

Siouxland CARES

May Offline Happenings!

May is Healthy Baby Month

Monday, May 1

Sioux City Mayor's Youth Commission/Young Ambassador Recognition Event

7:00 p.m. - 8:00 p.m.
City Hall, 405 6th Street
Sioux City, IA

Thursday, May 4

Bullying Prevention Community Coalition

10 a.m.
Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA

Thursday, May 4

Siouxland CARES Advisory Board Meeting

Noon - 1:15 p.m.
Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA

Monday, May 8

Sioux City Mayor's Youth Commission

6:30 p.m.
Grandview Park Disc Golf Course, Sioux City, IA

Sunday, May 14

Mothers Day

Tuesday, May 16

Iowa Partnerships for Success Underage/Binge Drinking Meeting

3:30-4:30 p.m.
Siouxland Chamber of Commerce Building
101 Pierce Street, Sioux City, IA

Tuesday, May 16

Dakota County Teen Court

5:00 p.m.
1615 First Avenue

CONTACT US:

cares@longlines.com

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FACT

May is Healthy Baby Month

There's no level of **alcohol** in **breast milk** that's considered safe for a baby to drink. When you drink **alcohol**, it passes into your **breast milk** at concentrations similar to those found in your bloodstream. ...

Remember, **breast-feeding** is the optimal way to feed a newborn and is recommended until a baby is at least age one.

[Breast-feeding and alcohol: Is it OK to drink? - Mayo Clinic](#)

Know the facts...Be In the Know...Let's Start Talking!!!!

Looking for some helpful websites?

www.drugfreeinfo.org

www.samhsa.gov

www.iowapoison.org

www.elks.org

South Sioux City, NE

Parents and Graduates...Party Right at Prom and Graduation

Make memories, NOT headlines.

Celebrate alcohol and other drug free.

Talk with your graduate...Research shows that parents do make a difference. Talking with your teen about alcohol now could prevent serious problems later.

Take the time to talk with teens about alcohol—it just may save a life. Prom and Graduation season is a time to celebrate.

Information from the U.S. Department of Health and Human Services, SAMHSA, National Institutes of Health. For more information please visit www.niaaa.nih.gov.

Have a Safe Prom!

May 6

Akron-Westfield
Bishop Heelan
East High
LeMars Public
North High
Remsen Union

Have a Safe Graduation!

May 13

Dakota Valley

May 21

Akron-Westfield
Bishop Heelan
Hinton
Lawton-Bronson
Le Mars Gehlen
Le Mars Public
River Valley
Sergeant Bluff
South Sioux City
Woodbury Central

May 27

East
North
West

www.jacksonrecovery.com

www.iowa.gov/oncp

www.stopbullying.gov

www.siouxlandmentalhealth.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

beSomebody

Find out more about the beSomebody campaign by connecting to the Siouxland CARES website at www.siouxlandcares.org or Like us on the beSomebody Facebook page.

JOIN the beSomebody initiative today and text "**41411**" and type **in besomebody to receive weekly text messages (rates may apply).**

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

MAKE MEMORIES...NOT HEADLINES

Celebrate Drug-Free!!

"Be In The Know" Series Successful

Laws, Policies, and Consequences were discussed at the "Be In The Know" session on April 24 in the Council Chambers, City Hall, Sioux City. One hundred twenty-one parents and youth attended this session coordinated by Siouxland CARES and the Sioux City Mayor's Youth Commission. Special thanks to Brad Bollinger, Sioux City Police Department, RoxAnn Smith, Jackson Recovery Centers, and Beth Noel, Past President, Siouxland CARES, for their support and participation.

About Siouxland CARES

Siouxland CARES (Community-wide Awareness, Resources, Education and Support) About Substance Abuse is a community coalition comprised of 412 volunteers. Volunteers for Siouxland CARES (representing 12 community systems) contributed 9,063 hours in 2016 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 now 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, 101 Pierce Street, 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.

