

OCTOBER 2024

UNITED IN  
Kindness  
EVENT SERIES



SATURDAY  
9/28

### 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 lucky Apple Fest attendees.

10AM - 6PM

10/2  
TO  
10/12

### Huddle Together for Mental Health

@Area high schools – Schedule at: [www.huddletogogether.org](http://www.huddletogogether.org)

Home sports events are branded Mental Health Awareness Games, accompanied by NAMI's "Ending the Silence" presentations for students, staff, and parents.

SEE WEBSITE FOR DETAILS

SATURDAY  
10/5

### Youth Mental Health & Wellness Town Hall

Tompkins County Public Library-Borg Warner Room — To register (not mandatory):  
<https://app.dvforms.net/api/dv/6y0pzi>

Community town hall with expert presentations on youth mental health and suicide prevention. Hosted by the Tompkins County Suicide Prevention Coalition.

12:30PM - 3:30PM

MONDAY  
10/7

### Keen on Kindness Day at The Nook!

*Family Reading Partnership @ Shops at Ithaca Mall*

Story time and book giveaway celebrating migrating families at 10:15am or 5:15pm; art projects and fun activities throughout the day.

10AM - 6PM

THURSDAY  
10/10

### Promoting Social-Emotional Strengths in Youth

Online via Zoom — Register: <https://www.eventbrite.com/e/promoting-social-emotional-strengths-through-assessment-and-intervention-tickets-1026935791597>

Presentation by the Alberti Center for Bullying Abuse Prevention, hosted by Family & Children's Service of Ithaca.

12NOON - 1PM

THURSDAY  
10/10

### "Ending the Silence" for Parents

Online via Zoom — <https://go.namifingerlakes.org/event-registration-32024-6231-2235>

NAMI Finger Lakes presentation on mental health for parents, teachers, and school staff; open to all community members.

7:30PM - 8:30PM

FRIDAY  
10/11

### "I Wish You Knew"

Mental Health Association — Submission Info and Registration: <https://www.mhaedu.org/youth-art-show-2024>

Tompkins County youth ages 5-21 are invited to create and submit artworks by 10/11 deadline. Artworks will be featured in an exhibition from 10/21–11/6 at the MHA Outreach, Education and Training Center @ Center Ithaca on the Commons. Gallery Night Reception 11/1 5-8pm.

SEE WEBSITE FOR DETAILS

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SUNDAY  
10/13

### Stories of Kindness and Resilience

1PM - 2PM

*Buffalo Street Books 215 N. Cayuga Street*

Storytime for children accompanied by a caregiver and all who love children's books hosted by the Advocacy Center of Tompkins County.

WEDNESDAY  
10/16

### Unity Day for Bullying Prevention Month

ALL DAY

*Schools throughout the Dryden Central School District*

Activities include: wearing orange t-shirts signifying unity for kindness, acceptance, and inclusion; a Random Acts of Kindness challenge; creating a kindness quilt; and more.

THURSDAY  
10/17

### #PurpleThursday

ALL DAY

*Throughout the community*

The Advocacy Center of Tompkins County encourages everyone to wear purple on the national day of support for families impacted by domestic violence letting survivors know they are not alone. Email [info@actompkins.org](mailto:info@actompkins.org) to receive a purple ribbon.

SATURDAY  
10/19

### 9th Annual Ithaca Cupcake Baking Contest

10AM - 4PM

*Bernie Milton Pavilion, submissions from 10–12Noon; Info: [www.thesophiefund.org/cupcake-contest](http://www.thesophiefund.org/cupcake-contest)*

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

FRIDAY  
11/1

### Groomed—A Play

7PM - 9PM

*Greater Ithaca Activities Center (GIAC) 301 W. Court Street in Ithaca—free admission.*

UK playwright Patrick Sandford performs his autobiographical award-winning play about childhood sexual abuse. Brilliantly performed, heartbreaking, hopeful, truth-telling that invites us all to talk. (Not graphic, PG-13.) Audience Q&A follows. Sponsored by GIAC and the Advocacy Center.

Brought to you by:

STOP BULLYING

Tompkins County  
Bullying Prevention Task Force



Scan here  
for more info

