

# Greater Falls CONNECTIONS *A Monthly Community Newsletter*

Volume 2 | January 2024

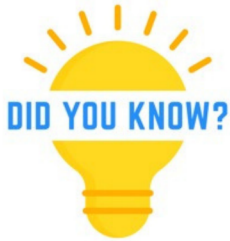


*Two community members joined GFC for the first Let's Get Crafty program in January.*

## **Let's Have Fun programs started**

GFC is hosting two new monthly programs - Let's Get Crafty and Let's Write Now! You can bring in your personal projects or use the materials provided. The craft program meets on the second Tuesday of each month from 2-3 p.m. The writing program meets on the third Tuesday of each month from 2-3 p.m. Both programs are held at Parks Place on the second floor. Please check our [Facebook page](#) for updates on cancellations. If you have questions or have a suggestion for a new program, please email [info@greaterfallsconnections.org](mailto:info@greaterfallsconnections.org).

## What is harm reduction?



Harm reduction is a research-based approach that looks to improve the health and safety for people who use substances, including methods such as needle exchange programs, expanding access to other services, and recovery services. This approach puts the focus on the people who are using substances and empowering them to make their own choices and set their own pace to heal and reach their personal health goals.

## Students attend state-wide tobacco summit

Earlier this month, Ginger Driscoll, GFC's prevention specialist, and school staff took six students from the Windham Northeast Supervisory Union to Vermont State University-Randolph Campus for the 802 Youth Leadership Summit.

The high school students participate in the Our Voices Xposed (OVX) and middle school students in the Vermont Kids Against Tobacco (VKAT). The goal of the summit is to find a way to help bring training to youth on storytelling, leadership and policy, and environmental and social justice skills to share their authentic voice.

VKAT and OVX students, school staff, and Ginger will be traveling to Montpelier on Feb. 13 for the Youth State House Rally.

## Make a donation to support our work

By donating to GFC you will help sustain our work throughout the Greater Bellows Falls area. We provide community building and substance use prevention for youth and young adults. We work with community partners in Windham and Windsor counties, the schools, community members, and families. If you would like to help support us by becoming a GFC Guide, you can start a sustaining donorship today! To find out more or make a donation, click [here](#).

## Do you need Narcan?

GFC has free Narcan to share with community partners and residents. Having Narcan on hand can help people who are overdosing on an opioid. If you would like to get some Narcan, please reach out to Ginger at 802-463-9927 or [ginger@greaterfallsconnections.org](mailto:ginger@greaterfallsconnections.org). Residents can stop by the office located in Parks Place from 10 a.m. to 4 p.m., Monday to Friday. Please reach out to us if you or your organization are interested in receiving training on how to use Narcan. If you are currently experiencing an emergency situation, please call 9-1-1.

## Community input sought

Every year GFC seeks input from the community on what is needed for support and how we can help. The survey should take less than 10 minutes to fill out. If you have any questions, please reach out to Neil at [neil@greaterfallsconnections.org](mailto:neil@greaterfallsconnections.org). The survey can be found at [surveymonkey.com/r/PJK8YMG](https://surveymonkey.com/r/PJK8YMG)

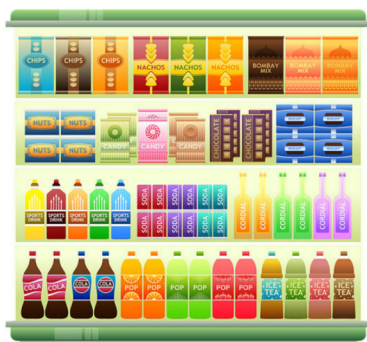


Feedback

## Seeking new advisory board members

The Advisory Board at GFC is seeking new members ages 13 and older. The only qualification is that you live or work in the greater Bellows Falls area and care about providing a better community for all and reducing substance misuse, especially among youth and young adults. The board meets on the 4th Monday of each month from 5:30 to 7 p.m. To sign up, please click [here](#). For more information, email Neil at [neil@greaterfallsconnections.org](mailto:neil@greaterfallsconnections.org).

## Try being substance free for a month



GFC is encouraging the community to eliminate a substance for a month. Dry January is coming to a close, but the journey doesn't have to end there! It could be anything from tobacco to alcohol, cannabis, sugar, caffeine, or anything else. It could also be something like gambling or technology. Setting small goals, like stopping for a month, is a great way to start making life changes to feel your best.



## Advisory Board meetings move to fourth Monday

The meetings for the GFC Advisory Board have moved to the fourth Monday of the month, from 5:30 to 7 p.m., at Parks Place on the second floor. The meetings are open to the public. If you're interested in finding out more about what GFC does, come to a meeting and ask your questions.

## Director completes nonprofit leadership training

Neil Allen, GFC's director, recently finished Common Good's nonprofit leadership program for directors, especially those who are new to the position. For the last four months, Neil has been learning about various aspects of being the leader of a nonprofit including fundraising, storytelling, HR, and advocacy. "It was a great program and I met many other wonderful directors who are doing good work in their communities and found resources that I could share with local partners," Neil said. She received a full scholarship for the training, which allows the coalition to devote the funds not used on local activities.



## Outburst Teen Night

Friday, Feb. 2, from 7 to 9 p.m., at Main Street Arts in Saxtons River. For teens 13 to 19 years old. Come hang out in a welcoming space – do art, chat, listen to music, write, or sing a song. Free snacks and drinks. Please check the Facebook event page for updates on cancellations.

## Write Here

Join us for a FREE writing group for LGBTQIA+ writers of any skill level, age 15 and older. Stop by Parks Place from 2-4pm on the second Saturday of each month. More information can be found here. Please check our Facebook page for updates on cancellations.

## Let's Get Crafty

The community age 18 and older is welcome to join us for crafting fun! In February, we'll have lots of fun Valentine's Day crafts as well as our other materials. The program meets the second Tuesday of each month from 2-3 p.m. The program is held at Parks Place in Bellows Falls on the second floor. Please check our Facebook page for updates on cancellations.

## Let's Write Now

The writing program meets on the third Tuesday of each month from 2-3 p.m. You can bring your own notebook, journal, or device. We will have notebooks and pens available. It is open to those age 18 and older at Parks Place in Bellows Falls on the second floor. Please check our Facebook page for updates on cancellations.

## Advisory Board Meeting

Monday, Feb. 26, from 5:30 to 7 p.m., at Parks Place in Bellows Falls. The community is invited to attend. Please check our Facebook page for updates on cancellations or location changes.



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"You are receiving this email because you expressed interest at one of our events, meetings, or other venue."

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