

**NANUET FAMILY UNIVERSITY PRESENTS:**

# **MENTAL HEALTH & WELLNESS 101**

## ***FEATURING***

**Wendy Blanchard, M.S., CHHC, CPS •  
Mental Health Association of Rockland**



**Mental Health Association  
of Rockland County**

## ***WHERE***

**Nanuet High School Media Center**

## ***WHEN***

**December 11, 2019  
7:00 pm**

**[blanchardw@mharockland.org](mailto:blanchardw@mharockland.org)**

## **OUR DISCUSSION WILL INCLUDE:**

- UNDERSTANDING  
MENTAL HEALTH  
NEEDS FOR ALL AGES**
- WHAT TO LOOK FOR  
& HOW TO HELP**
- PROMOTION OF  
COPING STRATEGIES  
& RECOVERY**



**FREE R & R PROVIDED  
REFRESHMENTS &  
RAFFLE PRIZES**

**NANUET FAMILY UNIVERSITY PRESENTA:**

# **SALUDO MENTAL Y BIENESTAR 101**

## ***PRESENTANDO***

**Wendy Blanchard, M.S., CHHC, CPS •  
Mental Health Association of Rockland**



**Mental Health Association  
of Rockland County**

## ***DONDE***

**Nanuet High School Media Center**

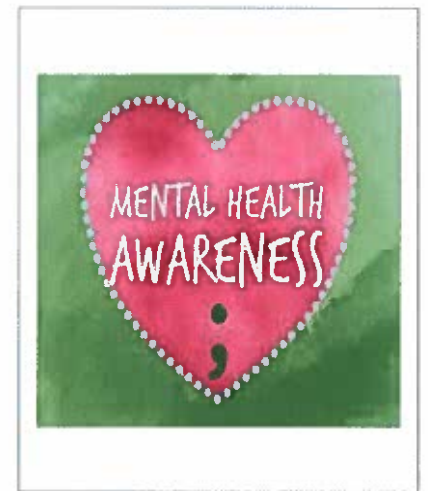
## ***CUANDO***

**11 de diciembre, 2019  
7:00 pm**

**[www.blanchardw@mharockland.org](mailto:www.blanchardw@mharockland.org)**

## **NUESTRA DISCUSSION INCLUIRA:**

- ENTENDIENDO LAS  
NECESIDADES DE  
SALUD MENTAL PARA  
TODAS EDADES**
- QUE BUSCAR Y COMO  
AYUDAR**
- PROMOCION DE  
ESTRATEGIAS DE  
SOBRELLEVAR Y RE-  
CUPERACION**



**REFRESCOS Y PREMIOS  
DE RIFA OFRECIDOS**

4KM and 4AM

# Bagel Sale

November 22, 2019

Bagels are \$1.00.

Cream cheese or butter

Return slip to school no later than  
November 19.

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Name \_\_\_\_\_ Class code \_\_\_\_\_

Cream cheese or butter



Nanuet Elementary PTA



**BACK BY POPULAR DEMAND!!!!**

The Nanuet Elementary PTA is running our  
Annual Thanksgiving/Holiday Carousel Cake Fundraiser.

To place an order, complete the form on the back of this sheet,  
with cash or check (made out to Nanuet Elementary PTA),  
and send in an envelope labeled Carousel Cakes – PTA.  
You can also visit our website at [Nanuetelementary.com](http://Nanuetelementary.com)  
and place your order with paypal.

Please be aware of your order and pricing, as either for a paid member of  
2019-2020 Nanuet Elementary PTA or a non-member.

**Deadline for orders are Wednesday Nov. 20, 2019.**  
We will not be able to fulfill orders after the deadline. **NO EXCEPTIONS!!**

Pick-up for your order will be  
Tuesday Nov. 26<sup>th</sup> from 4 – 7:00pm in the Miller Cafeteria.  
If you can not pick up your orders, please make arrangements to have  
them picked up by some else. We have no way to store the extras.

If you have any questions, you can email:  
Liliana Somma at [lillynyc@aol.com](mailto:lillynyc@aol.com) or the PTA at [Nanuetpta@gmail.com](mailto:Nanuetpta@gmail.com).

**Thank You for helping make this fundraiser a success!!!**



Nanuet Elementary PTA



**\*\*No Substitutions will be accepted\*\***  
**Orders Due Wed. Nov. 20, 2019**

	PTA Members		Non-Members		
<b>10" Pies</b>	<u>Cost per pie</u>	<u>Qty</u>	<u>Cost per pie</u>	<u>Qty</u>	<u>Total</u>
Apple	\$16.00		\$18.00		
Apple Crumb	\$16.00		\$18.00		
Blueberry Crumb	\$16.00		\$18.00		
Cherry Crumb	\$16.00		\$18.00		
Coconut Custard	\$16.00		\$18.00		
Pecan*	\$16.00		\$18.00		
Pumpkin	\$16.00		\$18.00		
Pumpkin Cheese	\$16.00		\$18.00		
Toll-House*	\$16.00		\$18.00		
<b>7" Cakes</b>	<u>Cost per Cake</u>	<u>Qty</u>	<u>Cost per Cake</u>	<u>Qty</u>	<u>Total</u>
NY Cheese Cake	\$18.00		\$20.00		
Marble Cheese Cake	\$18.00		\$20.00		
Chocolate Chip	\$18.00		\$20.00		
NY Blackout	\$18.00		\$20.00		
Mousse Supreme	\$18.00		\$20.00		
Black and White Mousse	\$18.00		\$20.00		
Carrot Spice*	\$18.00		\$20.00		
<b>Total Due:</b>					\$
* indicates Nuts					

Place cash or check (made out to: Nanuet Elem. PTA) in an envelope marked Carousel Cakes - PTA

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Child's Name: \_\_\_\_\_ Class Code: \_\_\_\_\_