

Siouxland CARES

Special Edition e-News

National Random Acts of Kindness Day
February 17, 2020
#beKindbeSomebody

The Bullying Prevention Community Coalition, coordinated by Siouxland CARES, is celebrating National Random Acts of Kindness Day on Monday, February 17! This awareness campaign will promote community-wide kindness for a 24-hour period.

Get Involved:

[Visit our Facebook event page, here!](#) We're sharing kindness ideas leading up to February 17th. Feel free to take one of our ideas or find your own! Don't forget to post photos of your kind acts on the Facebook event page.

Additionally, we will be utilizing the hashtag #beKindbeSomebody. Please note, this is not a physical event at a specific time or location. Instead, when you mark 'Going' to the Facebook event you are agreeing to do something kind on February 17th!

Spread the Word:

We need your help! Please encourage your friends, family, colleagues, etc. to participate. Let's see how many people care about kindness in our community! You can share the Facebook event page, or forward this email.

Facebook Event Page:

[Visit the Facebook event page, here!](#)

CONTACT US:

siouxlandcaresdirector@gmail.com

Follow us on [Facebook](#).

Follow us on [Twitter](#).

Follow us on [Instagram](#).

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoison.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

[m](#)

www.primeagetoengage.com

Tri-State Curfew

The following curfew is in effect in Sioux City, Sergeant Bluff, and Woodbury County, Iowa, North Sioux City, South Dakota, South Sioux City, Nebraska, and Dakota County, Nebraska.

About:

The goal of the Bullying Prevention Community Coalition is to increase awareness, education, and empowerment regarding bullying issues in the community.

'beSomebody' is an awareness campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. This initiative provides direction to youth and adults to show that in order to make positive change, we must start with ourselves by displaying good character and standing up for what is right.



Please enforce these times in your home.

10:00 p.m. for minors under 14

11:00 p.m. for minors 14 and 15

Midnight for minors 16 and 17

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 510 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,531 hours in 2019 to CARES programs and services. The mission of CARES is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and related violence.