

OCTOBER 2023

UNITED IN
Kindness
EVENT SERIES



9/27
to
10/7

Huddle Together: Mental Health for Athletes Week

Cornell University & Ithaca High School; full schedule at: www.namifingerlakes.org

Home sports events are branded as “Mental Health Awareness” games. Organized by the National Alliance on Mental Illness–Finger Lakes and athletic programs at Cornell and IHS.

SEE WEBSITE FOR SCHEDULE

9/29
to
10/1

Free Hugs @ Apple Harvest Festival

In and Around the Ithaca Commons

Free Hugs Ithaca and Be Kind Ithaca team up to give away t-shirts and iconic Be Kind hearts—and actual hugs—to dozens of lucky Apple Fest attendees.

10:00AM - 6:00PM

10/1
to
10/31

Domestic Violence Reading Kits

Available at public & school libraries and select other locations courtesy of the Advocacy Center

Kits contain reading lists for teens & adults, healthy relationship bookmarks, support resources, and purple ribbons for Domestic Violence Awareness Month. Info: kclark@actompkins.org

DURING LIBRARY HOURS

MONDAY
10/9

How I See Myself

Mental Health Association— Submission Info and Link: www.mhaedu.org/selfportraits

Tompkins County youth ages 5-21 are invited to create and submit self portrait artworks by 10/9 deadline. Artworks will be featured in a creative art exhibition from 10/26–11/6 at the Outreach Center @ Center Ithaca on the Commons. Gallery Night Reception 11/3 5-8pm.

SEE WEBSITE FOR MORE DETATILS

SATURDAY
10/14

Story Walk

Lansing Center Trail, 104 Auburn Road, Lansing (Scoops Ice Cream parking lot)

A guided read-aloud of *Nook*, by Sally Anne Garland. Plus bookmaking and activities for the whole family—with a free copy of *The Nook* to take home. Co-hosted by the Family Reading Partnership and the Advocacy Center. Info: amber@familyreading.org

10:00AM - 12NOON

SATURDAY
10/14

8th Annual Ithaca Cupcake Baking Contest

Bernie Milton Pavilion, submissions from 10–12Noon; Info: www.thesophiefund.org/cupcake-contest

Fun event including live music and information tables to raise awareness about mental health organized by The Sophie Fund.

10:00AM - 4:00PM

MONDAY
10/16

United in Kindness in Dryden

Schools throughout the Dryden Central School District

A year-long campaign to promote kindness kicks off 10/16; includes a family dinner with a discussion about bullying, student “be kind” pledges, messages on school media platforms and bulletin boards, special reading lists created for classrooms, and more.

OCTOBER - JUNE

OCTOBER 2023

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SATURDAY
10/21

United in Words

Tompkins County Public Library — Register at: tinyurl.com/UiKWritingWorkshop

Young Adult novelist Bree Barton leads a fun, interactive youth writing workshop for Tompkins County students with a focus on creativity, collaboration, and cool prizes (for ages 10-14; families and friends welcome).

2:00PM - 3:30PM

TUESDAY
10/24

Cyberbullying & Social Media

Online via Zoom — Register at: tinyurl.com/UiKCyberbullying

Join a symposium for parents and caregivers on keeping children safe from cyberbullying by Stephanie S. Fredrick of the Alberti Center for Bullying Abuse Prevention at the University at Buffalo. Hosted by Family & Children's Service.

12NOON - 1:00PM

WEDNESDAY
10/25

Empowering Parents & Caregivers to Address Bullying

Online via Zoom — tinyurl.com/UiKDignityAct

A presentation on New York State's Dignity for All Students Act (DASA) to combat school bullying, harassment, and discrimination by Brandi Remington, TST-Boces Youth Development Coordinator. Hosted by Tompkins County Youth Development Department.

6:30PM - 7:30PM

FRIDAY
10/27

And Words Can Hurt Forever

Mental Health Association Outreach Center @ Center Ithaca on the Commons

Presentation on how to protect adolescents from bullying, harassment, and emotional violence by author James Garbarino. To register, email events@mhaedu.org or call (607) 273-9250.

5:00PM - 7:00PM

SATURDAY
10/28

Clothesline Project

Ithaca Farmers Market

Advocacy Center invites people to write Acts of Kindness messages on paper hearts and view Clothesline Project t-shirts with uplifting messages of support for abuse survivors.

9:00AM-3:00PM

SATURDAY
10/28

Fall Family Fun Day

Mental Health Association Outreach Center @ Center Ithaca on the Commons

Snacks, crafts, games, pumpkin painting, cookie decorating + info about family peer support.

12NOON-3:00PM

Brought to you by:



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more info!

