

CITY OF SPRINGFIELD

DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Month

**Protecting, Connecting and Thriving:
Springfield We Are All Public Health**



CALENDAR 2024



CREATING A HEALTHY COMMUNITY

Special thanks to the following community organizations for sponsoring Public Health Month Events:


- ◆ American International College
- ◆ Baystate Health
- ◆ Baystate Health Mason Square Neighborhood Health Center
- ◆ Debora Hunt Education & Prevention Center, NNCC
- ◆ Faith Based Health Alliance
- ◆ Gandara Center, Inc.
- ◆ Hamden County Health Improvement Project (HCHIP)
- ◆ Heart2Heartbeat Lactation & Wellness
- ◆ Martin Luther King Jr. Family Services
- ◆ Maternal Child Health Commission
- ◆ New North Citizens' Council (NNCC)
- ◆ Parent Professional Advocacy League (PPAL)
- ◆ Pioneer Valley Planning Commission
- ◆ Project Baby
- ◆ Public Health Institute of Western MA (PHIWM)
- ◆ Springfield Community Connections Coalition
- ◆ Springfield Dementia Friendly Coalition
- ◆ Springfield Family Resource Center (SFRC)
- ◆ Springfield Department of Health & Human Services
- ◆ Stavros Center for independent Living Center
- ◆ Terry Rodriguez Health & Wellness Center, NNCC
- ◆ UMASS Amherst School of Public Health and Health Sciences, Center for Community Health Evaluation & Research (UMASS CCHER)

“Alcohol Awareness Month”; April 1-30th; (212)267-7797; national@ncadd.org
 “National Autism Awareness Month”; April 1-30th; (301) 657-0881; info@autism-society.org
 “National Minority Health Month”; April 1-30th; 1(800) 444-6472; info@minorityhealth.hhs.gov
 “Sexual Assault Awareness Month of Action”; April 1-30th; (717) 909-0710 ext. 116; resources@nsvrc.org
 “STI Awareness Month”; April 1-30; (919) 361-8400; info@ashastd.org

Sunday	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Sat 6
	 <p>Public Health Month Kick Off; 10:00am; CITY HALL—Ante Room 220</p>  <p>“Tobacco Focus Group”; 1:00pm-3:00pm; Hybrid/zoom /in person; 227 Berkshire Ave.; Sponsored by: Stavros Center for Independent Leaving & Public Health Institute of Western MA; (413) 781-5555 ext.333; Zoom link on Facebook page, gift cards for participants. Open to the public.</p>		<p>“Springfield Family Resource Center Community Café Healthy Choices Menstrual Health”; 10:00am-12:00pm; 1095 Main St.; Sponsored by: Springfield Family Resource Center-Gandara Center (413) 733-7699; Open to the public.</p> <p>“Desmond Tutu Lecture in Public Health”; 11:30am-12:30pm; American International College Campus Center Schwartz Auditorium; 1000 State St.; Sponsored by: American International College; (413) 205-3095; Open to the public.</p>	 <p>“Building Partnerships with Youth”; 10:00am-11:30pm; Zoom; Registration is needed; training@ppal.net; Sponsored by: Parent/Professional Advocacy League; Open to public.</p>		<p>“Moving to Young Adulthood: Social Security & Social Security Disability”; 9:30am-12:30pm; Zoom; Registration is needed; training@ppla.net Sponsored by: Parent/Professional Advocacy League; ; Open to public.</p> 

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Sat 13
<p>“World Health Day”; +41 22 791 21 11; www.who.int/world-health-day/en</p>			<p>“National Youth HIV & AIDS Awareness Day”; (202) 419-3420; www.youthaidsday.org</p> <p>“Talk Saves Lives: An Introduction to Suicide Prevention”; 9:00am—10:30am; Virtual—register training@ppal.net Sponsored by: Parent/Professional Advocacy League Inc. (see flyer)</p> <p>“SFRC Community Health Café Mental Health Relationship Awareness”; 10:00am-12:00pm; 1095 Main St.; Sponsored by: Springfield Family Resource Center-Gandara Ctr.; 413-733-7699; Open to the public.</p>	<p>“Black Maternal Health Week Celebration”; 10:15am; City Hall, Room 220; Sponsored by: Heart2Heartbeat & Lactation Wellness; Shenell Ford (413) 787-6100; Open to the public.</p> <p>“Using 413Cares to Strengthen the Social Fabric”; 12:00pm-1:00pm; Virtual Webinar: bit.ly/413Careswebinar ; Sponsored by: Public Health Institute of Western MA; (413) 795-7302; Open to the public.</p> <p>“Juvenile Justice Basics: Juvenile Justice 101”; 12:00pm-2:00pm; Virtual, register - training@ppal.net; Sponsored by: Parent/Professional Advocacy League; Open to the public.</p> <p>“Overview of Youth Mental Health”; 5:30pm-7:00pm; Virtual Training, bit.ly/YouthMHtraining; Sponsored by: Public Health Institute of Western MA; (413) 795-0633; Open to the public.</p>	<p>“Introduction to Motivational Interviewing”; 9:00am—12:00pm; Virtual training; Sponsored by: UMASS Amherst SPHHS/CCHER & HCHIP; (413) 883-1774; Not open to the public.</p> <p>“Public Health & Wellness Event”; 11:00am-2:00pm; New North Citizens Council -Terry Rodriguez Health & Wellness Ctr.; 284 Main St. I.O.; Sponsored by: New North Citizens Council; (413) 747-5755; Open to the public.</p>	<p>“Pastor’s Health Forum”; 9:00am; Holy Trinity Church of God in Christ; 57 Bay St/ Bishop Morgan Way; Sponsored by: Faith Based Health Alliance; (413) 219-4378 or vickilfrisby@gmail.com Not open to the public.</p>

Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Sat 20
		 <p>"Public Health & Wellness Event"; 11:00am-2:00pm; New North Citizens Council-Deborah Hunt Prevention & Education Center; 38 Catherine St.; Sponsored by: New North Citizens Council, (413) 747-5755; Open to the public.</p>	<p>"Springfield Family Resource Center Community Café First Aid Workshop"; 10:00am-12:00pm; 1095 Main St.; Sponsored by: Springfield Family Resource Center-Gandara Ctr.; (413) 733-7699; Open to the public.</p>	<p>"Help Prevent the Spread of Covid"; 10:00am-1:00pm; 1500 Main St., Suite 220; Sponsored by: Springfield Community Connection Coalition/New North Citizens Council; (413) 222-4968 (c)/(413) 301-7717; Open to the public.</p> 		

Sun day 21	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26	Sat 27
	<p>"Civic Engagement & Local Policy Change"; 5:00pm-7:00pm; UMass Tower Square. –Springfield; Sponsored by: PVPC; (413) 781-6045; Open to the public.</p>	 <p>"The State of Gender Equity in Western MA: New Findings & Local Action"; 1:00pm—2:00pm; Virtual Webinar: bit.ly/GenderEquityWebinar; Sponsored by: Public Health Institute of Western MA; (413) 795-7302; Open to the public.</p>	<p>"Faces of Faith"; 5:30pm-7:00pm; Virtual https://youtube.com/live/kGiBQKSDO4Y?feature=share; Sponsored by: Baystate Health; Open to the public.</p> <p>"Springfield Family Resource Community Café CPR Workshop"; 10:00am-12:00pm; 1095 Main St.; Sponsored by: Springfield Family Resource Center-Gandara Ctr.; (413) 733-7699; Open to the public.</p>	<p>"Advancing Climate Justice & Health Equity"; 12:00pm-1:00pm; Virtual Webinar; bit.ly/ClimateJusticeWebinar; Sponsored by: Public Health Institute of Western MA; (413) 795-7302; Open to the public.</p> <p>"Men's Health Awareness Day"; 4:00pm-6:00pm; Baystate Mason Square Neighborhood HC; 11 Wilbraham Rd.; Sponsored by: Baystate MSNH & UMASS, SPHHS/CCHER; bev-ans@umass.edu; Open to the public.</p> <p>"Healthy vs. Unhealthy Relationships"; 6:00pm-8:00pm; Martin Luther King Jr. Center, 3 Rutland St.; Sponsored by: Public Health Institute of Western MA; (413) 795-0633; Open to the public. To register: bit.ly/youthrelationships</p>	<p>"Introduction to Motivational Interviewing"; 9:00AM—12:00pm; VIRTUAL; Sponsored by: UMASS Amherst SPHHS/CCHER & HCHIP; (413) 883-1774; Not open to the public</p> <p>"Brain Health Conference- Everything you wanted to know Dementia and Were Afraid To Ask!"; 9:00am to 12:00 noon; Western New England University, 1215 Wilbraham Rd.; Sponsored by: Springfield Dementia Friendly Coalition, Martin Luther King Jr. Family Services, Inc.; (413) 250-7248; Open to the public.</p> <p>"Nursing Springfield; Let's Make Springfield a Breast Feeding City"; 9:00am-12:00pm; Educare Springfield; 100 Hickory St.; Sponsored by: Project Baby; (413) 794-7888; Open to public.</p>	
	<p>"Intergenerational Trauma/Ask a Therapist"; 5:30pm-7:30pm; New North Citizens Council-Youth Services Building, 4 Birnie Ave.; Sponsored by: Public Health Institute of Western MA; (413) 795-0633; Open to the public.</p>					



Preparing for Disaster
Sheltering in Place

Develop a Family Survival Plan.

Create a Family Survival Kit.

Know what/where/when resources are available.

Stockpile these items:

Water, one gallon of water per person per day. For drinking and sanitation.

Food, at least a three-day supply of nonperishable items, such as nuts, dried fruit and peanut butter.

Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries.

Flashlight and extra batteries.

First-aid kit.

Call to schedule a training: (413) 787-6761.



Please post!

PUBLIC HEALTH MONTH MISSION

**“To give visibility and recognition to the contributions of public health
and prevention services to Springfield’s well-being”.**