



MAY



Mental Health Matters 2024

College Kickstart Workshop

Date: May 20th

Time: 6:30 pm to 7:30 pm

Location: Smithtown Library (Smithtown Building) 1 North Country Road

Are You Ready For College?

Join us as we discuss everything you wanted to know about starting the college experience:

- Residential and commuter student life
- Managing college academics
- New roommates and friends
- Homesickness
- Greek life
- Campus safety and security
- How and when to advocate for yourself
- Mental health concerns

**COLLEGE *
* KICKSTART**

REGISTER NOW

WORKSHOP FOR HIGH SCHOOL SENIORS ENTERING COLLEGE

MAY 20TH | 6:30PM TO 7:30PM

Smithtown Library | 1 North Country Road

[Click Here to Register](#)

FOOD DRIVE

MAY 4TH
12:00 - 4:00 PM
99 W MAIN ST, SMITHTOWN

WILL YOU DONATE TO THE **DARK SIDE** OR THE **LIGHT SIDE**?

A GLOBAL YOUTH SERVICE DAY EVENT TO SUPPORT LONG ISLAND CARES

First 25 Families that donate will win a Free small cone from *Mister Softee*

+ EARN COMMUNITY SERVICE CREDIT



Date: May 4th - Star Wars Day!
Time: 12:00 pm to 4:00 pm
Location: Town of Smithtown Town Hall

99 W. Main Street, Smithtown

Come on down with your family to donate to a wonderful cause!

EARN COMMUNITY SERVICE CREDIT

Earn **Two Hours of Community Service Credit** by shopping for & donating *one item* from each category on Long Island Cares Most Needed Items List

View Most Needed Items List

All Abilities All-Stars Adaptive Sports Program

Thank you for making last year's Fitness, Friends, and Fun program a major success! This year, we are back and better than ever with our new **FREE** 7 week summer program, *All- Abilities All-Stars*.

-Registration Required
-Limited Spots

View Flyer PDF

Click Here to Register

ALL ABILITIES ALL-STARS ADAPTIVE SPORTS PROGRAM

7 WEEKS OF SUMMER FUN

- WEEK 1 - BASKETBALL: BEGINNER BASICS
- WEEK 2 - SOCCER: LEARN THE FUNDAMENTALS
- WEEK 3 - WIFFLEBALL: LEARN HOW TO PLAY
- WEEK 4 - KICKBALL: IMPROVE YOUR GAME
- WEEK 5 - FLAG FOOTBALL: INTRODUCTION TO THE BEGINNER
- WEEK 6 - VOLLEYBALL - PASS, SERVE AND BLOCK LIKE A PRO
- WEEK 7 - OLYMPICS

STARTING JULY 9TH

Age Group	Day & Time
Kindergarten - 2nd Grade	Tuesdays 3:30pm
3rd Grade - 5th Grade	Tuesdays 4:30pm
6th Grade - 8th Grade	Thursdays 3:30pm
9th Grade - 12 Grade	Thursdays 4:30pm

REGISTER NOW > <https://bit.ly/SYBA11Star> or

100% FREE For children with various disabilities experiencing higher barriers to participation in sports & socialization opportunities.

Spring Into Wellness

Date: May 4th

Time: 10:00 am to 11:30 am

Location: Smithtown Library

(Smithtown Building) 1 North Country Road

**EARN COMMUNITY
SERVICE CREDIT**



The poster features a central illustration of a woman meditating in front of a large red heart with a white ECG line. The heart is surrounded by green leaves and a small potted plant. The text 'FREE FOR MIDDLE + H.S. STUDENTS' is written above the heart. At the top, there are logos for the Youth & Community Alliance, the Town of Smithtown, and the Smithtown Library. The main title 'SPRING INTO WELLNESS' is in large, bold letters. Below the title, it says 'TIPS + TOOLS FOR YOUNG PEOPLE REGARDING WELLNESS DURING THIS STRESSFUL TIME OF YEAR WHEN FINALS AND TESTING ARE TAKING PLACE'. A QR code is on the left with the text 'SCAN HERE TO REGISTER'. At the bottom, it says '1.5 hours of community service credit. Registration is required (space is limited) May 4th from: 10-11:30am'. There is also a small box that says 'LEARN ABOUT WELLNESS, COPING SKILLS & TAKE PART IN HANDS ON SELF-CARE ACTIVITIES.' and a URL: 'https://lp.constantcontactpages.com/ev/reg/pm4s9nm'.

This free event will focus on:

- wellness
- self care
- and coping skills.



Participants will take part in hands-on activities. Open to middle and high school students.

Community service credit is available.

[Click here to Register](#)

VOLUNTEERS NEEDED



Spring Clean-Up

Date: May 11th

Time: 9:30 am to 12:30 pm

Location: Calvary Lutheran Church 860 Townline Road, Hauppauge

Bring your rakes and gardening gloves to help Calvary Lutheran Church with their Community Spring Clean-Up.

[Click Here to Register](#)

**EARN COMMUNITY
SERVICE CREDIT**

Soccer Buddies

Date: Multiple Dates

Available - *Sign up for as many as you can!*

Time: 3:15 pm to 4:30 pm

Location: Fields behind the Smithtown District Administration Building (on New York Avenue)

HS & MS "Buddies" are needed to help participants of the TOP soccer program. **No soccer experience necessary!**

[Click Here to Register](#)

NOW OPEN ONE-STOP PROM SHOPPE

Our One-Stop Prom Shoppe is filled with *dresses, shoes, and accessories* that have generously been donated from members of the community. Suffolk County students and families who are in need of formal attire for school events can call or email us to schedule an appointment to shop.

Call us at 631- 360- 7595 or

[Click here to Email Us](#)



Town of Smithtown
ONE-STOP PROM SHOPPE

Get ready to sparkle, students! Prom Season is around the corner, and we've got your back with free dreamy dresses and accessories. Just book an appointment with us if budget blues are crashing your party plans!

Town of Smithtown Horizons Center
161 E. Main St Smithtown, NY

Contact Us:
1(631)360-7595 or
youthbureau@smithtownny.gov

Visit Our Website:
smithtownny.gov/youthbureau

Spread the Word-Share our Flyer!

Suffolk County Anti-Cyberbullying & Anti-Bullying Poster Contest

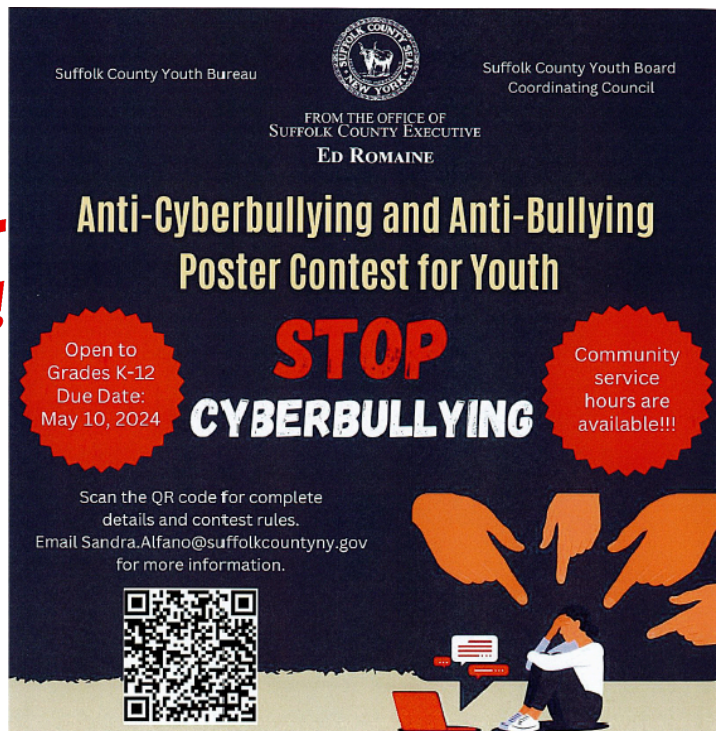


Due May 10th

[Click Here For More Info](#)

All participants will **earn community service credit** for their entries.

WINNER will have their poster displayed at PAL Fields



Suffolk County Youth Bureau

Suffolk County Youth Board
Coordinating Council

FROM THE OFFICE OF
SUFFOLK COUNTY EXECUTIVE
ED ROMAINE

**Anti-Cyberbullying and Anti-Bullying
Poster Contest for Youth**

STOP CYBERBULLYING

Open to Grades K-12
Due Date: May 10, 2024

Community service hours are available!!!

Scan the QR code for complete details and contest rules.
Email Sandra.Alfano@suffolkcountyny.gov for more information.

QR code

Submissions can be dropped off at our office located at 161 E. Min St. in Smithtown

Questions? Email sandra.alfano@suffolkcountyny.gov



May 4th is not only our food drive, it's Star Wars Day!

Will you donate to the DARK side or the LIGHT side?

DARK

LIGHT

Pick One

Yoda

Baby Yoda

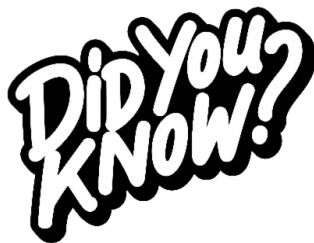
CHECK THIS OUT:

Said No Teen Ever

Check out this important message to parents and professionals from the National Council for Mental Wellbeing on Teen Mental Health



Keep Scrolling to See **NEW** Community Partner Agency Volunteer Opportunities!



Teacher Appreciation Week is May 6th- May 10th.
Don't forget to take some time this week to thank a teacher who has made an impact in your life!

Past Program Highlights

This One's for the Girls

Smithtown IAB Second Annual Women Entrepreneurship/Leadership Conference

Back in March our Youth and Family Educator, Andrea Pesiri and our Community Relations Assistant, Brianna Pelletteri attended the Second Annual Women Entrepreneurships/Leadership conference hosted by Smithtown IAB at Smithtown high school East. The theme for the conference being "Success has no limits" and had two very impressive and motivational keynote speakers Dr. Subrina D. Olive and Terri Alessi-Miceli as well as a council of success women.

Brianna and Andrea had the honor of meeting the student participants. They had about 10 minute discussions with some of the students to discuss the Smithtown Youth Bureau and hear the ambitions of these very motivated student leaders!

We can't wait to go back next year!

Town of Smithtown Youth Bureau Enrichment Programs

OUR PROGRAMS ARE:

FREE
Fully funded and provided at no cost to you!

FUN
Engaging activities for students

FLEXIBLE
We can accommodate a variety of times and topics

[Click to View Elementary School Programs](#)

[Click to View Girl Scout Badge Programs](#)

[Click to View Middle School Programs](#)

[Click to View High School Programs](#)

[Click to View All Programs](#)

[Click to View Parent Programs](#)

Have another relevant program topic in mind? Reach out and let us know what topics your school might be interested in!

SCHEDULE NOW

[Click Here for Information & Scheduling](#)

Scheduling is intended for schools and other organizations with groups of 10 or more students.

Community Partner Agency Opportunities:



Anti-Cyberbullying & Anti-

Mental Health

Suffolk County Youth

Bullying Poster Contest

[Click Here for More Info](#)

Workshop for Athletes

Week

[Click Here For More Info](#)



Long Island Cares "Be Our Guest" Program

The *Be Our Guest* program looks to create warm and welcoming placemats and greeting cards for the people that attend soup kitchens and Food Pantries. For every 5 placemats or greeting cards you donate, you will earn 1 Community Service Hour (with a max of 5 hours per participant).

Click the link below for more information on donation specifications as well as how to submit your donation.

[Click Here for More Info](#)



HALI's Creative Connections Campaign

Participant's can **earn a max. of 5 hours of community service.** To receive community service credit make sure to include your name and email with your card submissions.

- 4 cards = 1 hour
- 8 cards = 2 hours
- 12 cards = 3 hours
- 16 cards = 4 hours
- 20 cards = 5 hours

To participate, please mail your creations to:

**Hands Across Long Island
Attn: Jessica Peretz
159 Brightside Avenue
Central Islip, NY, 11722**



Smithtown Library Teen Volunteer Opportunities

[Click Here To View](#)

Library teen **volunteer opportunities are open to those in grades 6-12 (up to age 18)**, unless otherwise noted.

The library also offers **one-hour volunteer sessions by appointment!** Teens can spend time at the Library working on a variety of projects to help make a difference in our community. **Teens may schedule up to two time slots per month.** For more information or to schedule a session, **contact any Reference Desk.**



Town of Smithtown Horizons Counseling & Education Center

Horizons Counseling and Education Center is an OASAS-licensed not-for-profit agency funded to provide adolescent & adult treatment, prevention and education services for *drug and alcohol related problems*.

Horizons offers individual & group therapy, medication assisted treatment, mental health care (related to substance abuse), DWI education & more. They also offer research-based prevention programming.

To Learn more about their prevention programs please [click here](#) to contact Kelly Devito.

631-360-7578 | HORIZONSMAIL@SMITHTOWNNY.GOV



Smithtown Historical Society Volunteers

Reliable volunteers are NEEDED. No experience necessary! **Adults needed. Students ages 10-18 welcome with adult accompanying them.** Community Service Credit available.

[Email for More Info and to Register](#)

SPRING FARM FESTIVAL

The Smithtown Historical Society is looking for **high school student volunteers for their Annual Spring Farm festival on May 25th** . Volunteers are needed for the kids crafts/activities area.

Two shifts are available: **11:45am to 3:00 pm** and **3:00 pm to 5:00 pm**.

[Click Here to Register](#)

For all events and programs hosted by community partners other than the Town of Smithtown Youth Bureau, please contact them directly to verify event details in case of date/time changes.

ARE YOU IN NEED OF VOLUNTEER HOURS?

Become a Town of Smithtown Youth Bureau **Volunteer Corps Members** and receive **priority notification** of all volunteer opportunities offered!

[Click to Apply](#)

DOES YOUR GROUP/AGENCY NEED VOLUNTEERS?

The Youth Bureau is interested in **partnering with local groups and organizations** to promote volunteer opportunities for youth and families in the community

[Click to Apply](#)

CHECK OUT THESE ADDITIONAL RESOURCES:

TOS Youth Bureau
Website

TOS Youth Bureau
Brochure

TOS Official
Website

TOS Horizons Center
Website

TOS Recreation
Department Website

988 Hotline

Macaroni Kid

SSC Behavioral Health

Association for MHAW

NY Metro Parents

WDI

Child Care Subsidy

NYS OMH

[Click Here For More](#)



Smithtown Children's Foundation

The SCF provides financial and emotional support to children & families within our Smithtown community.

[Visit their Website](#)



161 E. Main Street
Smithtown, NY 11787
Phone: (631) 360-7595
Fax: (631) 360-7687
youthbureau@smithtownny.gov



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