



Healthy Cattaraugus County Monthly Newsletter

November/2023



November is National Homeless Youth Awareness Month
[Additional Information](#)

[HCC Blog Post](#)
[Read more](#)

[HCC NOVEMBER MEETING MINUTES](#)

DECEMBER 7th FROM 10:30 to 12:00pm is the next HCC GENERAL MEETING (IN-PERSON AT SOUTHERN TIER HEALTHCARE SYSTEMS) 150 North Union St., Olean. Please contact Katelynn or Stephanie for more information

Don't miss our In-person Meeting!

Local Events

There are many family friendly Holiday events in Cattaraugus County. Please click the link below for a good list.

<https://enchantedmountains.com/events>

National Native American Heritage Month
Click on the picture below for more information.

Click the image below for more information



Time to take a break for the Holidays. Besides our in-person HCC General Meeting, There will be no committee meetings in December.



Please contact Katelynn
-ksmith2@casa-trinity.org or
Stephanie- skubiak@casa-trinity.org to join any of the committees



Have a safe and Happy Thanksgiving!



Thank you to the Cattaraugus County Sheriff's Office!!!
On National Take Back Prescription Drug Day (October 28th), CASA-Trinity Prevention staff members and Rural Community Opioid Response Director collaborated with the Cattaraugus County Sheriff's Office.



In-Kind Activity

As always, YOU are essential to the work we do. Please fill out any volunteer work (including conversations, connections, event planning or being present at an event so that we can count your time for our match!

[Link to In-kind Activity Tracker](#)





Information and Resources for Parents

It is often said that being a parent is the toughest job you will ever have. Staying well-informed and involved with your child in this technologically advanced world can be very challenging.

Peer pressure to “try” drugs and alcohol is still a major hurdle that teens find themselves having to navigate. This page provides links to resources that may be helpful

[Get more Information](#)

www.yourlife-yourchoice.com



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