



Make a Difference: Get Ready for Erase the Stigma Contest

Unleash your creativity!

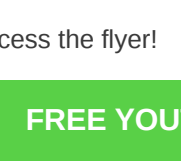
Submit your original artwork or photography to the Northwell School Mental Health Erase the Stigma Creative Art Contest! All ages are welcome. Winning pieces will be displayed on inspirational cards and around Northwell campuses.

This year's art contest, themed "Finding Your Voice," is all about raising awareness during Mental Health Awareness Month in May and fighting stigma. It's a chance to get creative and show why mental health matters just as much as physical health.

Your art will be judged on originality, creativity, and how well it expresses "Finding Your Voice." Winners from every age group will not only receive prizes but also have their work shared with schools and Cohen Children's Medical Center, making a real impact!

The submission **deadline** is **April 1st, 2025**.

To submit an entry and read contest guidelines, scan the QR code below or [Click Here](#) to visit.



[Click here](#) for access the flyer!



Contest Rules

Artwork and photos **MUST** be original work that combines drawing, pictures, or photography to express the contest theme. At or similar tools MAY NOT be used in your submissions.

- Materials used may include pencil, ink, charcoal, crayon, markers, pastel, paint, mood media, collage, graphic design or similar 2D media.
- Scanning your artwork (a painting, drawing, etc.) will give us the best image quality. If you don't have access to a scanner, it's okay to take a picture of it.
- Please submit your photo in a high-resolution format.
- Please include a short statement with your artwork.
- Artwork or photos cannot show elements of nudity, blood, or violence and photos cannot show a person's face.

Age Groups

- Elementary School (PK-5)
- Middle School (6-8)
- High School (9-12)

Prizes:

Amazon Gift Cards and other surprises
3 winners from each age group
Prizes for all contestants

Winners get to attend a special event in May and will be notified by April 2nd!

FREE YOUTH MENTAL HEALTH FIRST AID TRAINING



Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

Trainings are limited to 30 participants in each course and are offered on a first-come, first-serve basis.

[CLICK HERE TO REGISTER](#)

Chat with Our Experts: Upcoming Parenting Education Workshops

Body Image: Raising Confident Kids
Health at Home Series

Date: February 11, 2025
7:00pm-8:00pm

[Click Here to Register](#)

The Parent Playbook: Supporting Your Child in Athletics
Danielle Monaco, MS, LMHC

Date: February 13, 2025
12:00pm-1:00pm

[Click Here to Register](#)



A monthly virtual workshop with Northwell experts & peer support



The Connected Parent Virtual Weekly Workshop

The Connected Parent is a 6-week support group designed to help parents of children aged 7-13 strengthen their parent-child connection. The program focuses on equipping caregivers with skills to understand their child's cues, manage stress, repair relationship ruptures, and support their children through difficult times.

Please note this is a clinical group and will be billed through insurance.

[Click Here to Register](#)



School Avoidance Workshop

Is your child struggling with school attendance?

Join our free, supportive 6-week lunch-and-learn workshop series: "Supporting Students Overcoming School Avoidance."

This program is designed to empower parents like you with the knowledge and tools to address school avoidance and help your child thrive.

[Click Here to Register](#)

"Supporting Your Anxious Child" Parent Workshop

Is your child struggling with anxiety?

Give them the tools to manage it! The School Mental Health Program presents "Parenting Through Anxiety," a free, 5-week lunch-and-learn workshop series. This program provides you with the knowledge and strategies to help your child thrive.

[Click Here to Register](#)



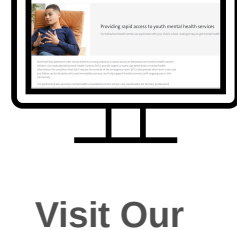
Stay Connected, Parent Strong: We're in this Together!



Visit Our YouTube

View our library of workshops led by Northwell experts, covering a wide range of parenting topics, from navigating screen time to supporting healthy sleep habits, giving you practical strategies and information to help you thrive as a parent!

[Click Here To View Channel](#)



Visit Our Website

Our website provides office information, expert advice, and insightful articles from leading professionals. Find the guidance you need or stay informed with our comprehensive resources. Explore our site today!

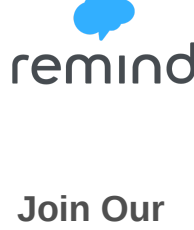
[Click Here To Visit Website](#)



Sign Up For Our Emails

Stay in the loop with all things Northwell Behavioral Health Center! Join our email list and be the first to know about upcoming community education events, exciting center updates, and other important news. We'll keep you informed about everything happening, from new offerings to special events!

[Click Here To Sign Up Today](#)



Join Our Remind

Stay connected with Northwell Behavioral Health Center with the Remind App. Sign up for to our group and get text alerts about events, hours, special happenings, & more. Use class code: **nwh4school** to join.

[Join Now On Your Remind](#)

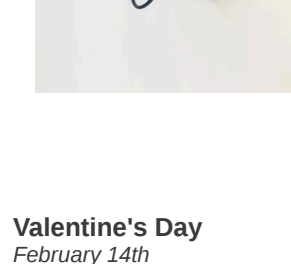
What's Happening This Month



Black History Month

President Gerald Ford officially established Black History Month in 1976 to honor the contributions of African Americans throughout U.S. history, from those first enslaved in the 17th century to those living in the United States today.

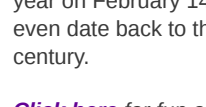
[Click here](#) to learn more about the history and why it's celebrated



American Heart Month

February, American Heart Month, serves as a crucial reminder to take charge of our cardiovascular health.

[Click here](#) to learn more about this toolkit, it provides resources to raise awareness about heart disease risks



Valentine's Day

February 14th

This holiday is celebrated every year on February 14 and may even date back to the third century.

[Click here](#) for fun and easy crafts for kids..

Stay Healthy This Winter!

COVID-19, FLU, COLD OR RSV

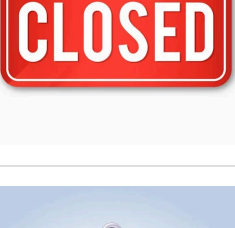
Check your symptoms to find out



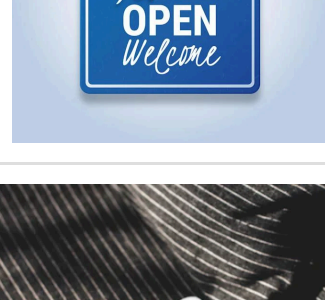
Symptoms	Coronavirus	Flu	Cold	RSV
Fever	Common	Common	Rarely	Common
Fatigue	Sometimes	Sometimes	Sometimes	Sometimes
Cough	Common (usually dry)	Common (usually dry)	Sometimes (usually mild)	Common (dry or wet)
Sneezing	No	No	Common	Common
Aches & pains	Sometimes	Common	Common	No
Runny/stuffy nose	Rarely	Sometimes	Common	Common
Sore throat	Sometimes	Sometimes	Common	Common
Diarrhea	No	Sometimes (for children)	No	No
Headache	Sometimes	Common	Rarely	Sometimes
Shortness of breath	Sometimes	No	No	Common

If you are experiencing any of the above symptoms, [click here](#) to read about the best foods to help fight your cold and other viruses

Behavioral Health Center Hours



All centers will be **CLOSED** on Monday, February 17th



All centers will be **OPEN** on during Winter Recess Break



Quick Reads:

American Heart Association Newsroom

Title: February is American Heart Month, National Wear Red Day, Black History Month and More!
[Click here](#) to read

Goodgoodgood

Title: 38 Ways to Intentionally Celebrate Black History Month
[Click here](#) to read

Artsy Craftsy Mom

Title: The Ultimate List of 100 Valentines Day Crafts and Activities
[Click here](#) to read

The Well by Northwell

Title: The Connection Between Mental Health and Heart Health
[Click here](#) to read

Important Phone Numbers to Know

- RVC Behavioral Health Center - 516-927-1630
- Mineola Behavioral Health Center - 516-321-5770
- Commack Behavioral Health Center - 631-775-3280
- South Oaks Hospital Admissions - 631-608-5885
- Cohen Children's Medical Center Pediatric Behavioral Health Urgent Care - 718-470-3148
- Cohen Children's Medical Center Pediatric Emergency Department - 718-470-3768
- Long Island Crisis Center - 516-679-1111
- Center for Hope - 516-216-5194
- National Suicide Prevention Lifeline - Call or Text 988

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