TO CLAIM YOUR CREDITS WILL BE PROVIDED DURING THE WEBINAR. PRESENTATION MATERIALS CAN BE PROVIDED UPON REQUEST.



TO REGISTER USE THE QR CODE, OR TYPE  
<http://bit.ly/GriefTalksNewNormal>  
YOU MUST REGISTER NO LATER THAN  
TUESDAY, APRIL 5TH.



# April -2022-

**A few National Month observances:**

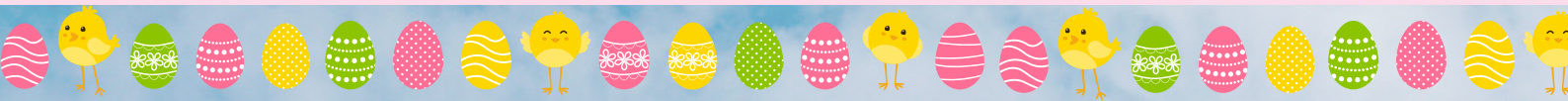
- National Volunteer Month
- National Stress Awareness Month
- National Child Abuse Awareness Month
- Keep America Beautiful Month
- National Autism Awareness Month
- National Library Week 3rd-9th

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

					<b>April Fool's Day</b> 1 	2
3	<b>Citizen Advocates Open House</b> 4 	5	<b>Grief Talks</b> 6 	7	8	9
<b>Breakfast with the Easter Bunny</b> 10 <b>Out of the Darkness Walk</b> <b>Siblings Day</b>	11 	12	13	14	<b>Good Friday</b> 15 	<b>Easter Egg Hunts</b> 16 <b>Breakfast with the Easter Bunny</b> <b>National Librarian Day</b>
17 	18	19	20	<b>Kindergarten Day</b> 21 	<b>Earth Day</b> 22 	23 <b>Dekalb Craft Fair</b>
24	25	26	27	28	29	30 <b>St. Lawrence County Trash Dash</b> 

..... Spring Break at the Library .....

**St. Lawrence County Calendar of Events for Families**



**FAMILY & YOUTH CALENDAR OF EVENTS**

- 4/2-Turtle Painting
- 4/4-Citizen Advocates Open House
- 4/6-Grief Talks
- 4/10-Breakfast with the Easter Bunny
- 4/10-Into the Darkness Walk
- 4/12-Stopping the STigma
- 4/16-Easter Egg Hunts
- 4/16-Breakfast with the Easter Bunny
- 4/18-4/23-Spring Break at the Library
- 4/23-Craft Fair
- 4/30-5/1-SLC Trash Dash

**SPECIAL INTEREST DATES**

- 4/1-April Fool's Day
- 4/6-Student Athlete Day
- 4/10-Siblings Day
- 4/11-National Pet Day
- 4/15-Good Friday
- 4/16-National Librarian Day
- 4/17-Easter
- 4/21-Kindergarten Day
- 4/22-Earth Day



# ST. LAWRENCE COUNTY

## TRASH DASH



#SLCTRASHDASH



April 30th & May 1st 2022



**PLOG &  
JOG**

#SLCTRASHDASH



**SAVE THE DATE &  
REGISTER BY FRIDAY, APRIL 15TH**

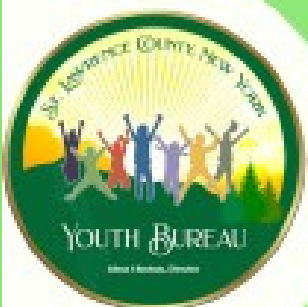
Gouverneur, 4/30 9:00 am (Click or Scan)

Potsdam, 4/30 9:00 am

Canton, 5/01 2:00 pm

Ogdensburg, 5/01 2:00 pm

Massena, 5/01 2:00 pm



3

Safety training &  
equipment  
provided.



# Spring Break

April 18-23



## @ THE LIBRARY

The Hepburn Library of Waddington

### Monday: Storytime & Craft with Ms. Ashley @ 4pm.

Join us for Storytime, ages 4+ (siblings allowed).

### Tuesday: STEAM Spot (drop-in) 10am-12pm.

We'll have a special STEAM Challenge that everyone can complete! We also have many STEAM bins available for free play & STEAM Kits available for check-out.

### Wednesday: Storytime & Craft with Ms. Rene'e @ 4pm

Join us for Storytime, ages 4+ (siblings allowed).

### Thursday: Lego Club (drop-in) 10am-12pm

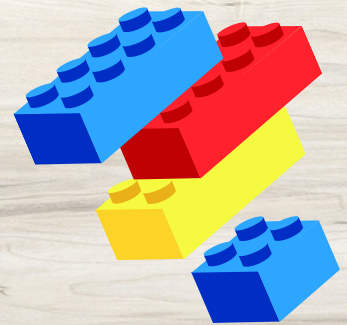
Are you up for an engineering challenge? Check it out!

### Friday: Teddy Bear Sleepover @ 7pm

Join us for an evening Storytime with your favorite Teddy Bear. Enjoy some fun activities + tuck-in your Teddy for a sleepover! Come back on Saturday to pick-up your Teddy & see what they did!

### Saturday: Breakfast & Books @ 10am

Teddy Bear Pick-up + Storytime & Muffins



## Ogdensburg New Testament Church

### EASTER EGG HUNT

April 16th, 9am

[Click for info](#)

## Brier Hill Volunteer Fire Department

April 16th, 8am

### BREAKFAST WITH THE BUNNY

[More Info](#)

APRIL 16th 2022

## EASTER EGG HUNT

FUN FOR EVERYONE

7000 EGGS

3 GRAND PRIZE BIKES

COFFEE

265 Andrews St. Massena

SATURDAY APRIL 16TH, 9-10AM

**KERFUFLLE THEATER TROUPE  
WORKSHOPS**

**Saturday, April 9th at 1PM  
Sunday, April 10th at 11AM**

Join the Kerfuffle Theater Troupe at the Children's Museum for creative drama, arts, and movement workshops! Kerfuffle is a midwestern theatre and dance company visiting the North Country. Participants will help develop *Toad Hall*, a brand new play for children that celebrates community at a fun dinner party with a family of toads. Children will use their bodies, voices and simple musical instruments to explore the soundscape of the Toad Family dinner party. SUNY Potsdam student artists will share parts of the play with workshop participants at the April 10th workshop. Workshops included with membership & admission.



Wednesday - Sunday | 10am - 5pm  
10 Raymond Street Potsdam  
315-274-9380

**CONCERT  
SATURDAY, APRIL 9th at 11AM**

Join the Crane School of Music Frackenpohl Honors Brass Quintet and children from the Museum's Afterschool Music class for a concert in front of the Children's Museum! The quintet will discuss their instruments and perform for visitors. After School students and kids in the audience will accompany them with percussion instruments! Rain date April 30th.

CVES - PARTNERS IN TRANSITION

# THE TIME IS NOW!

Are you a student, 14-21 years old?  
Do you have an IEP or a 504 Plan?

**THEN WE HAVE WHAT YOU ARE  
LOOKING FOR!!**

 <p><b>Job Exploration Counseling</b> Explore career interests and foster motivation</p>	 <p><b>Work-Based Learning Experiences</b> Use the workplace to gain knowledge and skills that connect school experiences to career opportunities</p>	 <p><b>Counseling on Educational and Training Options</b> Learn about postsecondary education and training opportunities and resources</p>	 <p><b>Workplace Readiness Training</b> Prepare for adult life by developing social and independent living skills</p>	 <p><b>Instruction in Self Advocacy</b> Learn how to effectively communicate your needs and direct your life</p>
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**Be part of our amazing FREE opportunities  
to explore and learn in a fun and engaging way!**



Email Questions:  
[Jamil\\_iori@cves.org](mailto:Jamil_iori@cves.org)

# The St. Lawrence County Environmental Management Council (EMC) is looking for the next generation.

If you are interested in discussing **Environmental Topics** and sharing ideas with the County's Board of Legislators, consider attending our monthly meetings.

Our meetings are the 3rd Wednesday of the month, 6-8pm

For More information contact John Tenbush or Dakota Casserly at the SLC Planning Office 315.379.2292  
Or email [jtenbush@stlawco.org](mailto:jtenbush@stlawco.org)  
[dcasserly@stlawco.org](mailto:dcasserly@stlawco.org)



**Heuvelton Amvets**  
April 10th 8am - 11am



A wooden sign hanging from a rope with a bunny illustration and the text "BREAKFAST WITH THE Easter Bunny". A cartoon bunny in a purple shirt is in the foreground. A blue "MORE INFO" button with a hand cursor is at the bottom right.

April 23rd  
8am - 4pm



The words "CRAFT FAIR" in large, colorful, block letters. Below it, the text "Dekalb Junction Volunteer Fire Department" is written in purple.

REGISTER



A circular logo for Nicanndri Nature Center featuring a bird on a branch. The text "NICANDRI NATURE CENTER" is arched over the top and "Massena, NY" is at the bottom.

APRIL 18-22, 2022

AGES 5-9 9:30-12:30  
"SPRING HAS SPRUNG"

AGES 10-13 1-4  
"ANIMAL MYTHS AND LEGENDS"

LIMITED CAPACITY  
REGISTRATION REQUIRED

# Day Camp

# APRIL

2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 			<b>Gouverneur Recreation Center</b> 315.287.0524	<b>Mr. Jeff Burt</b> Head Recreation Attendant	1  Senior Citizen Bingo Social	2
3 	4 After School STEAM Studio Grades: 2-4	5 After School STEAM Studio Grades: UPK-1	6 After School STEAM Studio Grades: 2-4	7 After School STEAM Studio Grades: UPK-1	8 Senior Citizen Bingo Social 10am - 12pm	9
10 	11 After School STEAM Studio Grades: 2-4	12 After School STEAM Studio Grades: UPK-1	13  Grades: 2-4	14  Grades: UPK-1	15 Senior Citizen Easter Bingo 10am - 12pm <b>EASTER FEST</b> Egg-travaganza	16
17 	18 <b>NO SCHOOL OPEN STUDIO</b> Magnificent Monday Music Mania 1pm - 3pm	19 <b>NO SCHOOL OPEN STUDIO</b> Snooze-day Tuesday Pajama Party 1pm - 3pm	20 <b>NO SCHOOL OPEN STUDIO</b> Wild & Wacky Wednesday Dress Weird Day 1pm - 3pm	21 <b>NO SCHOOL OPEN STUDIO</b> Thankful Thursday Spring Fling Fun 1pm - 3pm	22  Senior Citizen Bingo Social	23 <b>Registration Begins May 1st</b> MISSOULA CHILDREN'S THEATRE  Rumpelstiltskin
24	25 After School STEAM Studio Grades: 2-4	26 After School STEAM Studio Grades: UPK-1	27 After School STEAM Studio Grades: 2-4	28 After School STEAM Studio Grades: UPK-1	29 Senior Citizen Bingo Social 10am - 12pm	<b>Summer Recreation Performs Arts</b> Youth Grades: K-12 July 23 - 30

**Gouverneur Recreation Center**  
8 Trinity Avenue: 315.287.0524



Fun & Festive Youth Enrichment STEAM Activities

**NO SCHOOL: April 18<sup>th</sup> - 21<sup>st</sup>**  
Youth Welcome 1:00pm - 3:00pm

Advance Sign-Up Encouraged - Limited Seating: First Come, First Serve



Gouverneur Recreation Department  
Proudly Presents...

**MISSOULA CHILDREN'S THEATRE**

**Rumpelstiltskin**



**July 25<sup>th</sup> - July 30<sup>th</sup> 2022**

(Professional Theater Company with Costumes and Sets)

Save the Date: Registration Begins May 1, 2022

Open to all youth grades K-12.

Advanced Registration Required - Limited Availability!

For more information contact Rec. Director Casey Canell 315.287.0524.



# A LIFELONG LOVE OF THEATRE BEGINS HERE... NOW, MORE THAN EVER, CHILDREN NEED A CHANCE TO LAUGH



## 2022 YOUTHEATRE: CLASS ACTS...

*Order Right Away! Shows Fill-Up Quickly!*

Reservations are processed in the order they are received!

[Performances will be canceled if OFA is closed]



### Charlotte's Web

May 17 - OFA - 9:15 & 11

Based on E.B. White's loving story of friendship between a pig named Wilbur and a spider named Charlotte. To help with Wilbur's problem: how to avoid winding up as pork chops, Charlotte will create a "miracle." Spinning the words "Some Pig" in her web, Charlotte weaves a solution which makes Wilbur a prize pig and ensures his place on the farm forever. This treasured tale, featuring madcap and endearing farm animals, explores bravery, selfless love, and the true meaning of friendship.

(Grades 3-6) \$3.50

[Click Here for an order form](#)



Council on the Arts

This season is made possible with public funds from the New York State Council on the Arts and the New York State Legislature



invites you to an

**OPEN HOUSE**

at our new

## Behavioral Health Urgent Care

Offering around-the-clock access to immediate mental health and addiction prevention, treatment and recovery services.

**Monday, April 4, 2022**

Guided Tours & Refreshments — 4-6 PM

Ribbon Cutting & Remarks — 5 PM

1003 Park Street  
Ogdensburg, NY 13669

RSVP by replying to this email or call (518) 481-8583

As the clinic is a healthcare setting, masks will be required when not eating or drinking.



Join the Health Initiative's TeensHELP team for

## Stopping the STigma: A Conversation About Sexually Transmitted Infections

→ April 12th | 4-5pm | Zoom ←

Email [Jamey@gethealthyslc.org](mailto:Jamey@gethealthyslc.org) for the link

Participants will have the chance to win  
a \$25 gift card for attending!



Calling all teens... Did you know that April is STI Awareness Month? Come celebrate with the Health Initiative's TeensHELP team! If you want to learn more about sexually transmitted infections, STI prevention, and what you can do to reduce the unnecessary stigma around STIs, join us on April 12th for our presentation of Stopping the STigma: A Conversation about Sexually Transmitted Infections.

Eligible teen participants could win a \$25 gift card for attending. Email [Jamey@gethealthyslc.org](mailto:Jamey@gethealthyslc.org) for the Zoom link.



# JOIN US...

**July 25 - August 6, 2022**  
SUNY Potsdam  
Performing Arts Center

**Saturday August 6<sup>th</sup> is showcase day!**  
All campers present the work  
they have done the previous two weeks.



## CREATIVE ARTS\*

9 - 11:30am or  
12:30 - 3pm • \$250  
K - 3<sup>rd</sup> grade

Each day campers will explore a variety of art forms including the visual arts, drama, and dance. Visual art mediums will include drawing, watercolor and collage. The August 6 final presentation will exhibit work made throughout the camp.

\*Campers who sign up for both sessions must bring lunch. Supervision and activities will be provided during the hour break between the morning and afternoon.



## DRAMA

9am - 3pm • \$300  
4<sup>th</sup> - 7<sup>th</sup> grade  
8<sup>th</sup> - 12<sup>th</sup> grade

Drama campers start with team building exercises. They go on to explore improvisation, learn the basics of acting and rehearse scripted plays. Both 4<sup>th</sup> - 7<sup>th</sup> graders and 8<sup>th</sup> - 12<sup>th</sup> graders perform their play on August 6.

## CREATIVE WRITING

9am - 3pm • \$300  
4<sup>th</sup> - 8<sup>th</sup> grade

Campers exploring this art form will write in a variety of genres including short stories, poems, non-fiction and plays. Additionally, they review exemplary forms of the styles they are writing in, both as print and video. Not every moment of the day is spent reading and writing, however, as the campers will engage in other activities to explore their creative style. A final exhibition of their work will take place August 6 with readings of work selected by the campers themselves.



## DANCE

9am - 3pm • \$300  
4<sup>th</sup> - 8<sup>th</sup> grade

Campers will learn the fundamentals of dance in a fun and relaxed setting. They will develop awareness of their bodies and how they move in space. A variety of styles of dance will be explored, including ballet, jazz, and modern. Finally, they will experience the choreographic process in preparation for their performance on August 6. Beginners are welcome and will receive special attention to ensure they learn technique safely.



For more information & registration go to:

**[potsdam.edu/cac](https://potsdam.edu/cac)**

Questions? Call (315) 267-2547

Please register your child by the year of school they are going into in the Fall of 2022.

Camp registration includes a t-shirt and free tickets to the final performances. Campers must provide their own lunch.

LEARN MORE



 **Potsdam**  
STATE UNIVERSITY OF NEW YORK