



**MAY IS MENTAL HEALTH MONTH**

TAKE SOME TIME TO LOOK AROUND, LOOK WITHIN

MHANATIONAL.ORG/MAY

**Upcoming Events in Cortland County**

**Mental Health Awareness Month**

**May 4 Mental Health Awareness Walk**

- 11:00am - 1:30pm
- Cortland YMCA  
22 Tompkins St  
Cortland, NY 13045
- FREE

To Register: Use QR code or the link above.

**May 10 Panel Discussion Alternative Mental Health and Wellness Resources for Youth**

- 5:00pm - 7:00pm
- Cortland Elks Lodge  
9 Groton Ave  
Cortland, NY 13045
- FREE
- To register, email: [jpartigianoni@ccocc.org](mailto:jpartigianoni@ccocc.org)  
\*Register by May 1

**May 18 MHA Dinner & Keynote Address**

- 4:30pm - 7:30pm
- Cortland Elks Lodge  
9 Groton Ave  
Cortland, NY 13045
- Tickets  
Purchase in advance: \$12 at BRU 64  
At the door: \$15

To Register: \*Register by May 1 Use QR code or the link above.

**Talk Saves Lives Tuesdays**

**It's Real: College Students and Mental Health**

*May 9 at 6:30 pm*

Mental health issues are a very real and growing problem among college students. For parents of high school seniors. *Registration required:*  
<https://gcn59irc.attendase.com/>

Click [HERE](#) for June's Talk Tuesday

**Need Help?**

If you need suicide or mental health-related crisis support, or are worried about someone else, please visit the [988 Suicide & Crisis Lifeline](#). Call or text 988; chat at [988lifeline.org](http://988lifeline.org); or use the [Behavioral Health Treatment Locator](#) to get help.

**988**  
SUICIDE & CRISIS LIFELINE

**SPEAK UP CORTLAND**  
Suicide Prevention Education Advocacy Knowledge Understanding and Perseverance

**FREE GUNLOCKS IN CORTLAND!**

**LOOK FOR THESE BINS AROUND THE COMMUNITY!**

Find Us on Instagram Here! Free Gunlocks! Find Us on Facebook Here!

# DID YOU KNOW?



Do you have a child  
ready for Pre-K or  
Kindergarten?

September  
2023 Pre-K  
applications  
[Click here!](#)



2023-24  
Kindergarten  
registration  
[Click here!](#)

HOMER HAS CLOTHING CLOSETS  
IN ALL SCHOOL BUILDINGS!

LEARN MORE ABOUT HOW TO GET  
OR DONATE CLOTHING BY CLICKING



[HERE!](#)



Family Planning  
OF SOUTH CENTRAL NEW YORK, INC.™

*New Clinic in Cortland!*

Family Planning of South  
Central New York  
Cortland Medical Center

- Located at 165 Main St, Cortland
- Offering gynecological & reproductive care- regardless of income
- Same day and next day appointments
- Walk-ins welcome
- Virtual phone and video visits also available
- Click [here](#) for more information or to schedule an appointment



**PUZZLE  
SOLVERS**

**May 11, 7:00pm – 8:15pm**

Monthly Autism Parent Support Group provides peer support, and educational content for parents and caregivers of children with Autism Spectrum Disorder (ASD).

For more info click [HERE](#) or email [hdwyer09@gmail.com](mailto:hdwyer09@gmail.com)

More food pantry  
and soup kitchen  
services [HERE](#)

**Homer Food Pantry**  
Homer Methodist Church  
16 Cayuga Street  
*Homer Residents only*  
607.749.3260

Hours:

Tuesdays 10am-12pm  
Thursdays 5pm-7pm

No Appointment Needed



## Food Pantries in Homer

**Phillips Free Library**  
37 South Main Street  
607.749.4616  
Available During Library Hours:

Mondays 12pm-6pm  
Tuesdays 12pm-7pm  
Wednesdays 9am-6pm  
Thursdays 12pm-7pm  
Fridays 12pm-5pm  
Saturday's 10am-1pm

\*Fresh vegetables available Fridays  
at noon until gone

## FOOD INSECURITY FEEDBACK

If you have experienced food insecurity personally, please share your story. Ever wondered where your next meal would come from, have used WIC, SNAP, or decided to pay a bill instead of buying food? If you have, your voice is needed. More info [HERE](#).



CLICK [HERE](#) TO SIGN UP  
TO SHARE YOUR STORY AND  
RECEIVE A FREE GIFT CARD!



**FREE FOR ALL!**  
**LUNCH PROVIDED!**

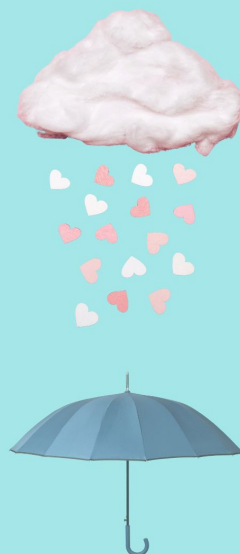
## YOU'RE INVITED TO A **BABY SHOWER!**

**WHEN: SATURDAY, JUNE 3, 11AM-1 PM**

**WHERE: CORTLAND YMCA GYM**  
**22 TOMPKINS ST**

**LOCAL VENDORS WITH**  
**INFORMATION AND RESOURCES**  
**PRIZES FOR EXPECTING PARENTS**  
**& PARENTS WITH A ONE YEAR OLD OR**  
**YOUNGER**

**EMAIL HANNAH**  
**EVENTS@CORTLANDYMCA.ORG FOR**  
**REGISTRATION AND QUESTIONS**



SUNY  
**Cortland**



**FREE**



## **Summer Literacy Tutoring**

IMPROVE LITERACY SKILLS WHILE LEARNING  
ABOUT TOPICS THAT INTEREST YOU!

SUNY Cortland's Literacy Dept. is offering free literacy (reading /writing) virtual tutoring for 1st - 5th graders June 26 - July 28.

To learn more or signup visit:

[www.cortland.edu/summer-literacy](http://www.cortland.edu/summer-literacy)