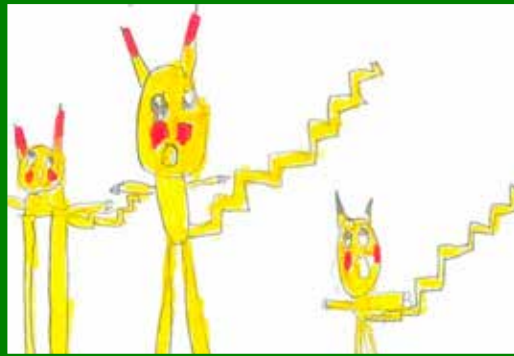




SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center



WE'RE ALL IN THIS TOGETHER

2022

This year's calendar sponsor is SOS Tillamook, the prevention program of the Tillamook Family Counseling Center (TFCC). SOS Tillamook provides SUPPORT, to OVERCOME, and STRENGTHEN Tillamook County residents through prevention services. Services include: problem gambling prevention services, alcohol and other drug prevention services, suicide prevention trainings, and parent supports. For more information about SOS Tillamook call: (503)842-8201 or email Janeane@tfcc.org.

About the 2022 Calendar:

This year's calendar theme is "We're all in this Together". This year's theme was selected to promote community unity, togetherness, and community members coming together to achieve goals. Please take your time looking through this year's artwork. This year's calendar artwork was created by kindergarten through 8th grade students.

A special thank you to the community partners who supported the art contest. Partners include: Tillamook County Family YMCA, Tillamook County Library (all locations), and the three Tillamook County School districts.

Gambling is an Activity that has Risk to Individuals and Families. If you Choose to Gamble, do so for Entertainment Purposes.

Responsible Gambling Guidelines:

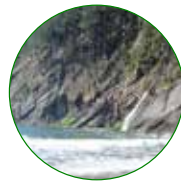
- Learn problem gambling warning signs
- Set a time limit
- Become educated about the warning signs of problem gambling
- Make a rule to never gamble on credit
- Do not gamble as a way to cope with pain
- Expect to lose
- Create balance in your life

The responsible guidelines can be found on www.opgr.org



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Prevention Program of Tillamook Family Counseling Center

OPGR




Prevention Tip: Gift responsibly. Make a personal rule not to purchase lottery products for underage youth.



Prevention Tip: Drinking while gambling carries risk. If you choose to gamble, choose not to consume alcohol.



 **Save a Number.
Save a Life.**

Tillamook County 24/7 Crisis Hotline:
1(503)842-8201 or 1(800)962-2851

National Suicide Prevention Hotline:
1(800)273-8255

Nacional de Prevención del Suicidio:
1(888)628-9454

Veterans Crisis Line:
1(800)273-8255 Press 1

Oregon Problem Gambling Resource:
1(877)695-4648

Tillamook Family Counseling Center
(503)842-8201
www.tfcc.org



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Prevention Program of Tillamook Family Counseling Center

Signs of Problem Gambling:

- Spending more and more time gambling.
- Increasing gambling time and places.
- Increasing bet sizes.
- Creating special occasions for gambling (canceling other plans).
- Increasing intensity of interest in gambling (constant high tension/excitement).
- Gambling to escape problems or when there is a crisis.
- "Chasing" losses with more gambling.
- Boasting about winning and evasive about losing.
- Exaggerated display of money and possessions.
- Decreasing desire to engage in other activities and interests.
- Frequent absences from school, work and home.
- Withdrawal from family and friends.
- Diversion of funds earmarked for other purposes.

For Free and Confidential Problem Gambling Help Call

(877)MY-LIMIT or visit: <https://www.opgr.org/>

Or

Tillamook Family Counseling Center

(503)842-8201

Prevention Tip:
Learning the warning
signs of problem
gambling is one way to
prevent problem gam-
bling behaviors.



73% of Oregon Adults
would want
someone to
Intervene if they had
a problem with
gambling.

Prevention Tip: If you
choose to engage in
gambling behaviors
create personal
guidelines to prevent
problem gambling
behaviors.



The information on this page was accessed found on www.opgr.org. The statistics are from the Oregon Health Authority's Problem Gambling Prevention Project.



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Prevention Program of Tillamook Family Counseling Center

Tips for Having Conversation with Adults About Gambling Behaviors:

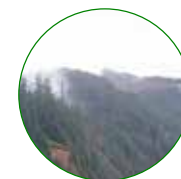
- Show concern – Let them know you care about them and are concerned.
- Keep talking – Let them know exactly how their gambling behavior concerns you.
- Discuss the impact – Let them know how their behavior is impacting you and others. Be specific.
- Set clear expectations – “I want you to talk to someone about your gambling”
- Listen – Approach the conversation with a non-judgmental attitude.
- Be proactive – Let them know you are willing to help.
- Provide information – Let the professionals provide the advice.
- Provide encouragement – Give them the information to contact the helpline at 1-877-MYLIMIT. For local help call (503)842-8201



78% of Oregon adults believe trying to get help for someone who has a gambling.



Over 84,000 Oregon adults are estimated to meet the clinical diagnosis of a gambling disorder.



Tips for Having Conversations with Youth about Gambling Behaviors:

- Start Early – Don't wait until adolescents to talk about gambling or other risky behaviors.
- Listen – Create an open environment for conversation about their lives. Start by asking them, “so what are kids gambling on these days?”
- Educate yourself and your kids about gambling – Share with kids that gambling isn't risk free. It's not a “healthy alternative” to alcohol or drug use.
- Look for opportunities to discuss the risks of gambling – When there is a news report of a jackpot win, talk about the odds and reality of winning. It's great math practice!
- Monitor your child's activities – Know where your kids are. Know their friends and what they are doing. Don't forget about their online and video game activity.
- Keep talking – Like alcohol and drugs, it isn't one conversation that does the trick. Bring it up in casual conversation and keep talking.
- Live by example – Remember that kids are watching what adults are doing.

The information on this page was accessed found on www.opgr.org. The statistics are from the Oregon Health Authority's Problem Gambling Prevention Project.

RESOURCES – Tillamook County

Alcoholics Anonymous (AA)

Locations and times change often, call for meeting times and dates.

Local Phone: (503) 842-8958

Website: www.aa-oregon.org

NORTH COUNTY

Bay City Methodist Church

Garibaldi Church of Christ Nehalem Bay Center

CENTRAL COUNTY

Tillamook United Methodist

Tillamook Hospital Serenity Club

SOUTH COUNTY

Beaver Fire Hall

Pacific City Presb. Church

Al Anon

Support for families and friends of alcoholics.
www.oregonal-anon.org

NORTH COUNTY

Nehalem Bay Wastewater

CENTRAL COUNTY

Tillamook Hospital

SOUTH COUNTY

PC Presbyterian Church

Celebrate Recovery

Tillamook Nazarene Church

503-842-2549 – 2611 3rd St.

Tides of Change

1902 2nd st., Tillamook

Call for availability of classes/counseling

www.tidesofchangenw.org

OFFICE 503-842-9486

HOTLINE 800-992-1679

FACT Oregon

1-888-988-3228

www.factoregon.org

FACT empowers Oregon families experiencing disability in their pursuit of a whole life by expanding awareness, growing community, and equipping families.

Gamblers Anonymous

FREE Treatment

Tillamook Serenity Club, 5012 3rd St.

503-842-8024

FREE TREATMENT – Helpline 877-695-4648

www.opgr.org

Narcotics Anonymous (NA)

503-717-3702

www.nworegona.org

North West Senior and Disability Services

Information and referral services for seniors and disabled and under age 65.

Local Phone: 503 842-2770

General Phone: 1-800-584-9712

www.nwsds.org

5010 E. Third St. Tillamook, OR 97141

Oregon Tobacco Quit line

Tillamook Regional Medical Center Stop

Smoking Classes Phone: 503-842-4444

General Phone: 1-800-784-8669

Website: www.quitnow.net/oregon

Tillamook Family Counseling Center

503-842-8201 or 1-800-962-2851

tfcc.org

906 Main Ave. Tillamook

Adventist Health-Tillamook

AdventistHealthTillamook.org

Various support groups & classes:

Alzheimer's; Grief; Cancer; Diabetes;

Caregivers Respite

Tillamook Serenity Club

503-842-1115

5012 Third Street

www.tillamookserenityclub.org

Various Support Group meetings (see website)

Tillamook County Mental Health & Substance Use Services	Emergency / Crisis	Mental health	Substance use	Problem gambling	Peer support	Recovery	Prevention programs	Servicios en español
More information about services provided on page 2								
Addiction and Family Counseling 503-842-3640 1000 N Main St #5, Tillamook afc-peace.org		●	●					
Adventist Health Tillamook 503-815-2292 100 3 rd Street, Tillamook adventisthealth.org/tillamook/	●	●	●					
Ayuda Community Services 503-640-5223 265 SE Oak, Hillsboro			●			●		●
Celebrate Recovery Tillamook Nazarene Church 503-842-2549 2611 3rd Street, Tillamook tillamooknazarene.com/celebrate-recovery						●		
Helping Hands Re-Entry Outreach Centers 503-738-4321 helpinghandsreentry.org/						●		
Rinehart Clinic 800-368-5182 230 Rowe St, Wheeler rinehartclinic.org		●	●					
Tides of Change 503-842-9486 1902 2nd St, Tillamook tidesofchangenw.org		●						
Tillamook County Community Health Centers 503-842-3900 (Central) 503-355-2700 (North) 801 Pacific Avenue, Tillamook tillamookchc.org/		●	●				●	
Tillamook County Mental Health Crisis Line 503-842-8201 800-962-2851	●							
Tillamook Family Counseling Center 503-842-8201 800-962-2851 906 Main Avenue, Tillamook tfcc.org	●	●	●	●	●	●	●	
Tillamook Serenity Club 503-842-1115 5012 3rd Street, Tillamook tillamookserenityclub.org						●		



CARE

**Taking Care
of Those in
Need in our
Community...**

**Your LOCAL
non-profit,
social services
organization working to
alleviate the effects of poverty
by providing services for
people in crisis and others who
struggle to make ends meet.**

•Emergency & Homeless Services

•Healthy Families

•Community Development

**CARE Inc. is driven
by our mission to
foster changes that
create healthier, more
resilient communities
throughout
Tillamook County
and empower people to help meet their
immediate, basic needs.**



www.careinc.org

2310 First St, Suite 2, Tillamook, OR 97141
503-842-5261 • Fax 503-842-5821

“We’re all in this together.”



Name: Grace Grade: 3
School: Tillamook Adventist School

JANUARY

Self-Care for 2022

Self-care can help you manage stress. To learn more about self-care visit: <https://www.cdc.gov/injury/features/dealing-with-stress/>

Self-Care Checklist

- ☐ Limit screen time
- ☐ Rest when needed
- ☐ Establish healthy boundaries

- ☐ Think positive
- ☐ Practice time management
- ☐ Pay attention to how you feel

- ☐ Get sleep
- ☐ Treat yourself
- ☐ Avoid drugs & alcohol



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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					<div>QPR Gatekeeper online training - 10:00-11:30</div> <div>RSVP to janeanek@tfcc.org</div>	
						<div>New Year's Day</div>
						<div>Roast Beef Dinner 1pm to 5pm</div>



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Prevention Program of Tillamook Family Counseling Center



**CHOOSE INFORMAL TIMES TO
TALK AS SHE GETS OLDER.**



**BEFORE HE KICKS DAD OFF
THE CONSOLE...**

Start having short, frequent conversations about alcohol
and other drugs.

Talking with your child at an early age about drinking and drug use is the first
step toward keeping them safe. For tips on how—and when—to begin the
conversation, visit:

www.underagedrinking.samhsa.gov



We're All in this Together



Name: Brooklyn Grade: 3
School: South Prairie

FEBRUARY

Tillamook Family Counseling Center is a partner agency of the Northwest Parenting Hub. Partner agencies provide supports and opportunities for northwest Oregon parents to sharpen their skills and to help their families grow. To learn more about local parent education classes call (503)842-8201.



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

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** Contact Tillamook County Solid Waste for more details



PROBLEM GAMBLING
AWARENESS MONTH
→ AWARENESS • ACTION

March is Problem Gambling Awareness Month. The Tillamook Family Counseling Center would like to remind community members that gambling is an activity that carries risk. Overtime gambling can lead to problem gambling for some individuals. One way you can prevent problem gambling is to utilize prevention strategies such as learning the common gambling warning signs.

Common warning signs include:

- Increasing gambling time and places.
- Increasing bet sizes.
- Increasing intensity of interest in gambling

To learn more about these warning signs :www.opgr.org

For local help call: (503)842-8201 or visit www.tfcc.org

For free confidential help call: (877)695-4648

Marzo es el mes de concientización sobre los problemas relacionados con el juego. El Centro de Consejería Familiar de Tillamook desea recordar a los miembros de la comunidad que el juego es una actividad que conlleva riesgos. El juego de horas extraordinarias puede generar problemas con el juego para algunas personas. Una forma de prevenir problemas con el juego es utilizar estrategias de prevención, como aprender las señales de advertencia comunes del juego.

Las señales de advertencia comunes incluyen:

- Aumentar el tiempo y los lugares de juego.
- Aumento del tamaño de las apuestas.
- Intensidad creciente del interés por los juegos de azar

Para obtener más información sobre estas señales de advertencia: www.opgr.org

Para obtener ayuda local, llame al: (503)842-8201 o visite www.tfcc.org

Para obtener ayuda confidencial gratuita, llame al: (877)695-4648



SOS Tillamook
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Prevention Program of Tillamook Family Counseling Center

We're All in this Together

Help people even when no one is because every one needs someone



Name: Lloyd Grade: 8
School: Neah-Kah-Nie school

MARCH

When we work together, we're all healthier.

colpachealth.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>27</div> <div>February 2022</div>	<div>28</div> <div>April 2021</div>	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Daylight Saving Time Begins @ 2AM				St. Patrick's Day		
20	21	22	23	24	25	26
First Day of Spring	Spring Break Begins	French Toast Breakfast 8am to Noon				
27	28	29	30	31	1	2

** Contact Tillamook County Solid Waste for more details

APRIL IS
— **SEXUAL ASSAULT** —
AWARENESS MONTH

#SAAM

Tides of Change serves all genders, providing services of domestic/dating violence, sexual violence, stalking and trafficking:

- 24-hour crisis intervention
- Emergency shelter
- Advocacy
- Counseling
- Support groups
- Information/Referral

Services are free & confidential for survivors of all ages & genders.

YOUR VOICE HAS POWER.

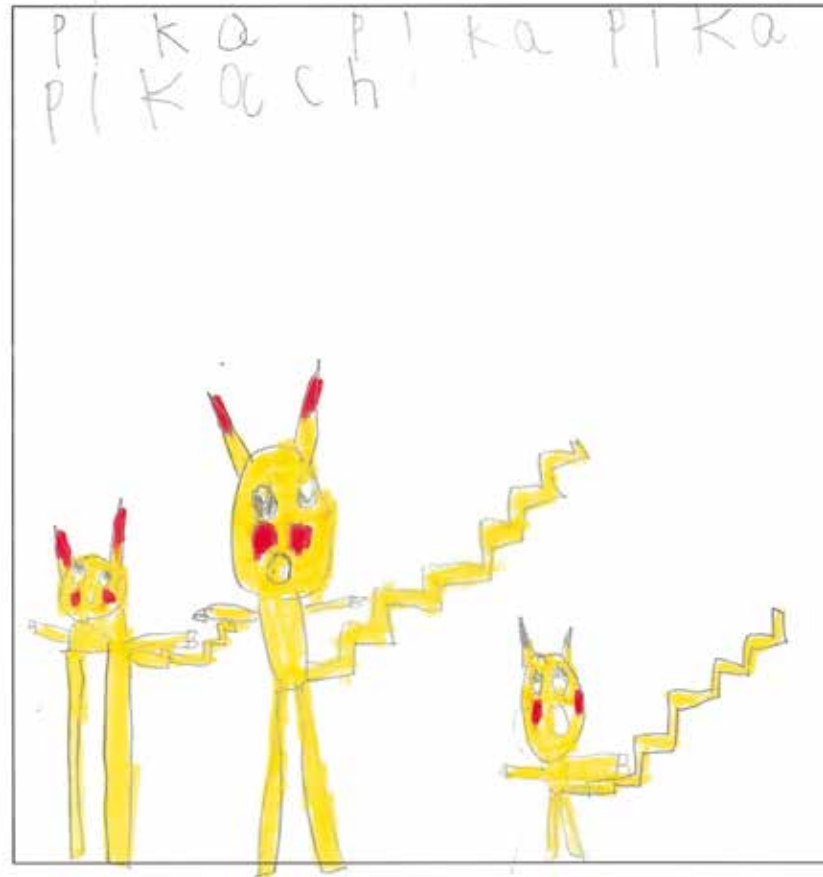
TU VOZ TIENE PODER.

hope, safety, support
TIDES OF CHANGE

esperanza, seguridad, apoyo
MAREAS DE CAMBIO



www.tidesofchangenw.org
503.842.9486
1902 2nd Street / PO Box 187
Tillamook

We're All in this Together



Name: SAM Grade: 3
School: east elementary

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>27</div> <div>March 2022</div> 	<div>28</div> <div>May 2022</div> 	<div>29</div>	<div>30</div>	<div>31</div> <div>●</div>	<div>1</div>	<div>2</div>
<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>	<div>7</div> <div>☾</div>	<div>8</div> <div>April Fool's Day Take Down Tobacco</div>	<div>9</div>
<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div> <div>Passover Begins Tax Day</div>	<div>16</div> <div>☉</div>
<div>17</div> <div>Easter</div>	<div>18</div>	<div>19</div>	<div>20</div> <div>Earth Day</div>	<div>21</div>	<div>22</div>	<div>23</div> <div>☾</div> <div>Passover Ends</div>
<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div> <div>National Drug Take Back Day</div>	<div>28</div>	<div>29</div>	<div>30</div> <div>●</div>



Tillamook Family Counseling Center

Providing caring professional services since 1983

- Individual, family, and group counseling
- Medication management
- Peer support services
- Substance use disorder treatment
- Developmental disabilities
- Crisis services and support
- Problem gambling treatment
- Parent supports
- Prevention services

For more details call (503)842-8201 or visit www.tfcc.org

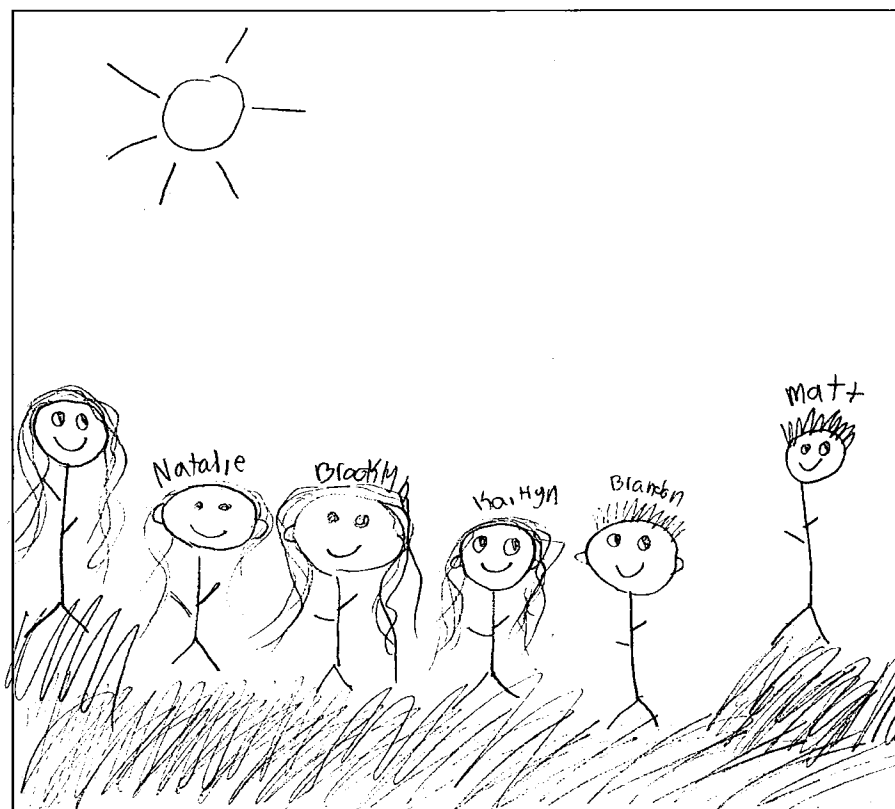
Centro de asesoramiento familiar de Tillamook

Brindando servicios profesionales solidarios desde 1983

- Consejería individual, familiar y grupal
- Manejo de medicación
- Servicios de apoyo entre pares
- Tratamiento del trastorno por uso de sustancias
- Discapacidades del desarrollo
- Servicios y apoyo en caso de crisis
- Tratamiento para problemas de juego
- Apoyos para padres
- Servicios de prevención

Para obtener más detalles, llame al (503) 842-8201 o visite www.tfcc.org

We're All in this Together



Name: Natalie Grade: 3rd

School: South Prairie

MAY

May is Mental Health Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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** Contact Tillamook County Solid Waste for more details



SHE'S INTERESTED IN LEARNING NEW THINGS.

Talking with her often about marijuana and other drugs builds an open, trusting relationship.

Get into the habit of chatting with your child every day. It will make it easier to have serious conversations about things like marijuana and other drugs, and will make your child more comfortable coming to you for advice. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



Tillamook Family Counseling Center

Local prevention services are available at the Tillamook Family Counseling Center

Services include:

- Alcohol and other drug prevention services
- Problem gambling prevention services
- Suicide prevention trainings
- Parent supports

To learn more about prevention services call (503)842-8201 or www.tfcc.org



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Services at Tillamook Family Counseling Center

We're All in this Together



Name: EVA IV Grade: 3rd
School: South Prairie

JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>29</div> <div>May 2022</div>	<div>30</div> <div>July 2022</div>	<div>31</div>	<div>1</div>	<div>2</div>	<div>3</div> <div>☉</div>	<div>4</div> <div>Free Fishing Weekend Nehalem Bay Crab Derby</div>
<div>5</div> <div>Free Fishing Weekend</div>	<div>6</div> <div>**Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station</div>	<div>7</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div> <div>☾</div>
<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	<div>18</div>
<div>19</div> <div>☀</div> <div>Father's Day Juneteenth</div>	<div>20</div>	<div>21</div> <div>First Day of Summer</div>	<div>22</div>	<div>23</div>	<div>24</div>	<div>25</div>
<div>26</div> <div>☾</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>1</div>	<div>2</div>

** Contact Tillamook County Solid Waste for more details

NORTHWEST PARENTING



Tillamook Family Counseling Center is a partner agency of the Northwest Parenting Hub. Partner agencies provide supports and opportunities for parents in north west Oregon to sharpen their skills and to help their families grow.

Services provided by Northwest Parenting:

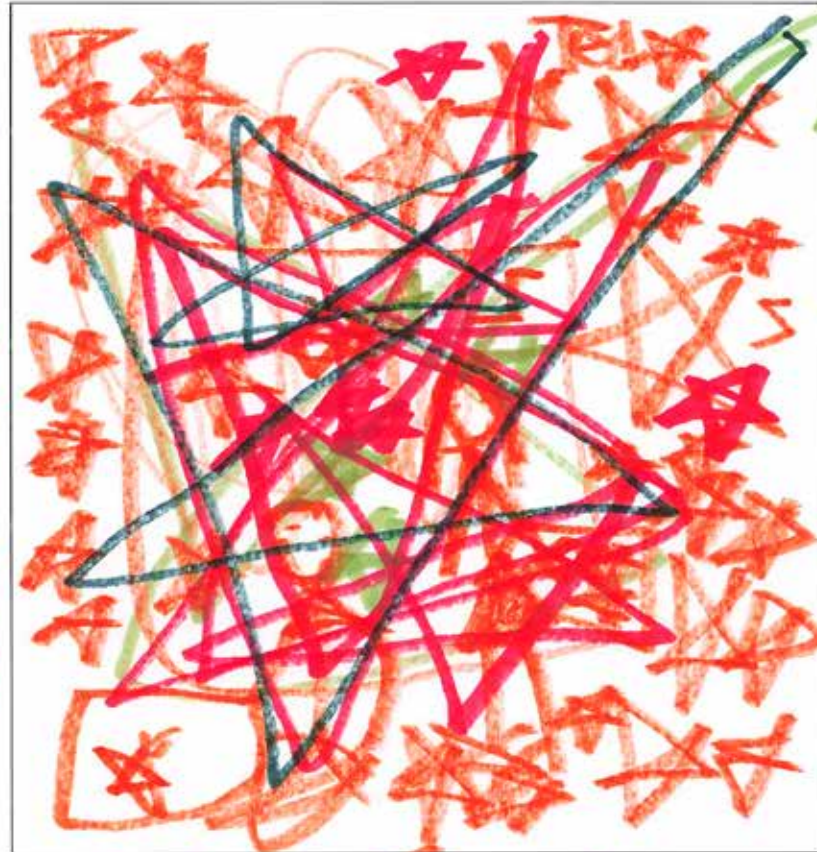
- Parent education class series
- Parent education workshops
- Community outreach
- Parent supports
- And more!

To learn more about local parent education classes that are offered by Northwest Parenting call (503)842-8201. For more information about Northwest Parenting and to see a calendar for upcoming events visit: www.nwresd.org.



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

We're All in this Together



Name: Teddy Grade: K
School: Adventist School

JULY

Become a QPR Gatekeeper!

QPR Gatekeeper is a evidence based suicide prevention training that can be beneficial for all community members. QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. For more information about QPR or to sign up for an upcoming class call the Tillamook Family Counseling Center's prevention department at: 503-842-8201



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>June 2021</div> <div>26</div>	<div>August 2022</div> <div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>1</div>	<div>2</div> <div>French Toast Breakfast 8am to Noon</div>
<div>3</div>	<div>4</div> <div>Independence Day</div>	<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div> <div>**Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station</div>
<div>10</div>	<div>11</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>17</div>	<div>18</div>	<div>19</div>	<div>20</div>	<div>21</div>	<div>22</div>	<div>23</div>
<div>24</div>	<div>25</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>
<div>31</div>	<div>1</div>	<div>2</div>	<div>3</div>	<div>4</div>	<div>5</div>	<div>6</div>

** Contact Tillamook County Solid Waste for more details



Your Pathway to Wellness

- Private Insurance
- Medicaid
- Medicare
- Veterans

Quality Healthcare Services

For Appointments Call:

503-842-3938

800-528-2938

TTY 800-735-2900

Se habla Español

tillamookchc.org



We're All in this Together



Name: Jacob Grade: K

School: Adventist School

AUGUST

Reflect, Resource, Renew

Reflect: Take time to re-examine your feelings, knowledge, and behaviors on the topic of problem gambling

Resource: Learn about local problem gambling prevention and treatment services. For more information call (503)842-8201.

Renew: Free and confidential gambling treatment services are available to all Oregon residents. Local services available at Tillamook Family Counseling Center (TFCC). To learn more call Tillamook Family Counseling Center at 503-842-8201. To learn more call (877)695-4648 or visit www.opgr.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6 **Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2 <small>July 2022</small> <div> <div>S M T W T F S</div> <div>26 27 28 29 30 1 2</div> <div>3 4 5 6 7 8 9</div> <div>10 11 12 13 14 15 16</div> <div>17 18 19 20 21 22 23</div> <div>24 25 26 27 28 29 30</div> <div>31 1 2 3 4 5 6</div> </div>	3 <small>September 2022</small> <div> <div>S M T W T F S</div> <div>28 29 30 1 2 3</div> <div>4 5 6 7 8 9 10</div> <div>11 12 13 14 15 16 17</div> <div>18 19 20 21 22 23 24</div> <div>25 26 27 28 29 30 1</div> <div>2 3 4 5 6 7 8</div> </div>

** Contact Tillamook County Solid Waste for more details

September is

NATIONAL RECOVERY MONTH

Learn about local
substance use disorder
resources here

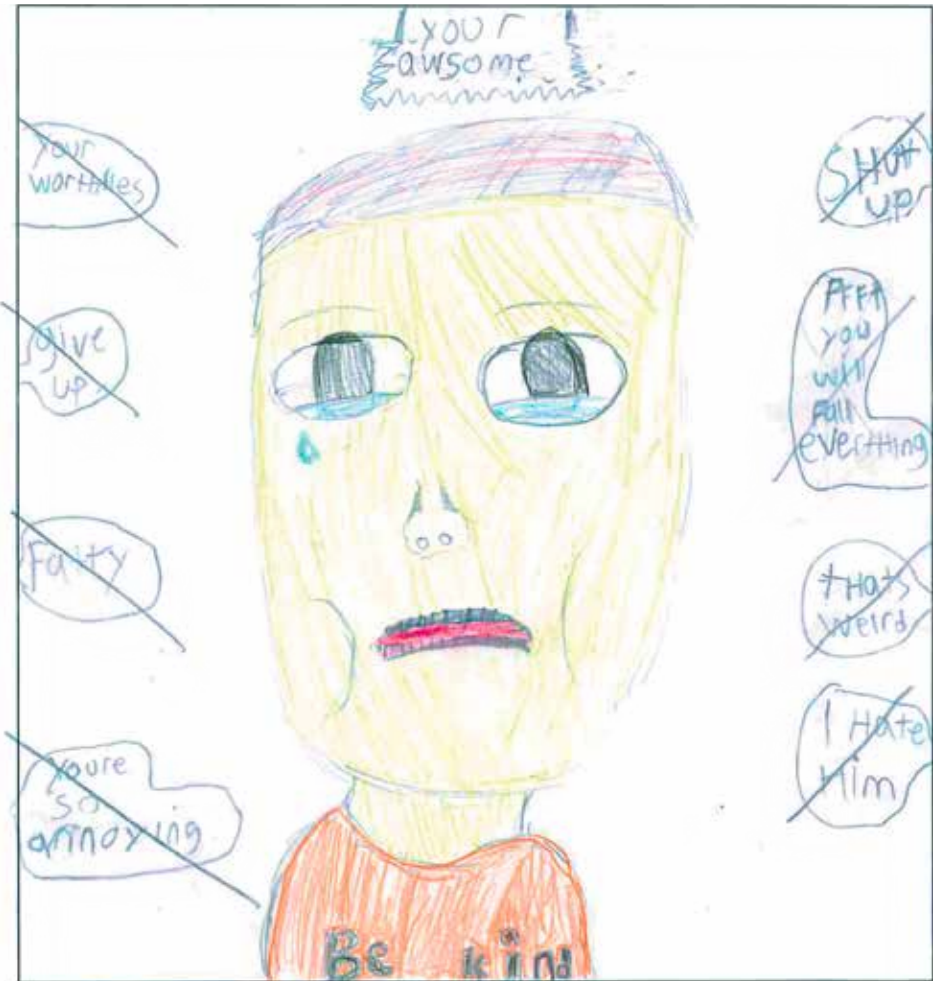


OUR

TILLAMOOK

OURTillamook.org

We're All in this Together



Name: Jacob
School: east

Grade: 5th

SEPTEMBER

September is Suicide Prevention Month

Things to consider this Month:

- ☐ Learn suicide warning signs
- ☐ Sign up for a suicide prevention training
- ☐ Learn about local and national suicide prevention resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>●</div> <div>28</div> <div>August 2022</div> <div> <div>3</div><div>4</div><div>5</div><div>6</div><div>7</div><div>8</div><div>9</div> <div>10</div><div>11</div><div>12</div><div>13</div><div>14</div><div>15</div><div>16</div> <div>17</div><div>18</div><div>19</div><div>20</div><div>21</div><div>22</div><div>23</div> <div>24</div><div>25</div><div>26</div><div>27</div><div>28</div><div>29</div><div>30</div> <div>31</div> </div>	<div>29</div> <div>October 2022</div> <div> <div>30</div><div>31</div><div>1</div><div>2</div><div>3</div><div>4</div><div>5</div> <div>6</div><div>7</div><div>8</div><div>9</div><div>10</div><div>11</div><div>12</div> <div>13</div><div>14</div><div>15</div><div>16</div><div>17</div><div>18</div><div>19</div> <div>20</div><div>21</div><div>22</div><div>23</div><div>24</div><div>25</div><div>26</div> <div>27</div><div>28</div><div>29</div><div>30</div> </div>	30	31	1	2	3
						French Toast Breakfast 8am to Noon
<div>◐</div> <div>4</div>	5	6	7	8	9	10
National Suicide Prevention Week						**Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station
	Labor Day					World Suicide Prevention Day
<div>◑</div> <div>11</div>	12	13	14	15	16	17
<div>◑</div> <div>18</div>	19	20	21	22	23	24
				First Day of Fall		
25	<div>●</div> <div>26</div>	27	28	29	30	1
Rosh Hashana Begins		Rosh Hashana Ends		Problem Gambling Awareness Day		

** Contact Tillamook County Solid Waste for more details



HOW TILLAMOOK PUD RESTORES POWER

THE FIVE IMPORTANT STEPS WE TAKE TO
SAFELY AND EFFICIENTLY RESTORE POWER
AS QUICKLY AS POSSIBLE.



1 ENSURE PUBLIC SAFETY
by addressing public hazardous situations first.

2 REPAIR TRANSMISSION LINES

that supply power to substations. If a
BPA transmission line is damaged, we
must wait until their crews can repair it
and restore power to these lines.



3 REPAIR SUBSTATIONS
that serve thousands of customers.

4 REPAIR DISTRIBUTION LINES

that carry power from substations through our
service area. When main distribution lines are
reenergized, whole neighborhoods will have
power restored.



5 FIX SERVICE LINES

that deliver power to individual homes and
businesses. In order for your home to have
power, the transmission line, substation and
distribution lines must all be energized.

HOW YOU CAN BE PREPARED

Prepare an emergency kit that includes essentials such as:

- Flashlights with fresh batteries.
- Matches for lighting gas stoves or clean burning heaters.
- First aid kit, prescription medicines, and baby supplies.
- Non-perishable food and food that can be kept in a cooler.
- A manual can opener.
- A non-cordless telephone and/or fully charged cellphone.
- Bottled drinking water.
- Battery-powered emergency lights and radio.



FOR MORE POWER OUTAGE INFORMATION VISIT
WWW.TPUD.ORG/OUTAGES/

TILLAMOOK PUD

P.O. Box 433 • 1115 Pacific Ave. • Tillamook, OR 97141
503.842.2535 • 800.422.2535 • www.tpud.org

We're All in this Together



Name: Ana-lise Grade: 8
School: Tillamook JR High School

OCTOBER

Sleep Health

Getting a good night sleep plays an important role in your physical health. When a person gets a good night of sleep it allows time for the heart and blood vessels to heal. Sleep deficiency for an extended amount of time has been linked to diabetes and heart disease. To learn more about sleep health visit: www.cdc.gov/sleep

Good Sleep Health Checklist

- ☐ Remove electronic devices from bedroom
- ☐ Avoid food, caffeine, and alcohol before bed
- ☐ Keep room at comfortable temperature



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>September 2022</div> <div>26</div>	<div>November 2022</div> <div>27</div>	28	29	30	31	1
<div>2</div>	3	4	5	6	7	8
<div>9</div>	10	11	12	13	14	15
16	<div>World Mental Health Day</div> <div>17</div>	18	19	20	21	22
23	24	<div>25</div>	26	27	28	29
30	<div>31</div> <div>Halloween</div>	1	2	3	4	5

**Household Hazardous Waste & Styrofoam Collection at the Tillamook Transfer Station

** Contact Tillamook County Solid Waste for more details



Learn more at:
doihaveprediabetes.org

NOVEMBER IS
NATIONAL DIABETES
AWARENESS MONTH

Tillamook County
WELLNESS
Making Healthy Happen

Helping Tillamook County:

-  EAT WELL
-  MOVE WELL
-  WORK WELL
-  CONNECT WELL

tillamookcountywellness.org

A Program of Tillamook
County Public Health



We're All in this Together



Name: K A m d y n Grade: 2
School: GGS

NOVEMBER



America Recycles Day
November 15, 2022
Recycling Awareness Week
November 13-19, 2022



For more information about recycling or hazardous waste disposal, call (503) 815-3975 * visit our website at www.co.tillamook.or.us/solid-waste * find us on Facebook.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6	7	<div>8</div> <div>Election Day</div>	9	10	<div>11</div> <div>Veteran's Day</div>	12
<div>13</div> <div>Daylight Saving Time Ends @ 2AM</div>	14	15	16	17	18	19
20	21	22	23	24	25	26
				<div>Thanksgiving Day</div>	<div>Free Fishing Weekend</div>	<div>Free Fishing Weekend</div> <div>French Toast Breakfast</div> <div>**Silent Auction</div> <div>8am to Noon</div>
27	28	29	30	1	2	3
		<div>Giving Tuesday</div>				

**Lottery Tickets
Aren't Child's Play.**
GIFT RESPONSIBLY



**Gift Responsibility, Lottery Products are not
Child's Play**

Every year, during the holiday season children receive scratch offs and other lottery products in their stockings. These stocking stuffers introduce kids to gambling, an activity that carries risk. The Tillamook Family Counseling Center wants to remind parents and other caring adults that scratch offs, lottery tickets, and other lottery products are for adults 18 and older. This holiday season, talk to your kids about the risk associated with engaging in gambling behaviors. For tips on how to talk with kids about gambling and to access other helpful resources visit:

www.opgr.org

**If gambling is affecting your family, there is
hope**

For local help call: (503)842-8201 or visit
www.opgr.org

For more help with problem gambling call
(877)695-4648 or visit www.opgr.org

**Responsabilidad de Obsequios, los Produc-
tos de Lotería no son un Juego de Niños**

Cada año, durante la temporada navideña, los niños reciben premios para raspar y otros productos de lotería en sus medias. Estos rellenos de calcetines introducen a los niños al juego, una actividad que conlleva riesgos. El Centro de Consejería Familiar de Tillamook quiere recordarles a los padres y otros adultos que se preocupan por ellos que los raspados, boletos de lotería y otros productos de lotería son para adultos mayores de 18 años. En esta temporada navideña, hable con sus hijos sobre el riesgo asociado con participar en comportamientos de juego. Para obtener consejos sobre cómo hablar con los niños sobre el juego y acceder a otros recursos útiles, visite: www.opgr.org

**El juego está afectando a su familia, hay
esperanza**

Para obtener ayuda local, llame al: (503)842-8201 o visite www.opgr.org

Para obtener más ayuda con problemas de juego, llame al (877)695-4648 o visite
www.opgr.org



We're All in this Together



Name: Madi **Madi** Grade: 2nd
School: Adventist School

DECEMBER

Open enrollment comes but once a year, too.

Visit OregonHealthCare.gov



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
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<div>18</div> <div>Hanukkah Begins</div>	<div>19</div>	<div>20</div>	<div>21</div> <div>First Day of Winter</div>	<div>22</div>	<div>23</div> <div>●</div>	<div>24</div> <div>Christmas Eve</div>																																																																																																		
<div>25</div> <div>Christmas</div>	<div>26</div> <div>Hanukkah Ends</div>	<div>27</div>	<div>28</div>	<div>29</div> <div>☾</div>	<div>30</div>	<div>31</div> <div>New Year's Eve</div>																																																																																																		

** Contact Tillamook County Solid Waste for more details



HELP YOUR CHILDREN GROW.

Spend time together to show you care about your child's health, wellness, and success.

Young people are more likely to listen when they know you're on their side. Explain why you don't want your child to drink or use other drugs—not just because you say so, but because you want your child to be happy and safe. For tips on how—and when—to begin the conversation, visit...

www.underagedrinking.samhsa.gov



Tillamook Family Counseling Center

Local prevention services are available at the Tillamook Family Counseling Center

Services include:

- Alcohol and other drug prevention services
- Problem gambling prevention services
- Suicide prevention trainings
- Parent supports

To learn more about prevention services call (503)842-8201 or www.tfcc.org



SOS Tillamook
SUPPORT • OVERCOME • STRENGTHEN
Prevention Program of Tillamook Family Counseling Center

We're All in this Together



Name: CONNER

Grade: 1

School: ADVENTIST

JANUARY 2023

Health Maintenance:

This month take actionable steps to maintain good physical and mental health

Here are some things that you may want to consider to maintain good health:

- ⇒ Be physically active
- ⇒ Eat a balanced diet
- ⇒ Stay hydrated
- ⇒ Get enough sleep
- ⇒ Reduce screen time
- ⇒ Get preventive health screenings
- ⇒ Practice good personal hygiene
- ⇒ Make time to connect with others
- ⇒ Take breaks when needed
- ⇒ Limit alcohol use
- ⇒ Integrate problem gambling prevention strategies into your life. For more information about problem gambling prevention visit www.opgr.org.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King Jr. Day	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3 December 2022	4 February 2023

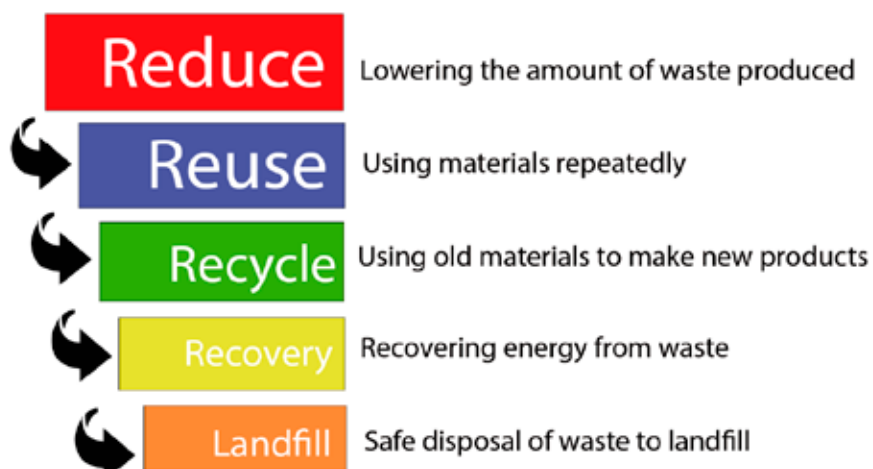


***Tillamook County Solid Waste
Tillamook County Master Recyclers
Making a difference in our neighborhood***

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT NO. 700
PORTLAND, OR.

***** ECRWSS*****

Local
Postal Customer



**Tillamook County
Solid Waste Department
503 Marolf Loop,
Tillamook, OR 97141**
Email: recycle@co.tillamook.or.us
www.co.tillamook.or.us/solid-waste



Follow us on Facebook
See our website for a list of accepted items

***PLEASE separate
Hazardous Waste from
other items in your vehicle
prior to arriving at the event.***



**Household Hazardous Waste
Collection Dates in 2022**

Jan. - None
Feb. 5th
March 5th*
April - None
June 6th*
July 9th
Aug. 6th
Sept. 10th
Oct. 1st*
Nov. - None
Dec. 3rd

*CEG Business Event Day
Prior Registration Required

Convenient collection for
**SAFE AND PROPER
DISPOSAL**
of common household
hazardous items

Tillamook Transfer Station
1315 Ekloff Road,
Tillamook Oregon

9:00 am to 1:00 pm

**This Transfer Station
DOES NOT ACCEPT
Ammunition, Explosives,
or Medical Waste**