

WELLNESS WEEKLY

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Did you know...

October is National Depression and Mental Health screening Month. Most of us feel sad, lonely or depressed at times. But when these feelings become overwhelming and last for a long period of time that's when it's time to seek medical help. Recognizing the symptoms is key. Click [here](#) for more information on how you can help a loved one affected by depression



Are you a new Wizard?

Washingtonville's District Social Workers, will be hosting a series of parent workshops. The [Welcome New Wizards](#) workshop will be held on October 14th. If you are new to Washingtonville and interested in attending, please [RSVP](#)

Creating Healthy Routines:

Having a routine helps children of all ages, whether they're going to school in person or virtually. Some key routines include:

- Waking up and going to sleep around the same time every day
- Getting ready in the morning and before bed
- Eating meals and snacks
- Having time without screens
- Going outside, exercising or doing physical activities
- Having social time
- Having relaxing time

Write the schedule down and display it somewhere easy to see. With younger children, invite them to create the schedule with you by drawing or coloring. With older children, get them their own planner or calendar to use. Although our phones can be helpful for scheduling, it's better not to rely only on them. Writing on paper has been shown to help people understand and retain information better.



Mobile Response Team
24/7

Text4Teens:
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WEBSITE

Open 7 Days a Week
1-888-750-2266