



Join us for the **Early Childhood Summit** on March 26. We will share best practices, identifying challenges, and developing solutions and supports to help our youngest learners transition to formal education settings.

Use the QR Code on the flyer, or [click here](#) to register.

Who should attend?

Elementary, Kindergarten, and Pre-K professionals will all benefit from the information shared and from the community of Early Childhood educators in attendance. Parents and caregivers are also encouraged to attend!

**PROFESSIONAL LEARNING OPPORTUNITY**

**OUR LOCAL HISTORY**  
INQUIRY, EQUITY, ACTION

WAYNE COUNTY Community Schools

Thursday, April 24, 9 a.m. to 3 p.m.  
Craft 120, Newark, NY

<p><b>Local History of Enslavement in the Finger Lakes</b></p> <p>Do your students know that people were held in slavery in the Finger Lakes area – and that they had powerful stories of resistance?</p> <p>This inquiry-based session will provide a solid grounding in the local history of enslavement and freedom in the Finger Lakes region for you to bring to the classroom in a culturally responsive and developmentally appropriate way.</p>	<p><b>Interrupting Harmful Comments</b></p> <p>Have you ever found yourself teaching a challenging topic, like enslavement, when a student makes an unexpected and offensive comment that leaves you momentarily frozen?</p> <p>This session uses stories from Finger Lakes history, including enslavement, to help you interrupt harmful comments and build inclusive and respectful spaces.</p>
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**REGISTER TODAY - [bit.ly/3QJZQwy](https://bit.ly/3QJZQwy)**

On April 24, 2025, **Coordinated Care Services, Inc (CCSI)** will share two helpful and informative sessions

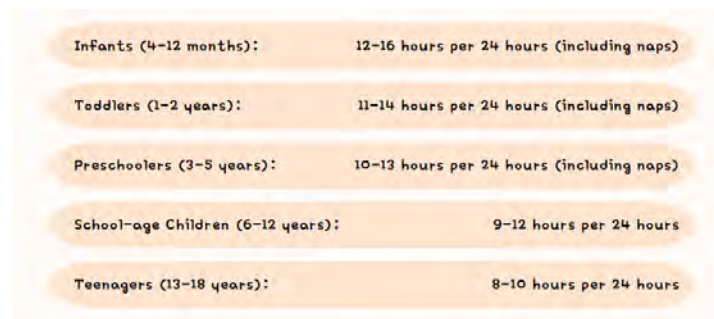
In the morning (9-11:30), the CCSI Our Local History Team will lead a 2.5-hour workshop on enslavement and migrant worker activism in New York State, allowing educators to experience Days 1-2 of an inquiry-based learning unit aligned with the NYS Social Studies Framework, NYS SEL Benchmarks, CASEL 3 Signature Practices, and the NYS Culturally Responsive Framework.

In the afternoon (12:30 - 3:00), the CCSI Our Local History team will conduct a 2.5-hour workshop on interrupting harmful comments and repairing harm when it is caused. Participants will explore and adapt the Learning for Justice Speak Up at School guide: how to respond when someone — a student, a colleague, even a parent — uses biased language or stereotypes in school.

April 24, 2025, 8:30 am - 3:00 pm. Craft 120, Newark.

Come for the morning session, for the afternoon session, or both!

**[Register here.](#)**



The infographic consists of five horizontal orange bars, each representing an age group and its corresponding recommended sleep duration. The text is in a dark, sans-serif font.

Infants (4–12 months):	12–16 hours per 24 hours (including naps)
Toddlers (1–2 years):	11–14 hours per 24 hours (including naps)
Preschoolers (3–5 years):	10–13 hours per 24 hours (including naps)
School-age Children (6–12 years):	9–12 hours per 24 hours
Teenagers (13–18 years):	8–10 hours per 24 hours

The **American Academy of Pediatrics (AAP)** provides recommendations on how much sleep children need at different ages to support their overall health and well-being.

The graphic above shows their **Recommended Sleep Duration by Age**.

**Additional Recommendations:**

**Consistent Bedtimes and Wake Times:** Encourage regular sleep schedules, even on weekends. Plan for enough time in bed, and try getting sunlight soon after waking up.

**Screen Time:** Avoid screens (phones, tablets, TV) at least an hour before bed, as blue light can interfere with sleep. Limit bright lights at nighttime, too.

**Sleep Environment:** Ensure the sleep environment is quiet, dark, and cool, with a comfortable mattress and bedding.


**Physical Activity:** Encourage daily physical activity, which can help promote better sleep.

**Avoid Large Meals and Caffeine Before Bed:** These can disrupt sleep patterns.

These recommendations help support children's physical and mental development, ensuring they get the rest they need to thrive.


**[Click here to view these recommendations in Spanish.](#)**

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**FLX pride**

FLX Pride Festival  
Ontario County Fair Grounds  
Saturday June 23, 2025



Family Counseling Service

Organization Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

I'd like to be a: ☐ Vendor ☐ Sponsor ☐ Both Vendor & Sponsor

**Vendor Type**

Not For Profit: ☐ \$25

For Profit: ☐ \$75

Food/Beverage Small: ☐ \$75

Food/Beverage Large: ☐ \$200

**Early Bird Registration**  
12/1/2024 - 2/28/2025

Regular Registration  
3/1/2025 - 5/31/2025

Late Registration\*  
6/1/2025 - 6/15/2025

Food/Beverage Small: ☐ \$75

Food/Beverage Large: ☐ \$200

Regular Registration: ☐ \$40 ☐ \$100 ☐ \$100 ☐ \$250

Late Registration\*: ☐ \$50 ☐ \$150 ☐ \$150 ☐ \$350

\*Late registration null include those who have signed up and not paid their fee prior to 6/1/2025

Sponsorship Levels		Sponsorship Perks*	Sponsorship Amount
Rainbow	Over \$2500	Logo on individual festival banner** Full page ad in FLX Pride Guide Stage announcements at event Recognition on FCSFL website and social media Receipt for tax purposes	
Red	\$2500 - 1001	Large logo on festival banner** Half page ad in FLX Pride Guide Stage announcements at event Recognition on FCSFL website and social media Receipt for tax purposes	
Orange	\$1000 - 501	Medium logo on festival banner** Quarter page ad in FLX Pride Guide Stage announcements at event Recognition on FCSFL website and social media Receipt for tax purposes	
Yellow	\$500 - 251	Small logo on festival banner** Business card ad in FLX Pride Guide Stage announcements at event Recognition on FCSFL website and social media Receipt for tax purposes	
Green	\$250 - 101	Recognition on FCSFL website and social media Receipt for tax purposes	
Blue	Under \$100	Receipt for tax purposes	
Purple	In Kind Donation/Raffle	Valued based on above Perks Drop off deadline of 6/6/2025 (please indicate value of in kind donation)	

\*Deadline for Sponsorship Perks is 6/6/2025, sponsorships are accepted from 6/1/2025

\*\*Logos (at least 300x60 in jpg or png format) must be shared with [redacted] on or before 5/31/2025 to be included in the Sponsorship Perks listed above

☐ I would prefer to remain an anonymous sponsor and do not want to participate in the perks above.

☐ I'd like to attend a Safe Zone Training before the festival

**Payment Options:**

☐ Check ☐ Visa ☐ Mastercard ☐ Am Ex ☐ Venmo (@fcsflorg) ☐ PayPal (@fcsfl)

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Billing Address (if different from above): \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

FLX Pride is a fundraiser for the LGBTQ+ Programs and Services at Family Counseling Service of the Finger Lakes, Inc.

FLX PRIDE needs your help! We are still looking for non-profit tablers as well as raffle basket and in-kind donations. We are also struggling to find food vendors (we have dessert, drinks, and snack vendors but no actual food/meal vendors yet) so please spread the word if you know of any! Email all questions/inquiries to [flxpride@fcsfl.org](mailto:flxpride@fcsfl.org). We will also have posters printed soon to share across the county. Please email **Amanda Lesterhuis** if you would like a poster to hang at your location!



We are always looking for ways to serve our community better. If you have any thoughts or suggestions, please feel free to **let us know** how we can be better.



## Empowering Our Community Together

Introducing a newly focused  
Youth Mental Health First Aid (YMHA) team!



Andrea McLeod  
Delphi Rise



James Schuler  
Youth Advocate  
Program Inc.



Myles Comer  
Youth Advocate  
Program Inc.



Robert (Bobby) Ellis  
Youth Advocate  
Program Inc.



Jeffery Simmons  
Pastor, Renewal of Life  
(C.O.G.I.C.)

Join us for **Youth Mental Health First Aid**, a **FREE** training designed for community members in **Wayne County** who want to better support the mental well-being of **Black, Brown and Indigenous** youth in our community.

**10.2%**

of youth will be diagnosed with a substance use disorder in their lifetime.

Source: Youth Mental Health First Aid™

**1 IN 5**

teens and young adults lives with a mental health condition.

Source: National Alliance for Mental Illness™

**50%**

of all mental illnesses begin by age 14, and 75% by the mid-20s.

Source: Archives of General Psychiatry™

### How Youth Mental Health First Aid Can Help



This training acknowledges **our unique cultural experiences**, helps reduce **stigma**, and promotes **culturally informed support** for mental health challenges.



SCAN ME!

Limited Transportation

Contact: Andrea McLeod  
amcleod@delphirise.org

**Delphi Rise**  
Together We Rise!

[www.delphirise.org](http://www.delphirise.org) 585 467 2230

Give Teens Permission  
to talk about  
Mental Health  
**Be the Difference**

**NY HEALTH**  
FOUNDATION

We are **4 million** strong.

**Mental Health FIRST AID**

www.nationalallianceonmentalillness.org

As discussed in the March Partnership meeting, **Delphi Rise** is overseeing a **Youth Mental Health First Aid** initiative designed to be culturally sensitive to our black, brown, and indigenous youth. See the flyer for details.



National Council on Alcoholism  
and Drug Dependence-  
Rochester Area

## 2025 Annual Luncheon

Join us for  
**NCADD-RA's 79<sup>th</sup> Anniversary**

***Marijuana and Psychedelics:  
Essential Facts Everyone Should Know***

**Wednesday, May 21, 2025**

11:30 a.m.—2:00 p.m.

(Registration will begin at 11:30 a.m.)

**DoubleTree by Hilton**

1111 Jefferson Rd  
Rochester, NY 14623

### *Keynote Speaker*



Dr. Bertha Madras is a Professor of Psychobiology at Harvard Medical School (at Harvard 38 years), based at McLean Hospital and cross-appointed at Massachusetts General Hospital.

**Scientific Research.** Her research has focused on neurobiology, pharmacology, brain imaging, drug discovery for addiction, neuropsychiatric disorders, and drug policy. With collaborators, her lab discovered: (1) methods for detecting Parkinson's disease in living brain; (2) molecular targets in brain of cocaine, ecstasy (MDMA), modafinil, THC (of marijuana), CBD; (3) different responses of psychoactive drugs in adolescents/adults; (4) new candidate therapeutics; (5) drug toxicity, others.

**Authorship.** She is author of more than 200 scientific manuscripts, articles, book chapters and co-editor of books: "The Cell Biology of Addiction"; "Effects of Drug Abuse on the Human Nervous System"; "Imaging of the Human Brain in Health and Disease".

**Inventor.** She is a recipient of 19 U.S. and 27 international issued patents with collaborators.

**Register online at [ncadd-ra.org](http://ncadd-ra.org).**

For information, please contact Elaine Alvarado at (585) 719-3481 or [ealvarado@depaul.org](mailto:ealvarado@depaul.org)  
[www.ncadd-ra.org](http://www.ncadd-ra.org)

NCADD-RA invites you to their 79th Anniversary luncheon featuring guest speaker Dr. Bertha Madras.  
**[Click here](#)**, or the image above, to download the reservation form.

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Foodlink and the Wayne County Partnership bring you the following 2025 food distribution events:

**April**

4 (Fri.)	Williamson Town Park, 3793 Eddy Road, Williamson
10 (Thurs.) *	United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM *</b>
11 (Fri.)	Martin Builders/Shady Brook, 4460 NYS Route 414, Rose
16 (Wed.)	Red Creek Jr/Sr High School, 6624 South Street, Red Creek
23 (Wed.) *	Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM *</b>
30 (Wed.)	W-FL BOCES Conference Center, 131 Drumlins Court (Vienna Street-side parking lot), Newark

**May**

2 (Fri.)	Clyde Fire Department, 15 Ford Street, Clyde
8 (Thurs.) *	United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM *</b>
9 (Fri.)	Savannah Fire Department, 1770 NYS Route 89, Savannah
20 (Tues.)	Walworth Town Complex, 3600 Lorraine Drive, Walworth
28 (Wed.) *	Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM *</b>
30 (Fri.)	W-FL BOCES Conference Center, 131 Drumlins Court (Vienna Street-side parking lot), Newark

**June**

2 (Mon.)	Martin Builders/Shady Brook, 4460 NYS Route 414, Rose
12 (Thurs.) *	United Church of Marion, 3848 North Main Street, Marion <b>11:00 AM *</b>
13 (Fri.)	W-FL BOCES Conference Center, 131 Drumlins Court (Vienna Street-side parking lot), Newark
18 (Wed.)	Myers Community Hospital Campus, 6692 Middle Road, Sodus
23 (Mon.)	Red Creek Fire Department, 7024 Main Street, Red Creek <b>NEW LOCATION!</b>
25 (Wed.) *	Cross Creek Church, 3700 NYS Route 31, Palmyra <b>4:00 PM *</b>

\* Distributions in Marion and Palmyra are not Partnership events. Rules may be different. Please contact event hosts for details.

**Free and open to all Wayne County Residents.**  
**Pre-registration not required.**  
**9:30 AM until food gone.**  
**PLEASE DO NOT ARRIVE AT THE SITE BEFORE 9:00 AM**

Our Pop-Up Pantry initiative continues through June! Please share the dates and locations with everyone!

Note the new site in Red Creek in June. Although it's a Main Street address, lineup and distribution will take place on Keeley Street (east-to-west). Anyone who's been to a Red Creek Fire Department chicken dinner event will know how to line up.

As always, visit the Partnership Website at [www.waynepartnership.org/food](http://www.waynepartnership.org/food) for the latest information on food-related topics in Wayne County.





**Learn how you can  
support your  
community**

POWERED BY  
*Volunteers.*



Red Cross Information Session

Wednesday, March 26  
4 - 6 PM

Sodus Community Library  
17 Maple Ave  
Sodus, NY 14451



Drop in and learn about local  
volunteer opportunities.



The **American Red Cross** is looking to add volunteers and will be having an information session on March 26 at the **Sodus Community Library** from 4 – 6 PM.

## STUFFED ANIMAL DRIVE

Help us provide comfort to the youth who  
visit the *Child Advocacy Center of Wayne  
County!*

Each year, youth in our community suffer from  
traumatic experiences such as sexual and physical  
abuse. Our goal is to help youth and families start  
the healing process, which often begins with a visit  
to our center. Before leaving our center, each youth  
gets to choose a comfort item to take home with  
them.

All stuffed animals must be NEW with tags.

Celebrate Child Abuse Awareness & Prevention Month with the **Child Advocacy Center of Wayne County** this April!

Please consider donating a new stuffed animal.

Donations are being accepted from April 1st – 18th.

Please contact Nicole (315-946-7613) or Emily (315-946-7637) to arrange for drop-off or pick-up.

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**Wayne County Community Schools** has developed a Requirements to Register a Child for UPK/Kindergarten Checklist for the 2025-2026 school year. Please feel free to share with parents/guardians throughout Wayne County.

**Checklist in English**

**Checklist en español**

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# Driving Breast Health

Bringing mammograms to you!



## Lyons Community Center

9 Manhattan Street  
Lyons New York 14489

**Saturday, April 5, 2025**

**9:00 am – 3:00 pm**

**No appointment necessary. No cost to you.\***

\*Older women ages 65+ with insurance. If uninsured, you may qualify through the Cancer Services Program.



To schedule your mammogram, call  
(585) 922-PINK  
(833) 922-PINK (toll free)

**ROCHESTER  
REGIONAL HEALTH**

14822-0008

### The Partnership Is:

Arc Wayne • Catholic Charities of the Finger Lakes • Child Care Council, Inc.  
Clyde-Savannah CSD • Common Ground Health • Cornell Cooperative Extension  
Council on Alcoholism and Addictions of the Finger Lakes • Delphi Rise • Evalumetrics Research  
Family Counseling Services of the Finger Lakes • Family Promise of Wayne County  
Fidelis Care • Finger Lakes Community Action • Finger Lakes Community College  
Finger Lakes Community Health • Finger Lakes Community Schools  
Finger Lakes Problem Gambling Resource Center • Finger Lakes Workforce Investment Board • FLACRA  
Gananda Schools • Literacy Volunteers of Wayne County • Lyons CSD • Marion CSD  
Mid-West Family and Community Engagement Centers • Newark CSD • Newark-Wayne Hospital  
North Rose-Wolcott CSD • OWWL Library System • Palmyra-Macedon CSD • Person Centered Services  
Real Life Counseling • Red Creek CSD • Salvation Army of Geneva and the Finger Lakes  
Scarfet Thread Ministries • Sodus CSD • Survivor Advocacy Center of the Finger Lakes  
United Way of Greater Rochester and the Finger Lakes • University of Rochester School of Nursing  
Wayne Action for Racial Equality • Wayne Behavioral Health Network • Wayne CSD  
Wayne County Board of Supervisors • Wayne County Dept. of Aging & Youth  
Wayne County Dept. of Social Services • Wayne County Pre-Trial Services • Wayne County Public Health  
Wayne County Rural Health Network • Wayne-Finger Lakes BOCES • Wayne M.O.S.T. • Williamson CSD  
Youth Advocate Program



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