

Dear Friends,

For the 20th year, the Nanuet school community will be working on an exciting project during the holiday season.

We are going to select letters sent to People to People from needy Rockland County families and then shop at local stores to buy clothing and toys for the children we "adopt". In addition to doing a good deed, the students in the Life Skills Class will get a real lesson in shopping on a budget. This year, more than ever, so many families in Rockland County are in dire need of help!

Last year, with the support of friends and the entire Nanuet Community, we collected **over \$5,000.00 in cash and gifts!** We were able to purchase clothing and toys for 35 children. Each child also received a hat, a pair of gloves, and socks and underwear donated by the students in grades K-8. We were able to deliver a warm coat for everyone who asked for one. Also, everyone who needed sheets, blankets and towels were so happy to receive them.

For the last 14 years we have been able to give each family a gift basket loaded with toiletry items for their homes. The baskets are put together by students in classes 4KM, and 4AM using the items donated by students at Highview, as well as staff and families from all 4 buildings in the Nanuet school district. **Donations of all toiletry items are needed since families can't use food stamps to purchase them.**

### **How can you help?**

**Donate new toiletry items to classes 4KM and 4AM at Highview!**

***Donations of the following items would be greatly appreciated:***  
**soap, shampoo, conditioner, deodorant, laundry detergent, band aids, Q-tips, socks, shaving cream, toothbrushes, toothpaste.**

Thank you so much for your help with this worthy community effort!

Sincerely,

*Classes 4AM and 4KM*

**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](http://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**