

TORRINGTON AREA HEALTH DISTRICT

350 Main Street, Suite A Torrington, CT 06790
Phone (860) 489-0436 Fax (860) 496-8243

Providing local public health services for the Borough of Bantam, Bethlehem, Canaan, Cornwall, Goshen, Harwinton, Kent, Borough of Litchfield, Litchfield, Middlebury, Morris, Norfolk, North Canaan, Plymouth, Salisbury, Thomaston, Torrington, Warren, Watertown & Winsted.

April 2026 Newsletter

April is Alcohol Awareness Month a time to raise awareness and understanding of alcohol use and misuse. It offers communities a chance to gain more understanding of how individuals struggle with alcohol use and offers resources and support.

Alcohol Use and Your Health

- Excessive alcohol use can have immediate and long-term effects.
- Excessive drinking includes binge drinking, heavy drinking, and any drinking during pregnancy or by people younger than 21.
- Drinking less is better for your health than drinking more.
- You can lower your health risks by drinking less or choosing not to drink.



WHY IT'S IMPORTANT

- Your liver can only process small amounts of alcohol.
- The rest of the alcohol can harm your liver and other organs as it moves through the body.
- Using alcohol excessively on occasion or over time can have immediate and long-term health risks.

BY DRINKING LESS ALCOHOL, YOU CAN IMPROVE YOUR HEALTH AND WELL-BEING

<https://www.cdc.gov/alcohol/about-alcohol-use/index.html>



Hours

Monday, Tuesday, Thursday: 8:00am to 4:00pm.
Wednesday: 8:00am to 6:00pm, Friday: 8:00am to 1:00pm.
Follow us on social media and www.tahd.org



FindTreatment.gov

SAMHSA's National Helpline

1-800-662-HELP (4357)

FindSupport.gov

988 Suicide & Crisis Lifeline

988 or 988Lifeline.org

**HELP IS
AVAILABLE**

APRIL

**ALCOHOL
AWARENESS
MONTH**

SAMHSA
Substance Abuse and Mental Health
Services Administration

**Prevention works.
Treatment is effective.
Recovery is possible.**

SAMHSA.GOV/FIND-HELP

APRIL

**ALCOHOL
AWARENESS
MONTH**

SAMHSA
Substance Abuse and Mental Health
Services Administration

✓ Check Your Alcohol Use:

SAMHSA
Substance Abuse and Mental Health
Services Administration

- Set a daily & weekly drinking limit**
- Record how much you drink each day**
- Write down your limit & keep it with you**
- Avoid situations & triggers that cause you to drink**
- Talk with a doctor about your alcohol use**
- Ask a friend to help you stay within your limit**

What is a Standard Drink?

- 12 ounces of beer (5% alcohol content)
- 8 ounces of malt liquor (7% alcohol content)
- 5 ounces of wine (12% alcohol content)
- 1.5 ounces or a "shot" of 80-proof (40% alcohol content) distilled spirits or liquor (e.g., gin, vodka, rum, tequila, whiskey, brandy)

APRIL

**ALCOHOL
AWARENESS
MONTH**

⚠ Signs of Drinking Too Much:

SAMHSA
Substance Abuse and Mental Health
Services Administration

Drinking more or longer than intended

You need to drink more than you're used to

Spending a lot of time drinking or thinking about alcohol

Drinking even though it makes you feel depressed, anxious, or adds to another health problem

People make comments about your drinking

Can't cut down or stop

Drinking interferes with daily activities, family, friends, or work

APRIL

**ALCOHOL
AWARENESS
MONTH**

Impaired Driving: Talk With Your Kids



Don't Wait
for the
"Right Time"

Help Them Build
an Exit Plan

Reinforce
Expectations

Show Them
You Care

SAMHSA
Substance Abuse and Mental Health
Services Administration

APRIL
ALCOHOL
AWARENESS
MONTH

**Prevent Underage
Drinking**

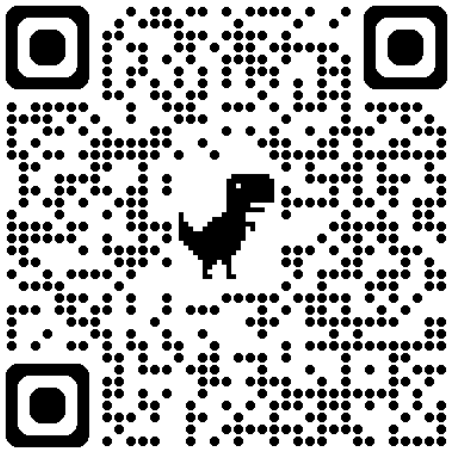
**Start the
conversation**



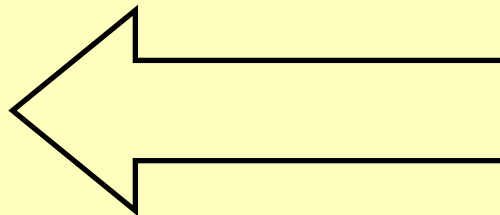
[samhsa.gov/prevention-campaigns](https://www.samhsa.gov/prevention-campaigns)

SAMHSA
Substance Abuse and Mental Health
Services Administration

APRIL
ALCOHOL
AWARENESS
MONTH



FOR MORE INFORMATION





Adolescent Immunization Action Week (AIAW) is a yearly observance held April 6-10, 2026 highlighting the importance of adolescent immunizations by encouraging healthcare providers and parents to take action by keeping their adolescents up to date on their recommended vaccines. On-time vaccination is critical to protect and prevent adolescents and young adults from getting sick and missing out on activities that are important to them.

AMERICAN ACADEMY OF PEDIATRICS RECOMMENDED VACCINES FOR ADOLESCENTS

AGES

11-12 Years

- HPV¹
- MenACWY²
- Tdap
- Flu³
- COVID-19⁴



13-15 Years

- Catch up on missed vaccines
- Flu³
- COVID-19⁴



16 Years

- MenACWY Booster²
- MenB⁵
- Flu³
- COVID-19⁴



17-18 Years

- Catch up on missed vaccines
- Flu³
- COVID-19⁴



Scan the QR code for the latest vaccine recommendations by age

¹The AAP recommends starting the HPV vaccine series between the ages of 9-12.

²The MenACWY vaccine is recommended for all preteens at ages 11-12. Because protection can fade over time, a booster dose is recommended at age 16. If a teen is receiving both the MenACWY and MenB vaccines during the same visit, they may instead receive the MenABCWY vaccine, which protects against all included strains. Talk with your healthcare provider to determine which vaccine is best for you.

³Annual flu vaccination is recommended each year, ideally before flu season begins.

⁴COVID-19 vaccine recommendations are personalized based on individual risk factors, prior vaccination history, and family preferences. Talk with your healthcare provider.

⁵MenB vaccine is recommended for many teens ages 16-18. Talk with your healthcare provider.

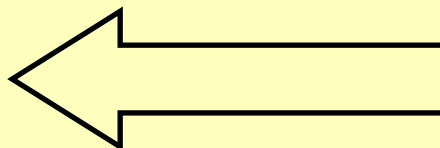


National Infant Immunization Week (NIIW) is a yearly observance held in April, highlighting the importance of protecting children two years and younger from vaccine-preventable diseases. NIIW is April 27-May 1, 2026. CDC and the American Academy of Pediatrics (AAP) recommend that children stay on track with their well-child appointments and routine vaccinations. On-time vaccination is critical to provide protection against potentially life-threatening diseases.

BETTER PROTECTION STARTS WITH HUGS AND VACCINATIONS



Vaccines and Immunization Recourses



Ready. Set. Action! is this year's theme. As we celebrate, take a moment to recognize how public health has improved our daily lives, safeguarded our families, expanded our life spans, and strengthened our communities. This week is also a chance to honor the public health workers who show up for us every day and to advocate for policies and practices that promote good health for all.

<https://www.apha.org/initiatives/national-public-health-week/themes-and-facts>

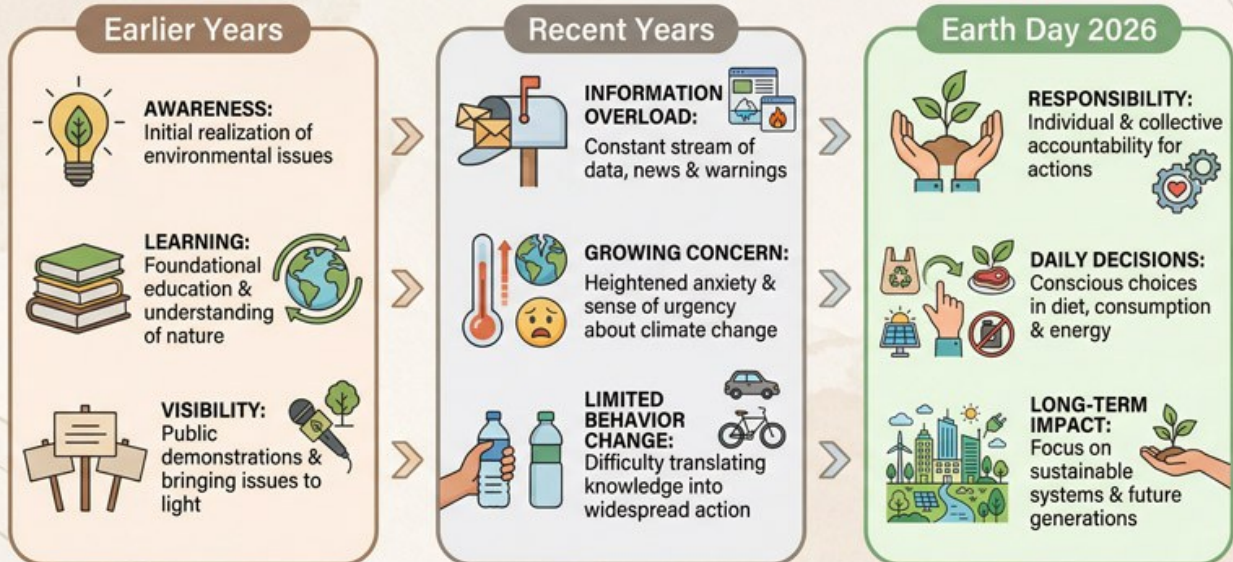
Earth Day



Our Power, Our Planet

Why Earth Day 2026 Feels Different?

From Awareness to Responsibility



www.earthreminder.com

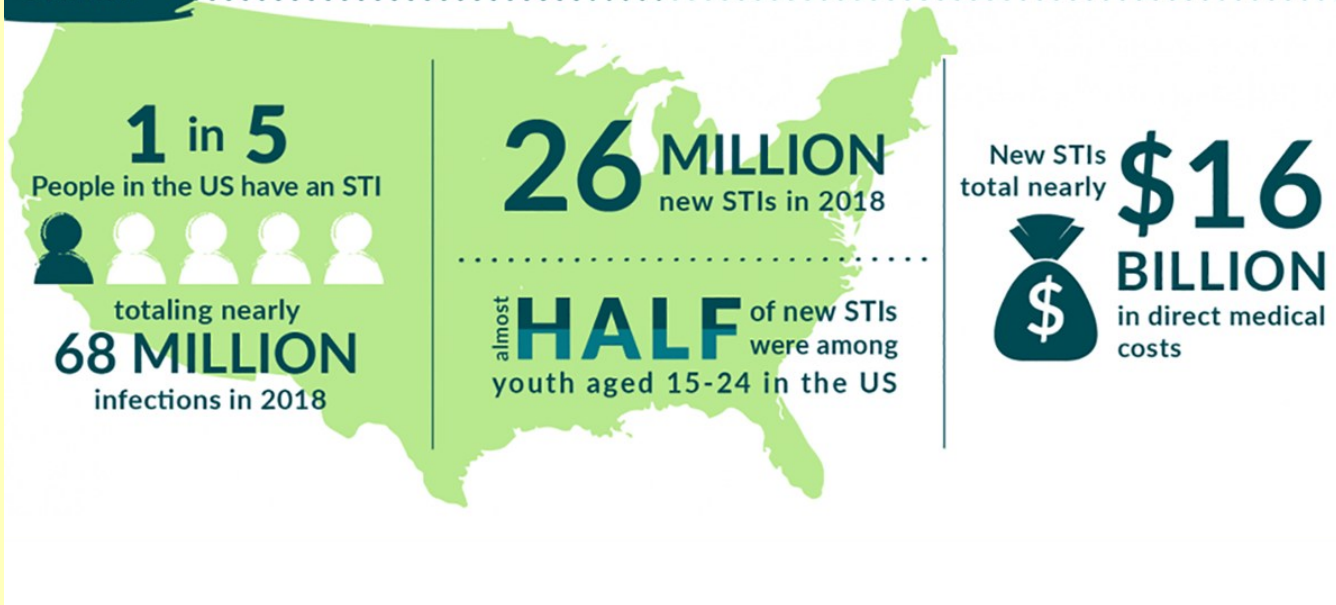
APRIL 12 - 18, 2026

STI AWARENESS WEEK

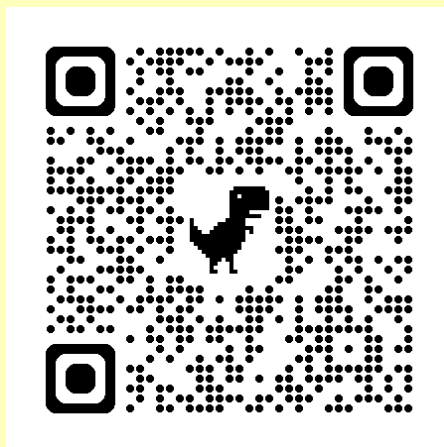
CHOOSE A CAMPAIGN • PLAN ACTIVITIES • SPREAD AWARENESS

STI Awareness Week, or SAW, observed the second full week in April, provides an opportunity to raise awareness about sexually transmitted infections (STIs). STI Awareness Week focuses on how STIs impact our lives, reducing STI-related stigma, fear, and discrimination and ensure people have the tools and knowledge for prevention, testing, and treatment.

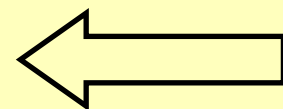
Overview



CDC estimates that about 20 percent of the U.S. population - approximately one in five people - had an STI on any given day in 2018. STIs acquired that year cost the American health care system nearly \$16 billion in health care costs alone.



Information on how to get tested for sexually transmitted infections (STIs).



Pan-Seared Salmon Nuggets with Blackberry Dipping Sauce Recipe

Salmon nuggets are seared to crispy perfection and served with a sweet and savory blackberry dipping sauce.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Ingredients

1½ cups frozen blackberries
3 tablespoons (45 milliliters) low-sodium soy sauce
3 tablespoons (45 milliliters) honey
4 teaspoons (20 milliliters) rice vinegar
1 teaspoon fresh ginger, grated
1 whole star anise
¼ teaspoon chili flakes (more to taste)
1 pound salmon, skin removed
½ teaspoon fine sea salt
½ teaspoon black pepper
2 teaspoons (10 milliliters) avocado oil



Directions

Before you begin: Wash your hands.

1. Combine blackberries, soy sauce, honey, rice vinegar, ginger, star anise and chili flakes in a saucepan and bring to a boil. Reduce heat to medium-low and simmer for 20 minutes, stirring occasionally and smashing the blackberries with a spatula.
2. Cut salmon into one-inch pieces and season with salt and pepper. Place a large nonstick skillet over medium-high heat, add oil to the pan and swirl to coat.
3. Add salmon in a single layer and sear for 1 to 2 minutes per side until all sides are golden and crispy and cooked to a minimum internal temperature of 145°F (62°C). Cook in two batches, if necessary, to avoid crowding the pan.
4. Remove the blackberry mixture from heat and pour through a fine mesh strainer into a bowl. Use a spatula to press the sauce through. Discard the seeds.

Serve salmon nuggets with dipping sauce on the side.

Nutrition Information

Serves 4

Serving Size: 3 ounces salmon (about 6 nuggets), plus 1½ tablespoons (25 milliliters) sauce (120 grams)

Calories: 325 calories; Total Fat: 16g; Saturated Fat: 3g; Cholesterol: 83mg; Sodium: 659mg; Carbohydrate: 19g; Fiber: 3g; Sugar: 15g; Protein: 27g; Potassium: N/A; Phosphorus: N/A.

Source: <https://www.eatright.org/recipes/entrees/pan-seared-salmon-nuggets-with-blackberry-dipping-sauce-recipe>



Staying Away from Fad Diets

With all the focus on weight in our society, it isn't surprising that millions of people fall prey to fad diets and bogus weight-loss products. Conflicting claims, testimonials and hype by so-called "experts" can confuse even the most informed consumers. The bottom line is simple: If a diet or product sounds too good to be true, it probably is.

There are no foods or pills that magically burn fat. No "super foods" will alter your genetic code. No products will miraculously melt fat while you watch TV or sleep. Some

ingredients in supplements and herbal products can be dangerous and even deadly for some people.

Steer clear of any diet plans, pills and products that make the following claims:

Rapid Weight Loss

If you lose weight quickly, you may lose more muscle than fat. You also will be more likely to regain the pounds and be at risk of hair loss, dehydration and gallstones. Instead, focus on eating in a way that helps you feel nourished, satisfied and energized.

Quantities and Limitations

Ditch diets that limit most foods and promote unlimited quantities of specific foods, such as grapefruit and cabbage soup. It's boring to eat the same thing over and over, and it's hard to stick with monotonous plans. Avoid any diet that eliminates or severely restricts entire food groups or macronutrients, such as carbohydrates. Even if you take a multivitamin, you'll still miss some critical nutrients.

Specific Food Combinations

There is no evidence that combining certain foods or eating foods at specific times of day will help with weight loss. Eating the "wrong" combinations of food doesn't cause them to turn to fat immediately or to produce toxins in your intestines, as some plans claim.

Rigid Menus

Life is already complicated enough. Limiting food groups or following rigid meal plans can be an overwhelming, unpleasant task. With any new diet, always ask yourself: "Can I eat this way for the rest of my life?" If the answer is no, the plan is not for you.

No Need to Exercise

Regular physical activity is essential for good health. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week.

If you want to build strength, the best path is a lifelong combination of nutritious eating and regular strength-building physical activity. For a personalized plan tailored to your lifestyle and food preferences, consult a registered dietitian nutritionist. An RDN can help you find and maintain a realistic, flexible eating style that helps you feel and be your best.

Source: [https://www.eatright.org/health/wellness/diet-trends/staying-away-from-fad-diets?](https://www.eatright.org/health/wellness/diet-trends/staying-away-from-fad-diets?fbclid=IwY2xjawPV6gRleHRuA2FlbQIxMQBzcnRjBmFwcF9pZBAyMjIwMzIxNzg4MjAwODkyAAEese5vHUOjuVK4EcXJKkEisRsxH2PN6QFw40IGkg6cUeq1KziHajCcEjY-e0_aem_GT78pHvm9DfCc4KtoD5xJg)

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TAHD IN ACTION

On March 24, the Torrington Area Health District's Public Health Nurse, Patricia Miglowiec, and Emergency Management Coordinator, Brien Laforge, partnered with Paul Rabeuf from Hartford HealthCare's Department of Emergency Management to provide Stop the Bleed training at Oliver Wolcott Technical High School for Health Technology students from the graduating Classes of 2026 and 2029.

Students were introduced to lifesaving bleeding-control techniques and participated in practical clinical scenarios that allowed them to apply their skills in realistic situations. They also shared what they had recently learned about infectious disease and practiced the proper donning and doffing of personal protective equipment.



TAHD IN ACTION

It's that time of year again. Springtime means soil testing time! Soil testing is one of the first steps TAHD conducts with the Professional Engineers and sometimes homeowners, for a property that needs a new or repaired septic system.

Soil profiles are important with designing a septic system as they determine how deep into the ground one could go. Sometimes soil testing means getting muddy, getting stuck and needing help of getting out. None the less, we are willing to brave the mud to help design your system.



TAHD IN ACTION



The TAHD, in partnership with EdAdvance, held its annual **Immunization Action Plan (IAP) Advisory Committee Meeting**. The meeting brought together local healthcare partners and community stakeholders to review immunization efforts and discuss current priorities. Representatives from the **Connecticut Department of Public Health (CT DPH) Immunization Program** were present and provided updates.

The meeting included an introduction to the TAHD Immunization Action Plan program, followed by local and state immunization updates and a review of disease surveillance related to vaccine-preventable illnesses. Participants also received updates on ongoing programs and community outreach efforts supporting immunization, as well as information on upcoming immunization initiatives and campaigns. A vaccine manufacturer representative provided additional updates, and the meeting concluded with an open forum that allowed attendees to ask questions, share feedback, and discuss community needs related to immunization efforts.

Health and Mental Health Services Advisory Committee Meeting

Tuesday March 24, 2026
9am-11:30am

119 Grove Street Torrington, CT
Room 200

Presented by: Torrington Area Health District (TAHD)
Immunization Advisory Committee

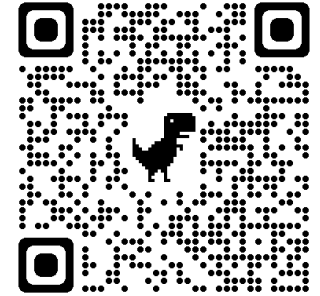
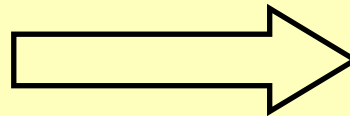
1. TAHD IAP Program Introduction
2. Local and State Immunization Update
3. Disease Surveillance Update
4. Program Updates & Community Efforts
5. Upcoming Immunization Initiatives
6. Vaccine Manufacture/Rep Update
7. Open Forum

Please RSVP to Anastasiya Domnich-Kovalevsky,
Deputy Director of Health, by March 20th
860-489-0436 x314
adomnich-kovalevsky@tahd.org





The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child's records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to



Reliable Resources



- Vaccine Integrity Project – <https://vaxintegrity.cidrap.umn.edu/>



- Your Local Epidemiologist - <https://yourlocalepidemiologist.substack.com/>



- Common Health Coalition – <https://commonhealthcoalition.org/>



- The Evidence Collective – <https://evicollective.org>



- KFF – <https://www.kff.org>



- Unbiased Science – <https://www.unbiasedscience.com>



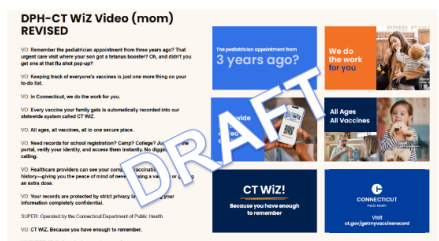
- Vaccinate Your Family - <https://vaccinateyourfamily.org/>



- Public Health Communication Collaborative – <https://publichealthcollaborative.org/>

Educational Materials/Communications

- Vaccine Guide for Parents (English, Spanish, Ukrainian)
 - Web & print versions of guide
 - Social media ads leading to web version
 - Posters/flyers with QR code to the guide
 - Shared in newsletter, sent to school nurses/LHDs, etc.
- CT WiZ 60-sec explainer video (English, Spanish)
- HPV vaccine one-pager/brochure (TBD)
- AAP schedules & re-stock of CT WiZ materials (English, Spanish)



We hope to have all printed materials to give to you at the June meeting

COMMUNITY UPDATES

BREAKING THE ICE

Navigating difficult conversations with your aging parents.



JOIN US FOR A FREE 60 MINUTE PRESENTATION

DATES & TIMES

THURSDAY, APRIL 23RD

12:00 PM • *Lunch will be served*

OR

SATURDAY, APRIL 25TH

12:00 PM • *Lunch will be served*

LOCATION

Keystone Place at Newbury Brook

1058 Litchfield Street
Torrington, CT

FEATURED SPEAKER:



Dr. Joan Roche
PhD, RN, BSN, GCNS
Gerontological Clinical
Nurse Specialist

Concerned about your aging loved one's health, memory deficiencies or lack of socialization, but unsure of how to approach them? Come learn tips, tricks, and key factors to consider when having those conversations about:

- ✓ Comparing home care to community living
- ✓ Accepting and managing physical changes
- ✓ Reality of current lifestyle and quality of life
- ✓ Choosing and accepting help with necessary care
- ✓ Learn more about Transitional care
- ✓ Managing finances



Keystone Place
at Newbury Brook

A Life Fulfilling Retirement Community

SPACE IS LIMITED | RSVP REQUIRED | REGISTER FOR YOURSELF AND A GUEST TODAY

ALL ATTENDEES ARE ENTERED TO WIN A GIFT BASKET



Info.KeystoneSenior.com/NB-AprilEvent26



(860) 404-6254

**SCAN TO
REGISTER
ONLINE**



INDEPENDENT LIVING • ASSISTED LIVING • TRANSITIONAL CARE • MEMORY CARE



COMMUNITY UPDATES

Have clothes you don't wear? Tired of old outfits?
Want to shop for new clothes?
Spring Cleaning with Meaning starts here!



Help the Center for Youth and Families clothes at-risk mothers with Strength, Love and Hope by **Donating to the 9th Annual Mother's Day Event!**



Spring and Summer items:

- Blouses
 - Shorts
 - Pants
 - Dresses/Skirts
 - Shirts
- (Please, no swimsuits)

Additional helpful items:

Gift cards, accessories (sunglasses, earrings, bracelets, necklaces), NEW undergarments (underwear, socks, bras) and NEW self-care items (unopened shampoo, conditioner, lotions, body washes, **no perfume please due to allergies and sensitivities**).

Important Donation information:

Drop off dates: **January 26, 2026, through April 24, 2026**

Drop off location: **Center for Youth and Families
50 Litchfield ST, Torrington, CT**

***Please call 860-496-0867 with any questions
Ask for a member of the Child FIRST Program***

COMMUNITY UPDATES

Town of **WINCHESTER** *Connecticut*

PRESENTS: SARAH TOOMEY Winsted Cares Coordinator



Sarah Toomey

Community Outreach & Recovery Navigator at
Greenwoods Counseling & Referrals, Inc.

Email: stoomey@greenwoodsreferrals.org

Call/text: (860) 309-3845

Strengthening Winsted's response to substance use, mental health challenges, social service referrals, and emergency services support.

SERVICES

- Navigating recovery options
- Social service referrals
- Addressing barriers to care
- Care coordination
- Community outreach
- Supporting vulnerable populations
- Supporting businesses and first responders

WINSTED OFFICE HOURS

Town Hall: Fridays 8:00 - 11:00

Soup Kitchen: Wednesday & Friday 11:15 - 12:30

Community outreach: Friday 12:30-4:00

Winsted Town Hall: Wednesdays 8:30--11:00, 12:30-4:30

By appointment M, T, TH



GREENWOODS
COMMUNITY OUTREACH

COMMUNITY UPDATES



RECOVERING TOGETHER

A support group for families caring for a loved one with a substance use disorder.

Substance use disorders affect the entire family—spouses, children, siblings, other relatives, and friends. This group offers support and guidance for anyone caring for a loved one, whether they're actively using or in any stage of recovery.

Every Wednesday from 5:30 p.m. – 7:00 p.m.

Attend in person or join us on Zoom.

Trained counselors will help you learn about:

- The stages of addiction, recovery, and change.
- Codependency, enabling, and their impact on recovery.
- The science of addiction and how it affects the brain.
- Understanding and preparing for return to use.
- Family roles, addiction within a family, and family rules.

To RSVP, contact:

Ewa Szura, LMSW, Residential Clinician



“

“It was helpful to hear other people’s perspectives on the situation. I learned skills that I wish I knew years ago, which would have reduced my stress level.”

”

“We get support by sharing our own personal experiences with peers. We learn about ourselves and how our loved one’s disease has affected us. We develop skills to handle our issues and cope better.”

COMMUNITY UPDATES



mccallbhn.org

QPR Gatekeeper Training

The First Thursday of Every Month

10:00 a.m. - 11:00 a.m.

CCAR Torrington, 59 Field Street, Torrington

[Click here to register.](#)
Registration is required.



SCAN ME



Question. Persuade. Refer.

*Three steps anyone can learn
to help prevent suicide.*

Key Components Covered:

- How to **Q**uestion, **P**ersuade, and **R**efers someone who may be suicidal.
- The common causes of suicidal behavior.
- The warning signs of suicide.
- How to get help for yourself and others in crisis.

For more information, email Donna Bielefield, Prevention Facilitator
at donna.bielefield@mccallbhn.org.

COMMUNITY UPDATES



Start Here for Community Health - APRIL 2026



Urgent Care Needs

- Rashes, burns, cuts
- Infections and wound care
- Cough, runny nose, ear pain
- Sexually transmitted infection
- Back pain
- AND MORE!



Basic Health Maintenance

- Blood pressure check
- Blood sugar check
- Cholesterol check
- Cancer screening referrals
- Family planning
- Primary care, dental, mental health referrals
- AND MORE!



Vaccines

- Seasonal flu/Covid
- Pneumonia
- Shingles
- Tdap (tetanus)
- Hepatitis B
- Gardasil (HPV)
- AND MORE!



April 2	9am-2pm	New Opportunities	60 Commercial Blvd., Torrington
April 9	9am-2pm	Open Door Soup Kitchen	160 Main St., Winsted (in back of church)
April 10	10am-2pm	Salvation Army of Winsted	
April 16	10am-2pm	Torrington Towers	
April 23	9am-1pm	Community Soup Kitchen of Torrington	

We are here for you! Walk-ins welcome. Open to all ages. Insurance accepted but not required.

For more information:

📞 Call 860.986.3078 📧 Email neighborhoodhealth@hhchealth.org

🌐 Visit hartfordhealthcare.org/health-wellness/neighborhood-health or scan the QR code



Hartford HealthCare's *Neighborhood Health* program brings essential health services directly into local communities through regularly scheduled mobile clinics. These clinics offer free or low-cost preventative care, basic health screenings, vaccinations, chronic disease support, and connections to community resources. Neighborhood Health is designed to meet people where they are, reducing barriers to care and supporting overall community wellness.

COMMUNITY UPDATES

February Harm Reduction Report

Thank
YOU,

SHARP says thank you for all your great insight into the survey! There were between 30-35 responses from the group last month, bringing their response numbers to a grand total of 60 responses- so were at least half!

Resource Highlight:

From Farrah: SADOD biweekly grief group for providers.

From their website: *SADOD provides resources, information, and assistance to people throughout Massachusetts who have been affected by the death of someone they care about from a substance-use-related cause. Our focus is on increasing the capacity and effectiveness of peer grief support for bereaved people, direct service providers, and people in recovery or struggling with drug use.*

Participant Reported Overdose Data

4 participants reported of a total of 11 witnessed or experienced overdoses. No calls to 911 were placed. All parties survived.

Harm Reduction Data:

In the month of February, the task force had 160 harm reduction interactions, passed out 65 IDU kits, 103 smoking kits, 27 sniffing kits, 5 boofing kits, and 20 wound care kits. We also passed out 5070 alcohol pads, 1112 sterile waters, and 75 test strips (35 fent, 40 Xyl).

Our return rate for syringes was 67% this month

Naloxone Saturation:

The Naloxone Saturation Rate from DHMAS for 2022 was 1,270 kits per population of 100,000 people. Litchfield County has roughly 185.19k people. Meaning our Naloxone Distribution rate would be 2,286 kits. As of February, we have passed out 500 kits. Based on all our partnerships, our Naloxone Saturation Rate is as follows.

Naloxone saturation is at 21% of our yearly goal.



DIRECT SERVICE PROVIDER PEER SUPPORT GROUP

Every Second Monday of the month @ 6pm and Second Friday of the month @ 10am

Direct Service Providers (DSPs) working in the overdose crisis, such as recovery coaches, harm reduction & outreach workers, housing case managers, etc., are often impacted by loss, an uncertain future, policy failure, and working within systems which fail the people we work with. This group provides space and time for DSPs to get and receive support, discuss grief & loss and other issues related to our work. Contact us if you'd like more information at the email below.

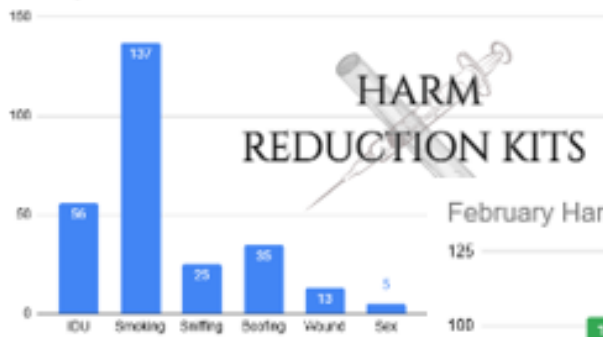
Gabriel@SADOD.ORG

sadod.org/DSPpeer-support



COMMUNITY UPDATES

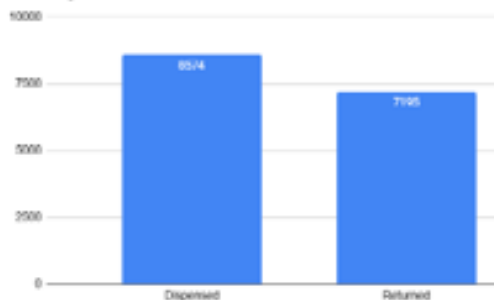
January Harm Reduction Kits



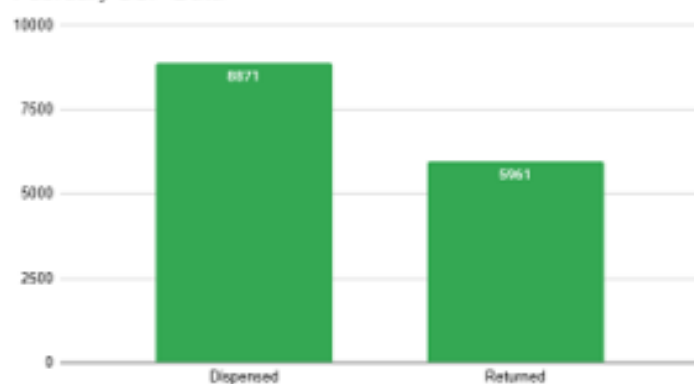
February Harm Reduction Kits



January SSP Data



February SSP Data



Kit Making day:

Kit making day will be held 3/26/26. 12-3 at 883 main street!

Call out for insights and quotes!

Quote from program participant:

When asked what do you like most when coming to the site- *"It's the people, I love the people"*