

Siouxland CARES

January e-News

Welcome! Thank you for following along with Siouxland CARES About Substance Abuse. Siouxland CARES is a community anti-drug coalition whose mission is to improve the quality of life in Siouxland by eliminating the abuse of alcohol and other drugs and its related violence. Learn more our online and offline activities below!

Upcoming Events!

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

What better way to start off the New Year than to spread some kindness? Join the Bullying Prevention Community Coalition as they celebrate National Random Acts of Kindness Day on Monday, February 17! This awareness campaign will promote community-wide kindness for a 24-hour period. To learn more, 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.iowapoisson.org

www.elks.org/dap

www.rosecrancejackson.org

www.stopbullying.gov

www.siouxlandmentalhealth.com

www.primeagetoengage.com

Other Resources

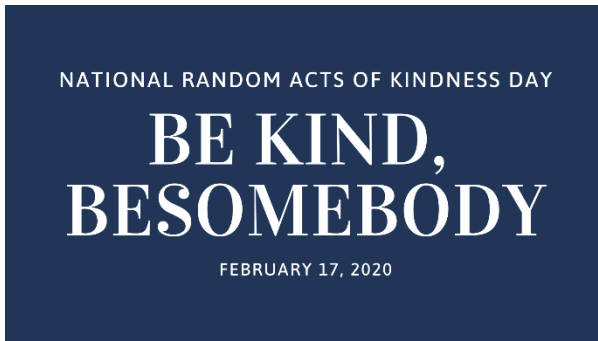
Contact the Boys Town National Hot Line,

1-800-448-3000 or

the National Suicide Prevention Lifeline,

1-800-273-8255

If you think someone is a victim of human trafficking, call the National Human Trafficking Resource Center, 1-888-3737.888, to obtain information and to access supportive



services for the
victim. www.acf.hhs.gov/trafficking

Get Involved!

Siouxland CARES is a volunteer driven community coalition formed to bring about community changes related to alcohol and other drug abuse and related violence. Are you interested in getting involved? Check out the opportunities below!

Advisory Board

The Advisory Board is made up of area professionals who represent our community systems. They come together once a month to discuss topics related to the abuse of alcohol and other drugs and related violence. The Advisory Board meets the first Thursday of the month at noon, except for the months of January, June and July. For more information, email siouxlandcaresdirector@gmail.com.

Bullying Prevention Community Coalition

The goal of the Bullying Prevention Community Coalition is to increase awareness, education, and empowerment regarding bullying issues in the community. The Coalition meets the first Thursday of the month at 10:30 a.m., February-April and September-November. To learn more, email siouxlandcaresbullyprevention@gmail.com.

Positive Youth Development Programs

Siouxland CARES facilitates positive youth development programs including the Sioux City Mayor's Youth Commission, Teen Court in Dakota County/South Sioux City and the Sioux City Young Ambassadors. To learn more about these programs, [please click here!](#)

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.

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.

The Anti-Drug is Communication.

Ask Who? Ask What? Ask Where?
It's not pestering, it's parenting!

Trustworthiness: Think it. Be it.

Respect: Give it. Get it.

Responsibility: Take it. Teach It.

Fairness: Share it. Practice it.

Caring: Show it. Receive it.

Citizenship: Have it. Honor it.

Make Your Character Count in Siouxland!

Siouxland CARES is part of the AmazonSmile Program where Amazon donates 0.5% of the purchase price of eligible products to



CARES if you select our charitable organization. It's easy. Go to this direct link for Siouxland CARES and shop:
<http://smile.amazon.com/ch/42-1331282!>

Please Donate Today!

Please consider supporting the efforts of Siouxland CARES. Your gift will allow us to continue providing much needed support as we work together to reduce the negative effects of alcohol and other drugs and related violence. Your investment in our organization helps us encourage youth to make the choice to be drug free and improve outcomes for children and families. Thank you for your consideration of a gift to CARES.

Please send your gift made payable to Siouxland CARES, 401 Douglas Street, Suite 519, Sioux City, Iowa 51101. Siouxland CARES is a 501(c)(3) tax-exempt non profit corporation. Gifts to Siouxland CARES are deductible to the maximum extent allowed by law.

Stay Informed!

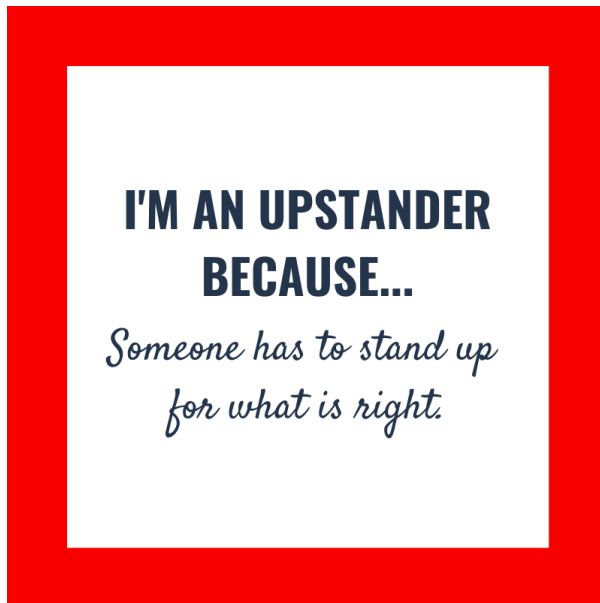
At Siouxland CARES, we work hard and have some fun along the way! Keep up with our wonderful volunteers, community partners and staff throughout the month by following us on social media! Click any of the links below to visit our pages:

- [Facebook](#)
- [Twitter](#)
- [Instagram](#)



beSomebody **Quote of the Month**

'beSomebody' is a social norming campaign on good citizenship, doing the right thing, role modeling, reducing bullying, and eliminating alcohol and other drug abuse. Recently, we asked high school youth why they are an Upstander. Each month, we'll highlight a different response. Check out our January quote in the image below!



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