

**SEPTEMBER
2023**



Wishing Wellness Center
 24 Church St. Cortland, NY 13045
 Phone: (607) 756-5992 Ext 170
 Hours: M-F: 8:30a-4:00 pm
 By Appointment

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CHALK THE WALK FOR SUICIDE AWARENESS 130PM-330PM	2
3 Encourage one another & build each other up	4 	5 Open Engagement Hours: 10am-12pm 1pm-3pm	6 CHALK THE WALK FOR SUICIDE AWARENESS 130PM-330PM	7 Open Engagement Hours: 10am-12pm 1pm-3pm	8 MOVIE DAY 130PM-330PM 	9
10 	11 Narcan Training 1p-3p 	12 ZOO TRIP 10AM-2PM 	13 Open Engagement Hours 1:30pm-3:30pm 	14 Open Engagement Hours: 10am-12pm COMMUNITY CLEAN-UP 1P-3P	15 Staff Development Day 	16 Community CLEAN UP DAY
17 	18 PEERS @ LIBRARY 10AM-12PM	19 Open Engagement Hours: 10am-12pm 1pm-3pm	20 Open Engagement Hours 1:30pm-3:30pm	21 Open Engagement Hours: 10am-12pm 1pm-3pm	22 Narcan Training 1p-3p 	23
24 	25 PEERS @ LIBRARY 10AM-12PM	26 Staff Development Day 	27 Suicide Prevention Conversations 1:30pm-3:30pm 	28 Open Engagement Hours: 10am-12pm 1pm-3pm	29 RECOVERY SPEAKERS 1PM-3PM 	30 NATIONAL RECOVERY DAY



Peer are planning to have a busy month as we get back into the swing of things with new staff!

We will be resuming our outreach efforts at Cortland Free Library a couple days throughout the month.

We are hosting a rec trip to the Rosamond Gifford Zoo on the 12th, prior sign up is Required before 9/7/23!

There will also be two Narcan training events and a community clean-up day where anyone can come join the peers as we go around town to clean up trash.

We will provide gloves and garbage bags.

Join us on the 8th for a relaxing afternoon with a movie and popcorn! Anyone is welcome to join us!

September is Suicide Awareness month as well as Recovery month.

Peer staff will be spreading awareness throughout the month and talking about suicide prevention.

Peers will also be celebrating Recovery with having a speaker day. Anyone is welcome to come in and share their recovery story during that time.



Did you know? The Wellness Center has an emergency Narcan mailbox on the Library side of the building, that is always fully stocked and accessible 24/7!

Anyone can stop by The Wellness Center at any time and ask to be trained to administer Narcan as well as ask for harm reducing testing strips for Fentanyl and Xylazine!



The Wellness Center is also a partner with NY Matters which connects people in need to MOUD services. Stop in for more information!

Did you know? Peers have a Facebook page!! Look for us at "Peer Support Services". Our monthly calendars along with any updates will be posted. Join the group and help share our page!