



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

**Artwork
Created
By Local
Students!**



**IT'S A
NEW
DAY!**



2024 Community Calendar

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

About the 2024 Calendar:

This year's calendar theme is "It's a New Day!". This year's theme was selected to remind community members that each day is an opportunity to make positive changes. This year we received over 200 submissions from students throughout the county! A special thank you for all the students who submitted artwork. Each month showcases a student's artwork along with their first name and school. This year's cover art is a collage that was made out of 6 pieces of art. The artists are Nevaeh 7th grade, Neah-Kah-Nie (A New Day), Natalia 4th grade, Nestucca Valley School District (Mountain), Mira 4th grade, East School (Cow), Avery 2nd grade, Nehalem Elementary (Underwater), Josephine Kindergarten, Nestucca Valley (Rainbow), and Emily, 6th grade East Elementary school (Ocean).

A special thank you to the community partners who supported the art contest. Partners include: Local schools, Tillamook County Family YMCA, Tillamook County Library, Tillamook Family Counseling Center, and Tillamook County Pioneer.

Talking to Youth about Substance Use Prevention can Make a Big Impact!

Conversation tips:

- *Begin having these conversations early and continue to have conversations about alcohol, marijuana, and other drugs into early adulthood.*
- *Integrate conversations about substances in everyday conversations.*
- *Ask questions and practice active listening.*
- *Remind youth about family rules regarding alcohol, marijuana, and other drugs.*
- *Talk with youth about problem gambling. Youth who gamble have an increased risk of underage substance use. For problem gambling prevention information visit www.opgr.org.*
- *Let them know they can come to you when they have questions.*

Tillamook Family Counseling Center

(503)842-8201

www.tfcc.org



SOS Tillamook

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



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



19A-11-504PLV

Prescription medication is dangerous when misused. Be sure to dispose of all unused and expired prescription medication

Drop off locations in Tillamook County:

- Police station: 207 Madrona Avenue, Tillamook, OR 97141
- Sheriff station: 5995 Long Prairie Road, Tillamook, OR 97147
- Rockaway Beach City Hall: 276 US 101, Rockaway Beach, OR 97136

Days and hours of operation vary. Call locations to learn more.

Quarterly Medicine Cabinet Checklist

Cleaning out your medicine cabinet is a good way to prevent misuse. If you don't clean out your cabinet as often as you would like to consider using this checklist to ensure it is cleaned out throughout the year.

Fall	Winter	Spring	Summer
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Save the Date

SOS Tillamook Prevention Tip: Write down local Take Back days in this calendar.

If you take Prescription Medication it is Important to take Steps that can Keep you and Those you Care about Safe

Safe medication Practices:

- *Become Knowledgeable about the Medications you are Taking*
- *Don't Share Medication*
- *Keep Medicine in a Safe Location*
- *Safely Dispose of Medication*
- *Model Safe Medication Practices*
- *Talk with youth about prescription safety*
- *Know the Signs of Accidental Poisoning or Overdose*
- *Program the Poison Control Number in your Phone*

Tillamook Family Counseling Center

(503)842-8201

www.tfcc.org



talk
they hear you®

BEFORE SHE'S TOO COOL FOR MOM TO DROP HER OFF AT SCHOOL...

Take advantage of this time to talk about prescription medicine safety.

Start talking to your children early to ensure they understand what opioids are and the risks of misusing prescription medicine. Though it may not seem like it, children really hear your concerns. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SAAA-18-5082



talk
they hear you™

HELP YOUR KIDS STAY SAFE, BEYOND THE KITCHEN.

Teach them to make safe choices every day.

Marijuana can be harmful for a child's growing brain. It's important to talk with your children from a young age about what marijuana is and how it can be harmful to their developing brain. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SMA-18-5088

Risk Factors and Warning signs for Underage Marijuana Use

Marijuana can be harmful to the Developing brain and in some cases lead to addiction.

Risk Factors:

- Lack of satisfaction
- Addiction
- Poor academic performance
- Lack of coordination
- Issues with concentration and problem solving

Warning signs:

- Bloodshot eyes
- Lack of coordination, forgetfulness, or unusual laughing
- Strange smell in room and clothing
- Increase in asking for money

Youth have risk factors or exhibiting warning signs?

- Have a honest conversation about the harms of underage substance use
- Let youth know family rules regarding marijuana
- Let them know that they can come to you with questions or concerns

Excerpt from SAMHSA's Talk They Hear You 'Talking with your Teen about Marijuana'



Tillamook Family Counseling Center

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
- And more!

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

Suicide Prevention, is Everyone's Responsibility

Suicide Warning Signs:

- Withdrawal from Family and Friends
- Changes in Sleep Patterns
- Increased Substance use or Gambling
- Mood Swings
- Not Participating in Activities that they used to Enjoy
- Saying that they Feel that they are a Burden
- Extended Sadness
- Searching for Ways to End their Life
- Saying they want to Die



Conversation Tips:

- Ask How they are Doing
- Listen
- Ask Clarifying Questions
- Tell them you Care
- Provide Emotional Support
- Provide Local and National Crisis Hotlines



Crisis Supports:

- Tillamook County 24/7 Crisis Hotline: 1(503)842-8201
- 988 Suicidal & Crisis Lifeline: 988
- Nacional de Prevención del Suicidio: 1(888)628-9454
- Veterans Crisis Line: 1(800)273-8255 (Press 1)
- Trevor Project (LGBTQ youth): 1-866-488-7386
- Crisis Text Line: Text HOME to 741741
- Oregon Problem Gambling Resource: 1(877)695-4648



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

La Prevención del Suicidio, es Responsabilidad de Todos

Señales de advertencia de suicidio:

- Retiro de familiares y amigos
- Cambios en los patrones de sueño
- Mayor uso de sustancias o juegos de azar
- Cambios de humor
- No participar en actividades que solían disfrutar
- Decir que sienten que son una carga
- Tristeza extendida
- Buscando maneras de poner fin a su vida
- Diciendo que quieren morir



Consejos de conversación:

- Preguntar cómo están
- Escucha
- Hacer preguntas aclaratorias
- Díles que te importa
- Proporcionar apoyo emocional
- Proporcionar líneas directas de crisis locales y nacionales



Apoyos de crisis:

- Línea directa de crisis del condado de Tillamook los 24/7: 1(503)842-8201
- Línea Nacional de Prevención del Suicidio: 988
- Nacional de Prevención del Suicidio: 1(888)628-9454
- Línea de Crisis para Veteranos: 1(800)273-8255 (Prestare 1)
- Proyecto Trevor (jóvenes LGBTQ): 1-866-488-7386
- Línea de texto de crisis: Envíe HOME al 741741
- Recurso de problemas de juego de Oregón: 1(877)695-4648



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

Tillamook County Resources

Addiction and Family Counseling

503-842-3640
1000 N Main St #5, Tillamook

Adventist Health Tillamook

503-815-2292
100 3rd Street, Tillamook
adventisthealth.org/tillamook/

CARE Inc.

Housing & Social Services, Healthy Families
503-842-5261
2310 1st St, Tillamook
www.careinc.org

Celebrate Recovery | Tillamook Nazarene Church

503-842-2549
2611 3rd Street, Tillamook
tillamooknazarene.com

Helping Hands Re-Entry Outreach Center

503-738-4321
helpinghandsreentry.org

Nehalem Bay Health Center and Pharmacy

800-368-5182
230 Rowe St, Wheeler
https://www.nehalembayhealth.org/

Tides of Change

503-842-9486
1902 2nd St, Tillamook
tidesofchangenw.org

Tillamook County Community Health Centers

503-842-3938 (Central)
503-355-2700 (North)
801 Pacific Avenue, Tillamook tillamookchc.org/behavioral-health/

Tillamook County Mental Health Crisis Line

503-842-8201 / 800-962-2851
906 Main Avenue, Tillamook
tfcc.org

Alcohol and Drug Helpline

800-923-4357
Crisis Text Line Text HOME to 741741
crisistextline.org/text-us

Military Helpline

888-457-4838

National Alliance on Mental Illness (NAMI)

503-230-8009 / 800-343-6264
namior.org

Native American Rehabilitation Association

503-621-1069
17645 NW St. Helens Highway, Portland
naranorthwest.org/projects/adultresidential-addictions-treatment

Northwest Senior & Disability Services

503-842-2770 or 1-800-584-9712
5010 E. Third St., Tillamook, OR 97141 www.nwsds.org

Oregon Behavioral Health Support Line

Alcohol and Substance Helpline
800-923-4357
Problem Gambling Helpline
877-695-4648 www.opgr.org

Oregon COAAST Network

Resources & Support for People Experiencing Disabilities
503-759-2240
www.sammysplace.info

Oregon Tobacco Quit Line

800-784-8669
quitnow.net/mve/quitnow

Oregon Warm Line

800-698-2392
ccswebsite.org/warmline/

Recovery Now: Treatment Access Line

855-612-5576
https://ourtillamook.org/recovery-now-treatment-access-line/

Senior Loneliness Line

503-200-1633
Support for seniors feeling lonely and having difficulty connecting

Suicide Lifeline

800-273-8255

Red Nacional para la Prevencion de Suicidio

888-628-9454 (servicio en espanol)

Youth Helpline

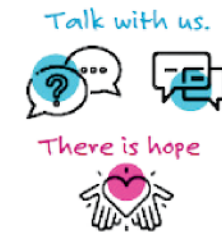
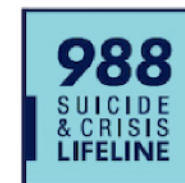
877-968-8491

Teen-to-teen crisis and help line

text teen2teen to 839863
oregonyouthline.org

Tillamook Serenity Club

503-842-1115
Alcoholics Anonymous, Narcotics Anonymous, Dual Diagnosis, Gamblers Anonymous, Al-Anon
5012 3rd Street, Tillamook
tillamookserenityclub.org



FIND THE RAINBOWS ...

The calendar theme "It's a New Day" produced LOTS of art with rainbows, and "hidden" rainbows.
How many rainbows can you find throughout the 2024 calendar?



BEFORE THEY GET BEHIND THE WHEEL...

Make sure they understand the risks of drunk and drugged driving.

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou



Tillamook Family Counseling Center

Local Prevention Services are Available at the Tillamook Family Counseling Center

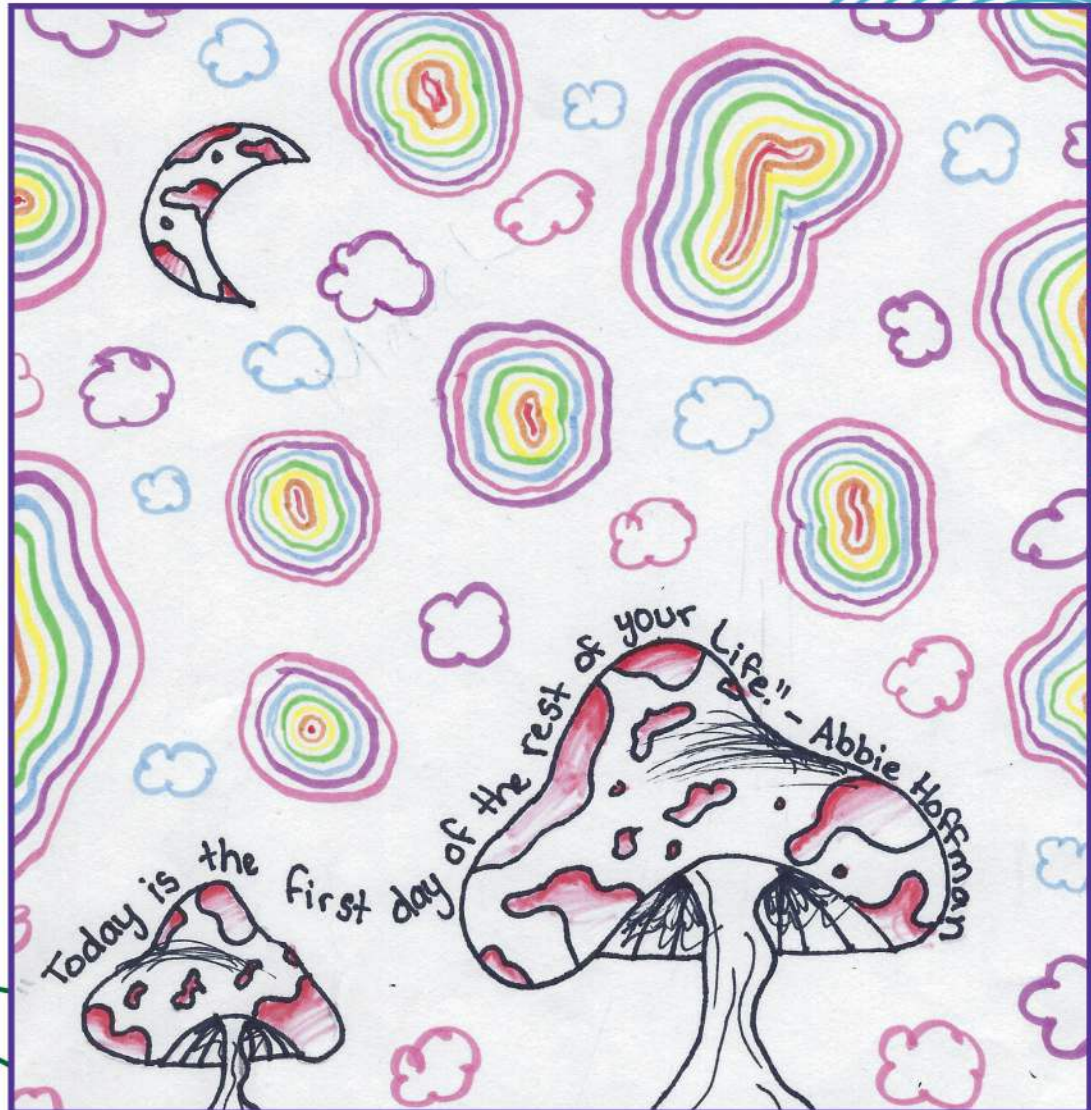
Services Include:

- 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



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GABRIELLA
GRADE 7
NEAHKAHNIE MIDDLE SCHOOL

JANUARY

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.



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 Martin Luther King Jr. Day	16	17	18	19	20
21	22	23	24	25 Wolf Moon	26	27 Italian Dinner, by Donation, at St. Mary's, Rockaway Beach
28	29	30	31			



talk
they hear you®

ON YOUR WAY TO PRACTICE...

See if she has ever been offered alcohol.

Show your child you care and help build accountability by setting clear and consistent expectations regarding alcohol use. For tips on how—and when—to begin the conversation, visit

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

www.talktheyhear.com



Tillamook Family Counseling Center

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Services Include:

- Alcohol and Other Drug Prevention Services
- Problem Gambling Prevention Services
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- Parent Supports

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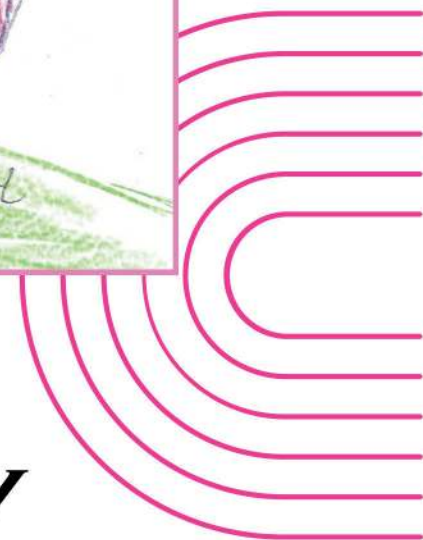


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CAMILLE
GRADE 4
GARIBALDI GRADE SCHOOL

FEBRUARY



Self-Care for 2024

Self-care can help you manage stress. To learn more about self-care visit: 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

					1	2	3 Household Hazardous Waste
4	5	6	7	8	9 10		
11 12 13 14 15 16 17							
TILLAMOOK HIGH SCHOOL CHARITY DRIVE							
18 19 Presidents' Day		20	21	22	23	24 Snow Moon	
25	26	27	28	29			



**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. Over time, 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



EMMA
GRADE 3
SOUTH PRAIRIE ELEMENTARY

MARCH



Making health care work for absolutely everyone

colpachhealth.org

MARCH IS PROBLEM GAMBLING AWARENESS MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Household Hazardous Waste
3	4	5	6	7	8	9
10 Ramadan Start	11	12	13	14	15	16
17	18	19 Vernal Equinox	20	21	22	23 National Drug and Alcohol Facts Week
24	25 Worm Moon	26	27	28	29	30 French Toast Breakfast, by Donation, at St. Mary's, Rockaway Beach
31 Easter						



April is

SEXUAL
ASSAULT
AWARENESS
MONTH

Tides of Change provides hope, safety and support to those impacted by gender-based violence and shift cultural norms through advocacy, education and community collaboration.

Advocacy

- Safety Planning
- Information & Referral
- System Navigation & Advocacy
- Accompaniment Services
- Health Advocacy
- Protection Order Assistance
- 24-Hour Crisis Intervention/
Emergency Food, Clothing, and
Transportation

Services are free and confidential

1902 2nd St
Tillamook, Tillamook County 97141 P:
503.842.9486
Toll-free: 800.992.1679
Text: 503.852.9114
info@tidesofchangenw.org



ISLA
GRADE K
LIBERTY ELEMENTARY

APRIL

Developmental Disability (DD) Program - Celebrating Autism Awareness Month

Provides lifespan case management for those living with an Intellectual or other neurodevelopmental disabilities such as autism, cerebral palsy, Down Syndrome, Fetal Alcohol or Drug Effect, Traumatic Brain Injury, Tourette's, Epilepsy, and more. Call us today to apply for available services at (503) 842-8201 or visit our website: www.tfcc.org.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 National Walking Day	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 Earth Day	23 Pink Moon	24	25	26	27
28	29	30				



High-quality preschool programs help children to build positive relationships with each other and adults, preparing them socially, emotionally and academically for kindergarten and the years beyond.

Find out what free preschool options are available in your community & apply today!

Visit:

tinyurl.com/5enjtrh4 or scan the QR code below



SIERRA
GRADE 7
NESTUCCA VALLEY

MAY

May is Mental Health Awareness Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4 Household Hazardous Waste
5	6	7	8	9	10	11
12 Mother's Day	13	14	15	16	17	18
		National Prevention Week				
19	20	21	22	23 Flower Moon	24	25 French Toast Breakfast, by Donation, at St. Mary's, Rockaway Beach
26	27 Memorial Day	28	29	30	31 Tillamook High School Graduation	

Tillamook County Public Health

Harm Reduction 1:1 Syringe Exchange

Services are anonymous

Safe injection supplies
Wound care supplies
Naloxone training and kits
Referrals to resources and more!

11 AM to 1 PM

Tillamook

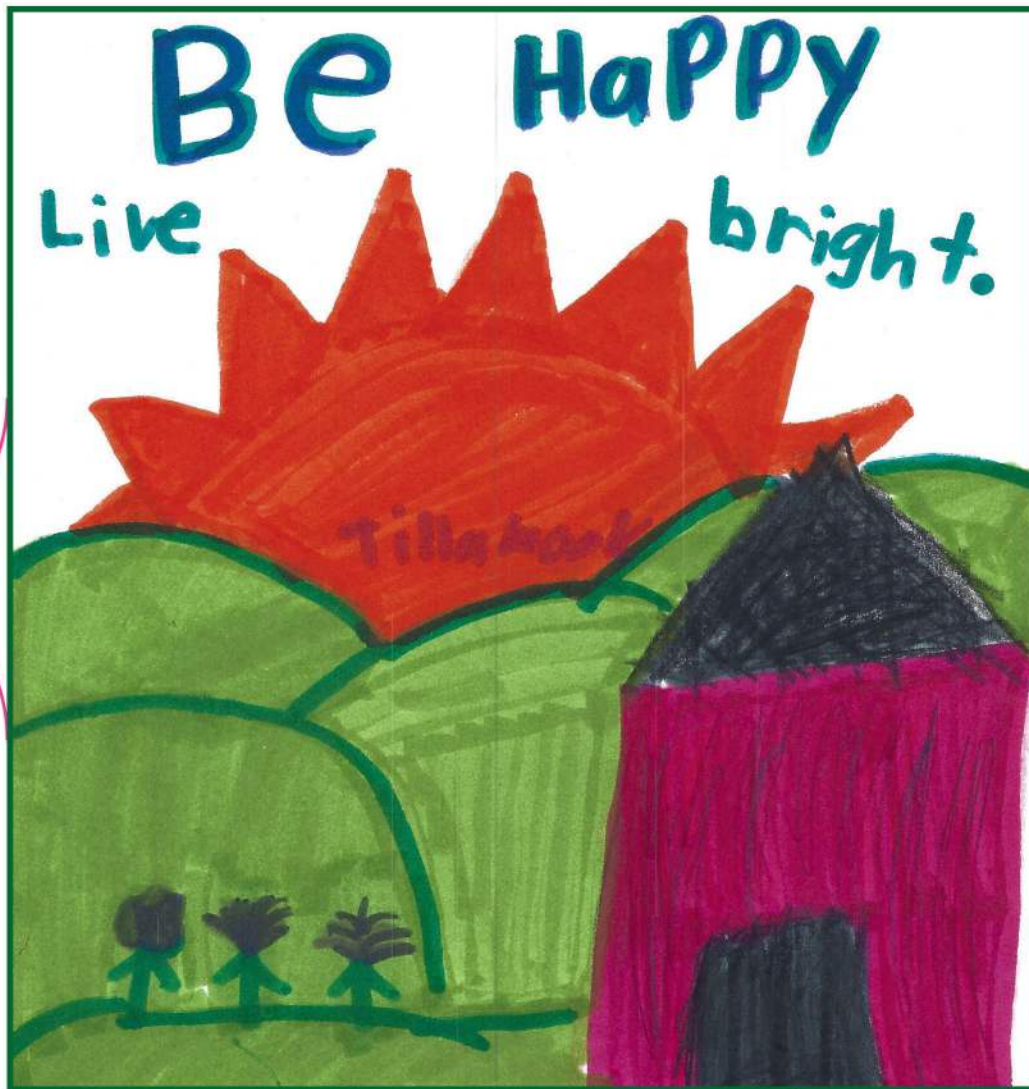
1st and 3rd Wednesday
Ivy Wellness Center
1105 Ivy Ave.

Cloverdale

2nd Wednesday
Nestucca Rural Fire and Recue Station 87
Parking Lot
30710 Hwy 101

Wheeler

4th Wednesday
Above North County Food Bank
278 Rowe St. - Upper Parking Lot



MACY
GRADE 3
SOUTH PRAIRIE ELEMENTARY SCHOOL

JUNE

Tillamook County Solid Waste - Waste & Recycling Workers Week



June 17-23, 2024

Thank You



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2

3

4

5

6

7

Neah-Kah-Nie High School
Graduation

8

Household
Hazardous Waste

9

Nestucca High School
Graduation

10

11

12

13

14

15

16

Father's Day

17

18

19

Juneteenth

20

Summer Solstice

21

Strawberry Moon

22

Dairy Parade/
YMCA Milk Run

23

24

25

26

27

28

29

30

text



Bright by Text is for anyone who cares for and loves a child, prenatally through age 8. We send free text messages with easy, practical tips and activities right to your cell phone.

Text ELHKIDS to 274448 or go to bbtxt.org/3mgH5Q6.



Dolly Parton Imagination Library is a book-gifting program for children birth to age five. Each month, an age-appropriate book is mailed directly to the enrolled child's home at no cost to the parent. Enroll below:

<https://bit.ly/3ikujDn>



WILLIAM

GRADE 1

TILLAMOOK ADVENTIST SCHOOL

JULY

Become a QPR Gatekeeper!

QPR Gatekeeper is an 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.



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 Prevention Program of Tillamook Family Counseling Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day	5	6 French Toast Breakfast, by Donation, at St. Mary's, Rockaway Beach
7	8	9	10	11	12	13 Household Hazardous Waste
14	15	16	17	18	19	20
21 Deer Moon	22	23	24	25	26	27
28	29	30	31			



Quality health care for the whole family

We are here to help keep your family healthy. Here are few things you can do:

- Schedule regular health and dental exams
- Complete all health screenings
- Stay current on all vaccines

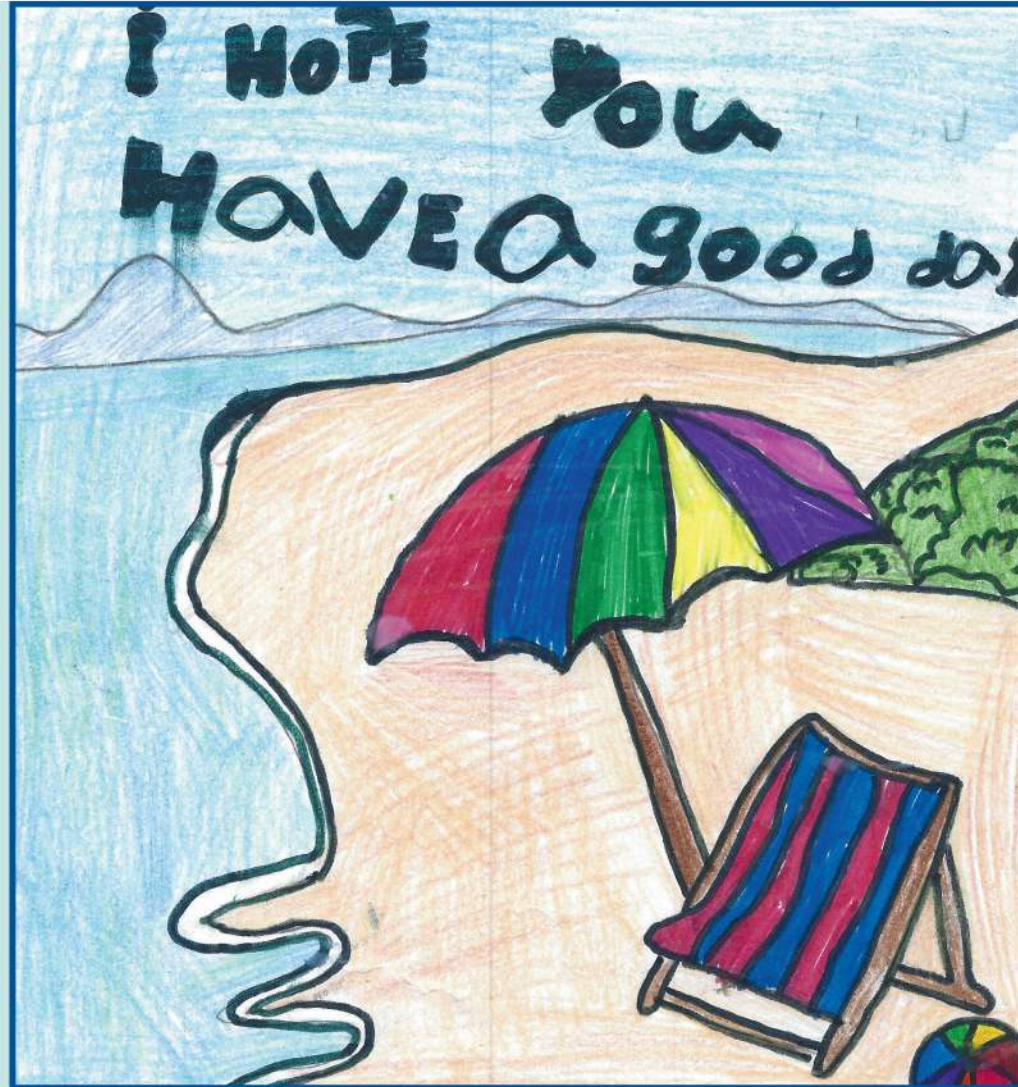
Routine health screenings and vaccines are covered benefits of many health plans including Medicare and Oregon Health Plan. Ask your health care provider about your options.

To schedule an appointment:
503-842-3938 • 800-528-2938 • TTY 711

Se habla Español

801 Pacific Avenue • Tillamook

www.tillamookchc.org



TRESSA
GRADE 5
NESTUCCA GRADE SCHOOL

AUGUST

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	2	3 Household Hazardous Waste
4	5	6	7 8 9 10 Tillamook County Fair			
11	12	13	14	15	16	17 Old Iron Show at the Blue Heron. French Toast Breakfast, at St. Mary's, Rockaway Beach
18	19 Sturgeon Moon	20	21	22	23	24
25	26	27	28	29	30	31 Overdose Awareness Day French Toast Breakfast, by Donation, at St. Mary's, Rockaway Beach

Tillamook County Public Health

Harm Reduction 1:1 Syringe Exchange

Services are anonymous

Safe injection supplies
Wound care supplies
Naloxone training and kits
Referrals to resources and more!

11 AM to 1 PM

Tillamook

1st and 3rd Wednesday
Ivy Wellness Center
1105 Ivy Ave.

Cloverdale

2nd Wednesday
Nestucca Rural Fire and Recue Station 87
Parking Lot
30710 Hwy 101

Wheeler

4th Wednesday
Above North County Food Bank
278 Rowe St. - Upper Parking Lot



BELLA
GRADE 3

SOUTH PRAIRIE ELEMENTARY SCHOOL

SEPTEMBER

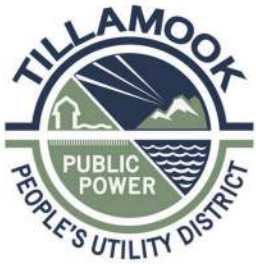


Quality health care for the whole family

For an appointment, please call: 503-842-3938 • 800-528-2938 • TTY 711
Se habla español • www.tillamookchc.org

SEPTEMBER IS SUICIDE PREVENTION MONTH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8 Suicide Prevention Week	9	10 World Suicide Prevention Day	11	12	13	14 Household Hazardous Waste
15	16	17 Harvest Moon	18	19	20	21 YMCA Dinner and Auction
22 Autumnal Equinox	23	24	25	26	27	28
29 Problem Gamblers Awareness Day	30					



**TILLAMOOK
PUD**

Your Local Electric Utility!



CONTACT US

PO Box 433
1115 Pacific Ave.
Tillamook, OR 97141
503-842-2535
After-Hours:
503-842-2122
www.tpud.org



KYWIN
GRADE 1
NEHALEM ELEMENTARY SCHOOL

OCTOBER

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
		1	2	3	4	5 Household Hazardous Waste
6	7	8	9	10 World Mental Health Awareness Day	11	12
13	14 Indigenous Peoples' Day Columbus Day	15	16	17 Hunter's Moon	18	19
20	21	22	23	24	25	26
Red Ribbon Week						
27	28	29	30	31 Halloween		



Learn more at:
doihaveprediabetes.org

NOVEMBER IS
NATIONAL DIABETES
AWARENESS MONTH

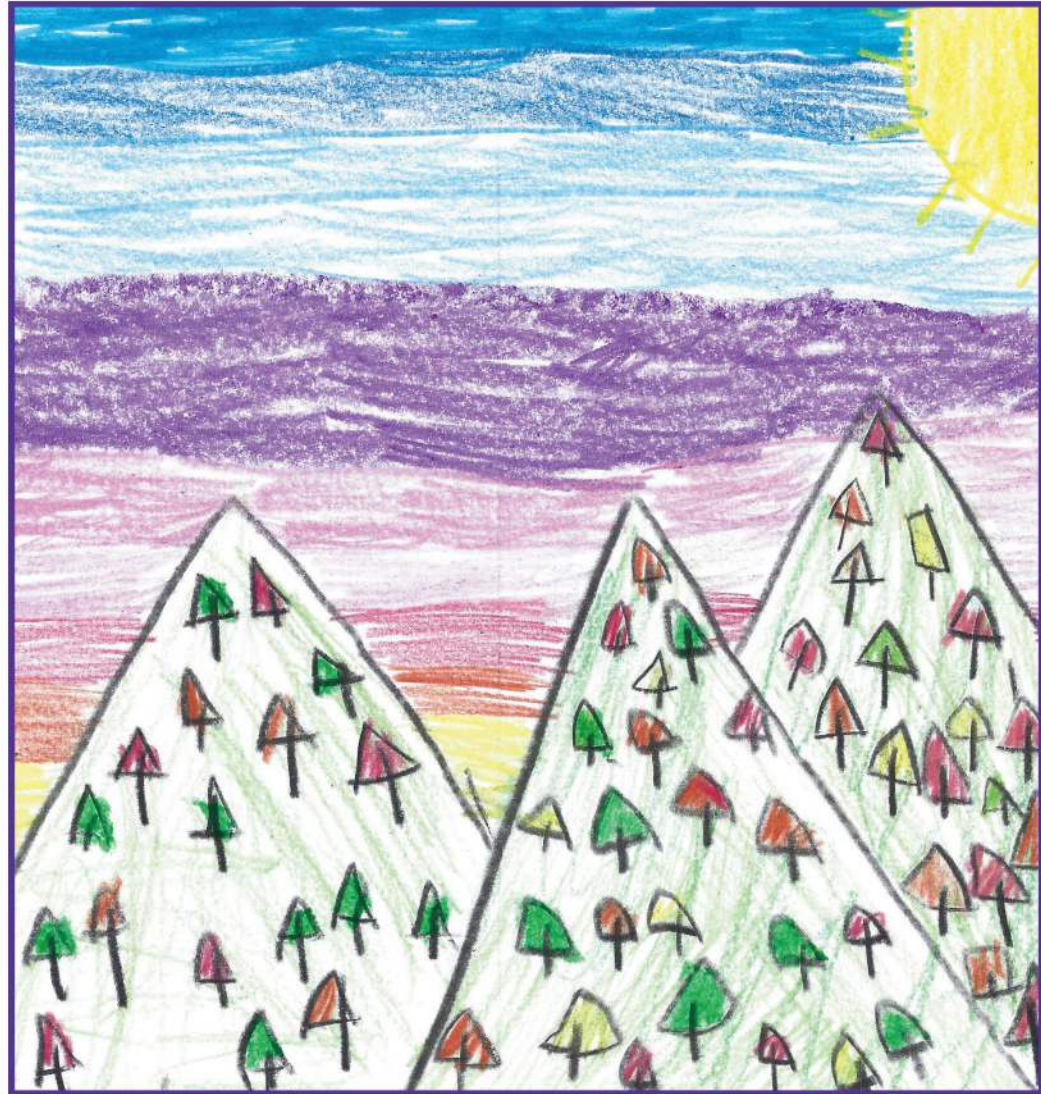
Tillamook County
WELLNESS
Making Healthy Happen

Helping Tillamook County:

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

tillamookcountywellness.org

A Program of Tillamook
County Public Health



HATTIE
GRADE 2
GARIBALDI GRADE SCHOOL

NOVEMBER



Tillamook Family Counseling Center

'Providing Quality Services Since 1983'

· (503)842-8201 · (800)962-2851

www.tfcc.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11 Veterans Day	12	13	14	15 America Recycles Day Beaver Moon	16
17	18	19	20	21 Great American Smoke Out	22	23
24	25	26	27	28 Thanksgiving Day	29	30 French Toast Breakfast, by Donation, at St. Mary's, Rockaway Beach

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

**Responsabilidad de Obsequios, los Productos
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 raspaditos, 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



JACOB
GRADE 2

TILLAMOOK ADVENTIST SCHOOL

DECEMBER

Become a QPR Gatekeeper!

QPR Gatekeeper is an 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
1	2	3	4	5	6	7 Household Hazardous Waste
8	9	10	11	12	13	14
15 Cold Moon	16	17	18	19	20	21 Winter Solstice
22	23	24	25 Christmas Day Hanukkah Start	26	27	28
29	30	31 New Year's Eve				



BEFORE THEY GET BEHIND THE WHEEL...

Make sure they understand the risks of drunk and drugged driving.

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how -- and when -- to begin the conversation, visit

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

www.samhsa.gov



Tillamook Family Counseling Center

Local Prevention Services are Available at the Tillamook Family Counseling Center

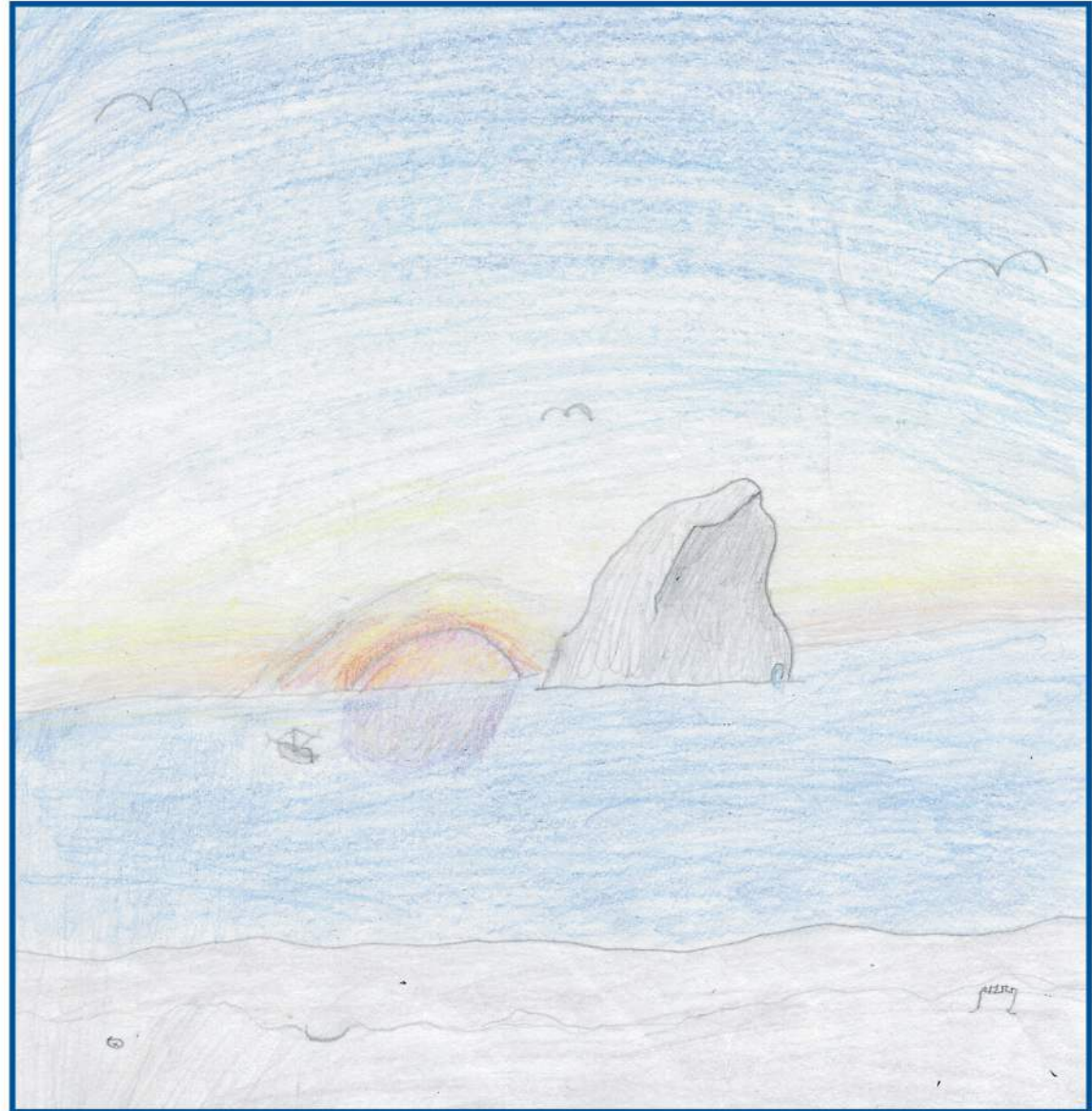
Services Include:

- 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



EVAN
GRADE 6TH
NESTUCCA VALLEY K-8 AFTER SCHOOL
JANUARY 2025

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

1
New Year's Day

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Tillamook County Solid Waste

Most favored option

REDUCE!

Lowering the amount of waste produced

REUSE!

Using materials repeatedly

RECYCLE!

Using materials to make new products

RECOVER!

Recovering energy from waste

DISPOSE

Safe disposal of waste

Least favored option

For more information about recycling or hazardous waste disposal, call (503) -815-3975 or visit www.co.tillamook.or.us/solid-waste



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

***** ECRWSS*****

Local
Postal Customer

Tillamook County Solid Waste Tillamook County Master Recyclers Making a Difference in our Neighborhood



SAFE AND PROPER DISPOSAL
of common hazardous items

Household Hazardous
Waste collection
dates in 2024



Tillamook Transfer Station
1315 Ekloff Road, Tillamook

9:00 am to 1:00 pm



Jan.—none
Feb. 3rd
March 2nd*
Apr.—none
May 4th
June 8th*
July 13th
Aug. 3rd
Sept. 14th
Oct. 5th*
Nov.—none
Dec. 7th

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

This facility **DOES NOT ACCEPT**
Ammunition, Explosives, or Medical waste

*CEG/Business event prior day, Registration Required



Tillamook County Solid Waste Department
503 Marolf Loop, Tillamook
Phone: 503-815-3975
E-mail: recycle@co.tillamook.or.us
www.co.tillamook.or.us/solid-waste

