

JUNE NEWS

FROM NEWTON HHS

June is LGBTQ+ Pride Month



June is LGBTQ+ Pride Month. Pride commemorates the Stonewall Riots of 1969 and has grown to be a celebration of LGBTQ+ pride across the nation.

While we celebrate Pride this month, we also recognize that some members of the LGBTQ+ community are in crisis and need support. For anyone struggling, there are resources available.

LGBTQ+ Mental Health & Suicide Prevention

LGBTQ

Suicide Prevention Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1

Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7

The Trevor Project

TrevorLifeline: Available 24/7 at
1-866-488-7386

TrevorText: Text TREVOR to
1-202-304-1200

TrevorChat: Via thetrevorproject.org

Trans Lifeline

Support for transgender people,
by transgender people
1-877-565-8860

SAGE LGBT Elder Hotline

Peer-support and local resources
for older adults
1-877-360-LGBT (5428)

The LGBT National Hotline

Peer-support and local resources
for all ages
1-888-843-4564

afsp.org/lgbtq



American
Foundation
for Suicide
Prevention

Upcoming Programs

Don't miss the last program in our Mental Health Series for teens and parents!

Mental Health: Teens & Parents, Supporting Each Other

On Wednesday, June 15th, 6:30pm at Newton North High School, we invite parents/caregivers to attend this workshop led by Samaritans with their teens for an evening of skill building to support healthy communication related to mental health topics and sometime challenging situations. Discussions will include exploring feelings, empathetic and active listening, honest talk and how to engage community resources.

Mental Health:

TEENS & PARENTS, SUPPORTING EACH OTHER

WEDNESDAY JUNE 15 6:30 PM

Registration and light refreshments from 6:00 pm - 6:25 pm

NEWTON NORTH HIGH SCHOOL CAFETERIA

Join the City of Newton Health & Human Services Department for the final mental health event of our series. We invite parents and caregivers, and their teens, to attend this workshop led by Samaritans, Inc. for an evening of skill building to support healthy communication. Families will explore feelings and how to express them, practice honest talk and active listening, and learn how to access resources and support.

RSVP AT: <https://tinyurl.com/55kj6ktn>

OR SCAN THE QR CODE:



WALK-INS WELCOME!



Public Health
Prevent. Promote. Protect.



Health & Human Services | 617-796-1420

RSVP

June 19 is Juneteenth



Juneteenth takes place on June 19th. This day celebrates the end of slavery in the U.S. and honors the struggles and injustices African Americans faced throughout history and in the present day. Join FORJ at NNHS this Sunday for a Juneteenth celebration!

Vendors including Black-owned businesses, food trucks, performers, DJs, kids' activities, and art exhibits will make this a fantastic family day out (it's also Father's Day)!

Learn More

Legacy of Juneteenth: Access to Education That Empowers Us All Tuesday, June 21, from 7:00 to 8:00 p.m.

This virtual interactive discussion will be led by [Jesse Tauriac](#), Assistant Vice President & Chief Diversity Officer at Lasell University and is part of the Overdue: Confronting Race and Racism in Newton series. This program is sponsored by the Newton Free Library.

[Register](#)

Water Safety

Learning to swim is one of the most important water safety skills you can learn. Find out more information about swimming lessons in Newton below:

[Parks, Recreation & Culture](#)

[Newton YMCA](#)

[Greater Boston JCC](#)

**DO YOUR PART,
BE WATER SMART!**

- Drowning is the leading cause of unintentional death among Massachusetts children ages 0-14.**
LEARN MORE AT [MASS.GOV/WATER SAFETY](https://mass.gov/water-safety)
- Watch children AT ALL TIMES!**
 - Designate adults as water-watchers to supervise children while swimming.
 - Always stay within arm's reach of young children and avoid distractions.
- Learn how to swim!**
 - Ensure everyone learns to swim and has water safety skills.
 - Children and inexperienced swimmers should wear approved life jackets.
- Swim Safely!**
 - Never swim alone. Always bring a buddy.
 - Swim in designated areas supervised by lifeguards.

IT ONLY TAKES SECONDS TO DROWN.

City of Newton Health & Human Services

Thank You!

Thank you to everyone who came to the Blood Drive at City Hall on June 10th. We are experiencing an ongoing national blood crisis with the supply at its shortest in over a decade. It takes just 15 minutes to donate and to save up to three lives. Donated blood is critical for trauma victims in emergencies and for other medical treatments, including transfusions for people with cancer.

There are many locations in the Greater Boston area to donate blood and platelets including:

- [Red Cross](#)

- [Mass General](#)
- [Boston Children's](#)
- [Dana Farber](#)

Here are some answers to [frequently asked questions](#), [eligibility criteria](#), and [tips for a successful donation](#) from MGH.



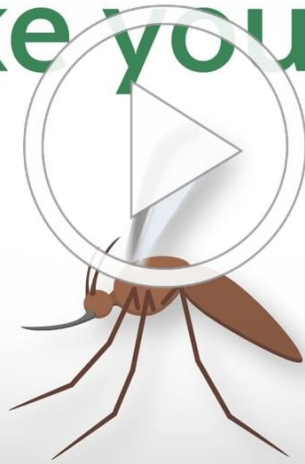
Fight the Bite!

Mosquitoes and ticks are more than pests; they can carry diseases which can make you very sick. Most mosquito bites will only cause itching or skin irritation, but some species in Massachusetts can carry [West Nile virus \(WNV\)](#) & [Eastern Equine Encephalitis \(EEE\)](#). Mosquito-borne illnesses can be very severe so [taking steps to avoid mosquito bites](#) is important.

You can protect yourself by [reducing mosquito breeding in your home](#), avoiding peak mosquito activity at dawn & dusk, patching screens, and by [using mosquito repellent](#). The US Environmental Protection Agency has a [helpful tool](#) to help you find the repellent that is right for you.

Visit the [Massachusetts Department of Public Health](#) website to learn more.

Mosquito bites can make you sick



The Massachusetts Department of Public Health will resume mosquito testing for EEE and WNV in mid-June.

[Click Here to View Your Local Risk Level](#)

Grab & Go Program Has Ended

The Grab & Go meal program has ended. Thank you for your participation and support of this program! A special thank you goes out to our workers and volunteers who have kept this program running:

- Margaret
- Newton North Community Connections
- Whitsons Food Group & Newton Public Schools
- Ouida
- Dana
- Jack
- Phyllis
- Gail
- Runa
- and so many more!

Please reach out to our social services department if you or someone you know needs access to food:



Newton Social Services

617-796-1420

Residents 18-59 Years Old

Newton Senior Center

617-796-1660

Residents 60+ Years Old

Food Resources in Newton

Are You a Nurse Looking to Join a GREAT Team?

Our School Health Services division is hiring full time and substitute school nurses for the upcoming school year. Find a rewarding career and excellent benefits with our School Health Services team!

Find Out More!

Health and Human Services
1000 Commonwealth Ave
Room 107A
Newton, MA 02459
health@newtonma.gov
(617) 796-1420

City of Newton, MA



Public Health
Prevent. Promote. Protect.



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