## COLUMBIA





UPDATE MARCH 2023



## TOWN OF COLUMBIA OFFICE OF THE FIRST SELECTMAN & TOWN ADMINISTRATOR

So far this winter we have had unseasonably warm weather which has allowed us to move forward on projects that would normally have to wait until spring. We have made significant progress with the construction of the Department of Public Works office building. The foundation, framing and plumbing have been completed.

The America the Beautiful Grant is well underway. This grant provided the funding to conduct a tree inventory and management plan for the trees on the town green and town hall campus.

We have also been busy with several other grants. These grants include:

- The Horace Porter School HVAC: The February 23rd Referendum passed that would allow the town to appropriate \$1.8 million for an HVAC system and indoor air quality improvements in the A-wing at the school. In late February/March a final decision will be made on whether the project grant remimbursement of potentially 51% will be awarded by the State of CT.
- **Electronic vehicle (EV) charging stations** (pending the second part of the grant decision).
- Neglected Cemetery grant for \$5,000 for repairing of the grounds fences/walls, repair and restoration of memorial stones, clearing of weeds, brush, etc. and mowing of the grounds is pending approval.

In addition to the projects and grants underway, the budget process continues. There will be budget presentations by the Superintendent of the Horace W. Porter School and the Town Administrator to the Financial Planning and Allocation Commission (FiPAC) on 3/15/23 at 7:00 PM. FiPAC will have a budget workshops on 3/22/23, 3/29/23, 4/5/23 (tentative), and 4/12/23 (tentative) at their scheduled Special Meeting. The Public Hearing on the budget with a FiPAC Special Meeting to follow will be held on 4/26/23.

The Annual Town Budget Meeting will be called by the Board of Selectmen per the Charter between the 2nd Tuesday of May and the 1st Tuesday of June. The date of the Annual Town Budget Meeting will be posted on the town's website at <a href="https://www.columbiact.org">www.columbiact.org</a> and at the Town Clerk's Office.



## TOWN OF COLUMBIA OFFICE OF THE FIRST SELECTMAN & TOWN ADMINISTRATOR

The Columbia Volunteer Fire Department (CVFD) is holding additional CPR training free for Columbia residents in March. The first class has already filled up, but there are some openings left in the second session. They recently completed a free CPR class last month with a great turnout! Attendee's voiced their appreciation to the fire department for providing this important training. Please read all about how to sign up on Page **19** of the newsletter.

The Columbia Volunteer Fire Department is one of two fire departments, east of the river, that are **completely volunteer** and they are actively recruiting for more volunteers. CVFD will be having an Open House on March 19th from 9:30 to 3:00. Please consider volunteering! For more information please check out Page **20** of the newsletter or visit the **fire departments website**.

**EVERBRIDGE NOTIFICATIONS:** We will from time to time issue an Everbridge Notification with a message from the First Selectman, Steven M. Everett to help keep you informed. If you would like to sign up for Everbridge Notifications please go to the Town's website and on the **Everbridge Notifications** tab.

**EMAIL NOTIFICATIONS:** To receive Town news please go to the Town's website and click on the **Email Notifications** tab.

If you need assistance please do not hesitate to call the Town Administrative Office or the First Selectman at 860-228-0110 or email us at <a href="townadministrator@columbiact.org">townadministrator@columbiact.org</a>.

Steven M. Everett, First Selectman Mark B. Walter, Town Administrator 323 Route 87 Columbia, CT 06237 860-228-0110





## UPCOMING TOWN MEETINGS

Many meetings will be held by utilizing remote access; however, some meetings are being held in-person. Please check the Town calendar and the Agenda posted for directions on login information if virtual, or the meeting location if in person. Each board or committee will provide the information needed to join using an on-line conferencing platform. Please check the Town of Columbia's website for updates.

#### **UPCOMING TOWN MEETINGS**

3/01/23 Wed: Lake Management Advisory Committee, 7:00 PM

3/06/23 Tue: Board of Education, 7:00 PM

3/06/23 Mon: Inland Wetlands & Watercourses Commission, 7:00 PM

3/07/23 Tue: Board of Selectmen, 7:00 PM

3/08/23 Wed: Fiscal Policy Board, 8:30 AM

3/08/23 Wed: Board of Assessment Appeals, 7:00 PM

3/08/23 Wed: Economic Development Commission, 7:00 PM

3/13/23 Mon: Planning & Zoning Commission, 7:00 PM

3/15/23 Wed: Financial Planning & Allocation Commission, 7:00 PM

3/16/23 Thur: Open Space Committee, 9:00 AM

3/21/23 Tue: Hop River Preserve Committee, 5:30 PM

3/21/23 Tue: Board of Selectmen, 7:00 PM

3/23/23 Thur: Zoning Board of Appeals, 7:00 PM

3/27/23 Mon: Planning & Zoning Commission, 7:00 PM

Public Comment will be accepted by our dedicated email at <a href="mailto:PublicInput@columbiact.org">PublicInput@columbiact.org</a> or by USPS mail to 323 Route 87, Columbia, CT 06237 and must be received prior to the meeting (public comment received after the meeting will be shared at the next meeting).

**BECKISH SENIOR CENTER:** 

## Claney HIIT & Fit

## Classes Start Monday, April 3, 2023 Monday and Wednesday 8:45-9:45am:

<u>Dance Fit</u>—Have fun working out while dancing. This class incorporates exercises and dance moves all in one. Upbeat fun music and rhythms make the time fly.

## **Monday Afternoons 1:30-2:30pm:**

All Level Gentle Yoga—Join us in our relaxing yoga and stretching class. This class will help improve flexibility, balance, and mobility. All levels welcomed.

## Friday Mornings 8:45-9:45am:

<u>Strength & Mobility</u>—A fun light weight bearing workout focused on balance, mobility, and strength to give you the confidence to go about your day. Workouts accommodate all fitness levels. Chair or standing.



## **Exercise Packages:**

### 2 Classes a week

4 week membership \$25 8 week membership \$40



### 3 Classes a week

4 week membership \$48 8 weeks membership \$72



#### **SOCIAL SERVICES:**



## There is still time to apply for Heating Assistance!

#### **Energy Assistance**

Help with heating costs is available for qualified renters and homeowners who heat with deliverables (oil, propane, wood) or utilities (gas or electric) through the state of CT Energy Assistance program.

The income limit is as follows:

Annual Gross Income must be under: \$39,027 for a household of 1 \$51,996 household of 2 \$64,230 household of 3

Proof of the last four weeks of income and utility bills are required. First time applicants must submit proof of social security cards. Again, this year, there is no asset test for this program.

To apply through Columbia Social Services, contact Katie Wilt at 860-228-1008 for an appointment.

Applicants can also apply online at, https://ctdss.force.com/heatinghelp/s/, or through ACCESS (860-450-7400).

Applications can be downloaded at:
https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply
Or, contact Katie Wilt at 860-228-1008 for an application.

Applications are currently being accepted. The deadline to apply is May 31, 2023.

If you are having issues with your application being processed, please reach out to me for support.

#### **SOCIAL SERVICES (CONTINUED):**

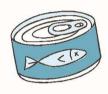


## With the rising cost of food, check out these resources to support!

#### **Mobile Foodshare**

Mobile Foodshare provides an opportunity to receive perishable food. Food varies depending on the supply, but can include things like fresh fruits and fresh vegetables. You do not need to show any ID. There is not income eligibility test and you can attend any location. Mobile Foodshare comes to the Columbia Senior Center twice a month as well as other location throughout the state. For a schedule and locations see below. If you have questions about the Columbia location please contact me at 860-228-1008. https://ctfoodshare.org/get-help/programs/









For Columbia residents in need of non-perishables and to check availability of toiletries, please contact Katie Wilt at 860-228-1008 to access the **Town** of Columbia Food Bank.



#### **Hebron Interfaith Human Services**

Provides a client choice pantry open to Columbia residents. Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm and is located at 26 Pendleton Drive, Hebron CT



See if you qualify for **SNAP** (formerly Food Stamps)
End Hunger CT has a free SNAP prescreener that is confidential. Visit www.endhungerct.org/prescreener or call (866)974-SNAP (7627)

Katie Wilt | Community Social Services Coordinator

#### kwilt@columbiact.org

860-228-1008

(Office hours: Monday - Thursday 8:30 am - 5:00 pm and Friday 8:30 am to 12:30 pm)

**RECREATION DEPARTMENT:** Will March roar in like a lion and go out like a lamb? That is still to be determined, but regardless, we have you covered with activities to keep you active until Spring springs! Join an activity today!

February Recap: February kicked off with our Girls in Sports Day event at E.O. Smith High School. Girls ages 8 -13 participated in various sport clinics throughout the morning finishing with a team challenge session. Here are a few photos from the day:







Columbia's own Mary Roickle in the huddle leading a basketball session.

Team Challenge

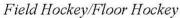
Track and Field







'Cross the River' Team Challenge







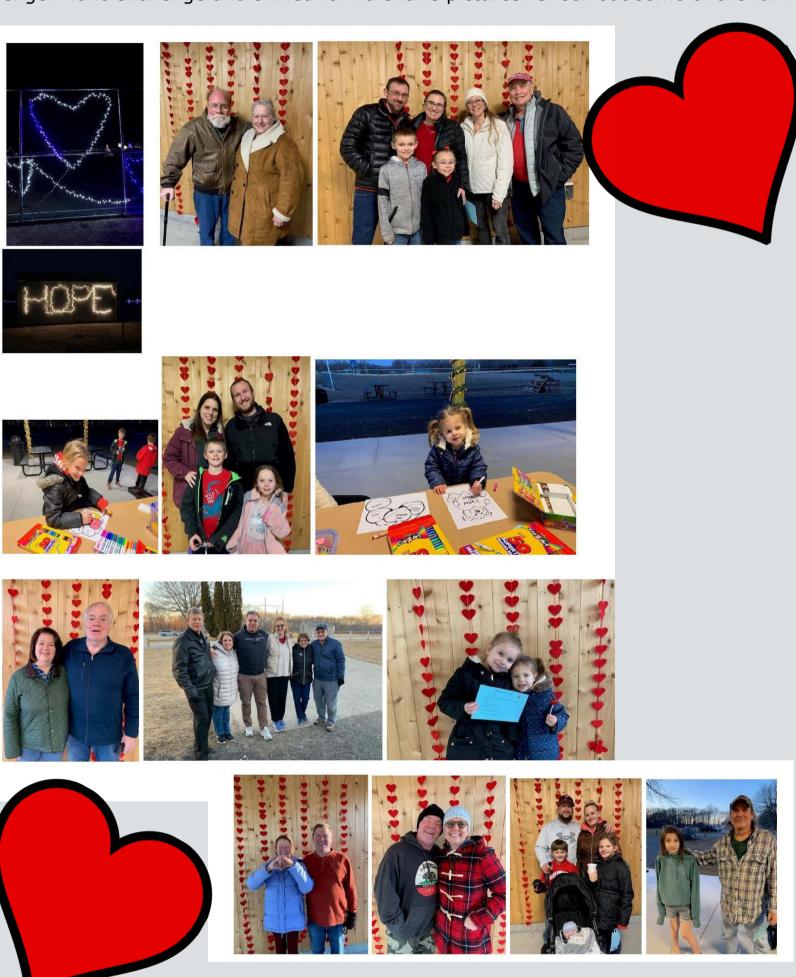


'Square' Challenge

Tennis

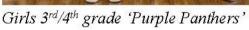
Lacrosse

**RECREATION DEPARTMENT (CONTINUED):** The air was brisk, but we had a beautiful night for our **Valentine Day Stroll through Rec Park.** The lights were aglow, cocoa was plenty, and sweethearts and families of all ages strolled through the park, tried out the Scavenger Hunt Challenge and smiled for Valentine pictures. Check out some of the fun:



RECREATION DEPARTMENT (CONTINUED): Youth Basketball was in full force throughout February. All teams completed a 10-week season with the older divisions entering playoffs for the first time in a few years, post COVID. Columbia represented the Eastern CT Basketball League well with good sportsmanship and strong play throughout competition. Championships were won by the Columbia Boys' 3rd/4th and Boys' 5th/6th teams, with other Columbia teams still in play for title games that will be played later this week for the Girls' 5th/6th, Girls' 7th/8th and Boys' 7th/8th divisions. Way to go, Columbia Hoops!







5<sup>th</sup>/6<sup>th</sup> grade girls to play in Championship game







7<sup>th</sup>/8<sup>th</sup> grade boys advance!

7<sup>th</sup>/8<sup>th</sup> grade girls advance! 5<sup>th</sup>/6<sup>th</sup> grade Boys Championship game ~ All Columbia!

A very, VERY, special THANK YOU to all our volunteer coaches and Commissioner Brad Earnest who gave their time, energy, and love for the game to our young basketball players this season. We certainly could not have had a successful season without them. The coaches did a terrific job teaching basketball, sportsmanship, and teamwork. Thank you, Brad, for your countless hours and hours and HOURS of gym time, emails, paperwork, preparation, and peacemaker as the commissioner of the Eastern CT League and Columbia's gym operator for our recreation basketball league.

#### **RECREATION DEPARTMENT (CONTINUED):**



Boys' 3<sup>rd</sup>/4<sup>th</sup> grade Champs

3<sup>rd</sup>/4<sup>th</sup> grade boys' division

5<sup>th</sup>/6<sup>th</sup> grade boys to play for championship

## **Upcoming Events:**

**Big East Tournament Tickets @ Mohegan Sun, March 3 – 6.** The following promo was sent by the CT Sun: The Mohegan Sun Arena is hosting the Women's Big East 2023 Tournament

from March 3 – March 6, and your youth basketball team can watch women's basketball at the highest level at an affordable price. Limited tickets are available, so if you are interested, act quickly! Please *click here* for the link to access.

Hippity Hoppity, it's an Easter Egg Hunt! ~ Saturday, April 1st @ 10:00 a.m. (Rain Date: April 2nd). Come and join the fun with the whole family. Photo opportunities with the Easter Bunny, arts and crafts, guess the candies, age divisions, prizes awarded for special eggs found. Location: New Pavilion and upper fields (add flyer)



#### **RECREATION DEPARTMENT (CONTINUED):**

### **Upcoming Events:**

**Saint Patty's Day Fun @ Rec Park** ~ Thursday, March 16th 5:30 – 7:00 p.m. Help us find sneaky Leprechauns, their coins, and pots of gold too. Games, crafts, lights, and treats. Location: New pavilion and Playground Area.



### 2-4-1 Sports Camp:

**August 14th – 18th.** Looking for a unique, fun-filled camp for your child this summer? 2-4-1 Sports Camp may be what you are looking for. See flyer for more information or click here for website.



Offered in Partnership with Columbia Parks and Recreation

Scan me for

more info

weather

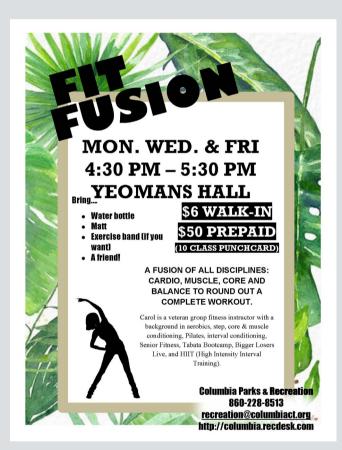
#### **RECREATION DEPARTMENT (CONTINUED):**

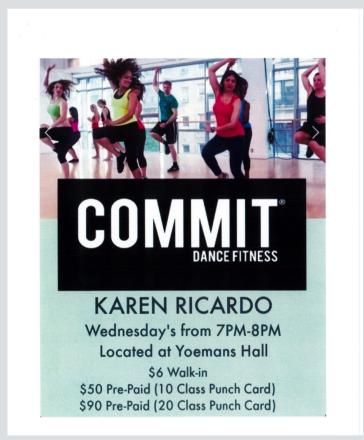
#### **EXERCISE PROGRAMS:**

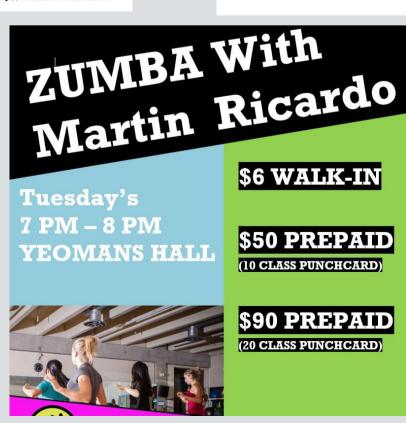
**FIT FUSION** ~ \*Mondays/Wednesdays/Fridays, 4:30 - 5:30 @ Yeoman's Hall and NOW FRIDAYS! Join instructor Carolyn Ritchie for a total body workout for all fitness levels.

**ZUMBA** ~ Tuesdays, 7 - 8 PM @ Yeoman's Hall. Join instructor Martin Ricardo for an exhilarating, heart pumping dance class. Fun & Fitness all in one!

**COMMIT** ~ Wednesdays, 7 - 8 PM @ Yeoman's Hall. Join Instructor Karen Ricardo for a fun, high intensity interval training style dance class from music all over the world. All ages, fitness levels and abilities welcome!







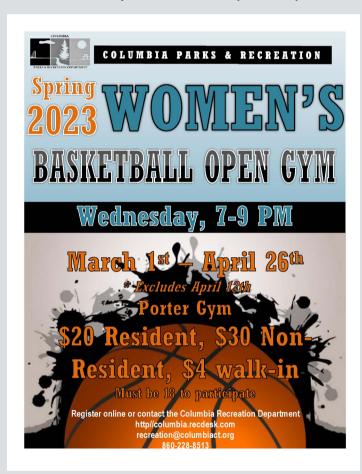
#### **RECREATION DEPARTMENT (CONTINUED):**

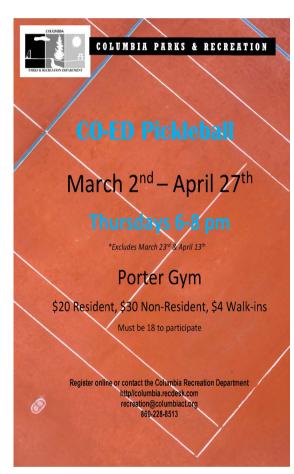
**ADULT PROGRAMS:** Registration open for all adult programs can be done online through RecDesk or a walk-in option. <u>Click here</u> to register online.

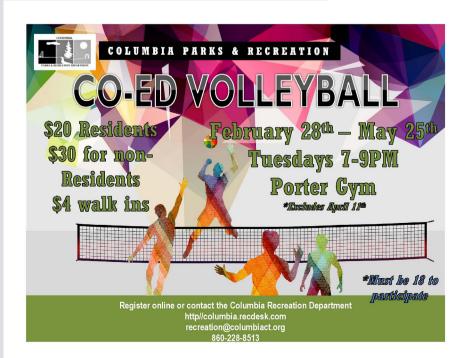
**CO-ED VOLLEYBALL** ~ Begins \*March 7th: Tuesdays, 7 - 9 PM @ Horace Porter School. \*Due to wintry forecast, March 7th first date

**INDOOR PICKLEBALL** ~ Begins March 2nd: Thursdays, 6 - 8 PM @ Horace Porter School.\*Due to winter woes, schedule pushed to later start date than originally posted.

**Men's Basketball** ~ Mondays, 8 - 10 PM (will move to 7-9 PM April 3rd) @ Horace Porter School. Must be 18 years old to participate.







RECREATION DEPARTMENT (CONTINUED): SURVEY: Thank you to all who have completed the Parks and Recreation Survey. We greatly appreciate the time you gave to provide us your thoughts and experiences with Columbia Parks and Recreation. Terrific ideas and insights were given. We have decided to leave the survey open until March 7th in hopes to gain more responses for further insight. If you have not completed the survey, please take this opportunity to do so. We want to hear from you to help guide our future direction in programming. Click here to begin Survey.

#### **RECREATION BUSINESS**

**WE'RE HIRING:** *LIFEGUARDS* & *SWIM INSTRUCTORS* needed for the summer at Columbia Lake. Countdown to summer fun! Start planning for your summer job now. Not certified? We will provide the training and certification. Call the Rec office for more details at 860-228-8513.)

**RETURN THOSE GATE KEYS!** Please drop off at the Rec Department, Murphy House, Beach Road.

**BOAT AND KAYAK MOORING**: The Town of Columbia will hold its annual Boat Mooring Lottery at a Board of Selectmen meeting in April. The purpose of the lottery is twofold. First, it establishes eligibility to rent a mooring (since there are usually more applicants than available moorings). Second, it establishes the order in which residents will choose the location of their boat mooring. More information will be posted in the coming month.

**SPONSORS NEEDED:** Looking to partner with Columbia Parks and Recreation? Being a sponsor is a great way to promote your business to the community. We are currently making plans for many upcoming events where sponsorship is needed: Summer Concert Series, Dinner and a Dip, Road Race, and swim races to name a few. Contact the Parks and Recreation Department to sponsor a sign at Rec Park or one of our major events.



**A HEARTFELT THANK YOU** to Robin Green and the **Discovery Zone Learning Center** for being a 2023 Platinum Sponsor!

### **RECREATION DEPARTMENT (CONTINUED):**

#### **AROUND TOWN**







A warm February afternoon at Rec Park

Mom has the form!



 $Tom\ Mc Grath\ leading\ the\ way\ on\ the\ Szegda\ Farm\ Trails\ one\ warm\ February\ day.$ 

Debra Fiske, Director of Parks & Recreation

323 Route 87, Columbia, CT, 06237

recreation@columbiact.org or 860-228-8513

HOURS: Mon-Wed: 8am-4pm, Thurs: 8am-6pm, Fri: 8am-12pm

TAX DEPARTMENT: The last day to pay the second installment of the Real Estate, Personal Property and the Supplemental Motor Vehicle taxes without a penalty was February 1, 2023. Taxes not paid on or before February 1, 2023 will be charged interest at the rate of 1½% per month (18% per year) from the due date of January 1, 2023 (4.5% for January, February, and March). The minimum interest charged is \$2.00 (per vehicle). Failure to receive a bill does not invalidate the tax or interest per CT State Statute. Bills are not sent for the second installment.

Please be aware that using the official US blue post office box may not guarantee the postmark of the day you drop it in the box.

Mailing address for tax payments:

Town of Columbia

Dept # 347

PO Box 150512

Hartford, CT 06115-0512

Drop boxes for payments and correspondence are located at the right side of the entrance of the Town Hall and in front of Yeoman's Hall. The drop boxes are emptied at 8:00AM each weekday, weekend tax payments are processed on Monday. Tax payments put in the drop box after 8:00AM will be processed the next day the Tax Office is open.

Regular office hours for the TAX OFFICE: Monday through Wednesday 8:00-2:00, Thursday 10:00-6:00 and closed on Friday.

You can view and pay taxes online. Service fees for tax payments are, .95 cents to use a bank account and 2.95% for credit and debit cards.

To find your tax bills online:

- go to <u>www.columbiact.org</u> and click on the pay taxes online tab.
- on the next page click on the square that says view/pay tax bills.
- the search criteria will need to be entered exactly how the tax bill is written. last name, space, and your first initial.

You can also utilize this site to look up your payment history. Locate your bill using the instructions above, then hover over the icons in the option column and select tax payment history. If you have any problems using the online system, please contact the Tax Office at 860-228-0230 or <a href="mailto:taxcollector@columbiact.org">taxcollector@columbiact.org</a> and we will gladly assist you.

**TAX DEPARTMENT CONTINUED:** For those seeking an immediate clearance for DMV due to delinquent taxes please contact the Tax Office at 860-228-0230 or <a href="mailto:taxcollector@columbiact.">taxcollector@columbiact.</a> org for information on the process. Paying the tax bill online does not clear you immediately at DMV. You will need to contact the tax office during the tax office hours for assistance.

**TOWN CLERKS OFFICE:** It is business as usual in the Clerk's office for all those services that you might need – Recording and Searching of Land Records, Marriage licenses, Certified copies of Vital Records, Fishing and Hunting licenses, Dog Licenses, Transfer Station stickers, etc.

For your convenience, there is a large white drop box outside the doors to Yeoman's Hall. This box can be used to drop off items for the Town Clerk and is shared with other offices in Town Hall.

Should you have any questions or concerns, please do not hesitate to call us or reach out to us by email – Robin (<a href="mailto:townclerk@columbiact.org">townclerk@columbiact.org</a>) or Gail (<a href="mailto:atownclerk@columbiact.org">atownclerk@columbiact.org</a>).

We are happy to help!!

#### **COLUMBIA VOLUNTEER FIRE DEPARTMENT: THE CVFD NEEDS YOU!**

Help us become a HEARTSafe community by learning CPR and becoming a link in the chain of survival.

The CVFD has open spots still available for a CPR class on Sunday, March 19th from 12:30 PM - 2:30 PM. Free to Columbia residents.

Minimum age is 12 (must be accompanied by an adult)

Registration will be to this email address: <a href="mailto:registration@columbiafire5.org">registration@columbiafire5.org</a>

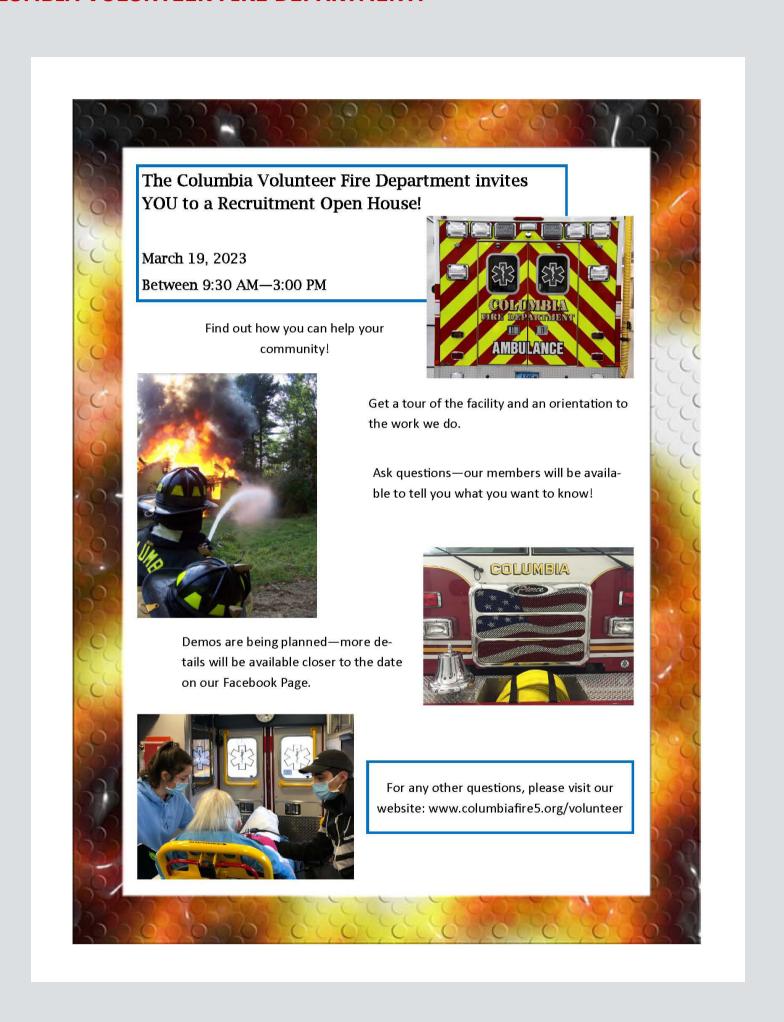
First email first serve. Class seats will be filled based on when your request is received via email.



In your email to <a href="mailto:registration@columbiafire5.org">registration@columbiafire5.org</a> please include the following:

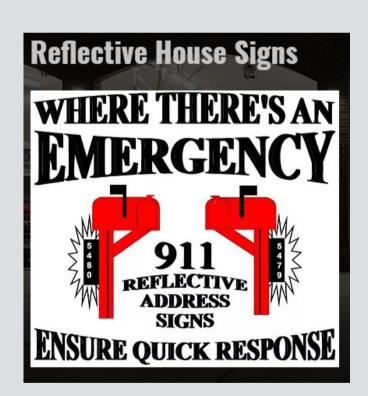
- 1. Your full name and the full name(s) of family or friends you are registering.
- 2. Your address of residence in Columbia Connecticut.
- 3. A phone number we can reach you at.

#### **COLUMBIA VOLUNTEER FIRE DEPARTMENT:**



#### **COLUMBIA VOLUNTEER FIRE DEPARTMENT CONTINUED:**

**REFLECTIVE ADDRESS MARKERS:** Community members can help the volunteers who respond to calls by clearly marking your house number in a visible manner on the street. The CVFD makes and sells reflective house number signs that help us quickly and easily identify your house; this often saves precious time. To order the Reflective Address Markers please go to the Columbia Volunteer Fire Department's web-page at <a href="https://www.columbiafire5.org">www.columbiafire5.org</a> and download the printable form or you can fill out the electronic form on-line. The price is \$10.00 per sign or \$12.00 with mounting brackets.



COLUMBIA DEMOCRATIC TOWN COMMITTEE: The Columbia Democratic Town
Committee (CDTC) will host a Civic Forum for residents of Columbia on March 14, 2023
from 7:00-9:00PM at The Beckish Senior Center. The purpose of the Civic Forum
is to provide an opportunity for Columbia residents to learn how their town government
functions. Additionally, the CDTC hopes that the forum will spur civic engagement
and participation. Representatives from each—the Board of Selectman, the Board of
Education, the Financial Planning and Allocation Commission, and the Planning and
Zoning Commission--will comprise a moderated panel discussion regarding their roles
and processes in town government. We encourage members of the community to ask
questions of panel members. We will video record the event (with signed waivers) and
post it on the CDTC Facebook page. We encourage Columbia residents to attend and
will provide refreshments and an opportunity for socializing following the formal panel
discussion.

**SAXTON B. LITTLE LIBRARY:** We hope that Spring comes soon!

March bas a lot happening at the Library. Please join us:

- 1 pm March 9th for a special Zoom presentation on the Hello Girls of WWI
- At 5 on the 9th, sign up to read to a dog! Or just come talk with him, he likes that too!
- Don't forget to join us every third Wed at 5:30 for our local chapter of the national Silent Read Book Group.
- Come build leprechaun traps on the evening of March 16th
- Starting 3 pm Monday March 20, we'll have our first ever indoor plant swap!
- And don't forget to register for the second annual "Where DID the crayons go?" diorama contest.

As always, check our calendar and website for more!

The town of Columbia is currently involved in the annual budget process. Your participation is important – stay involved!

#### See you in the Library!

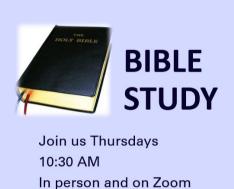
To sign up for a program or get more information, visit our website at: <a href="www.columbiactlibrary.org">www.columbiactlibrary.org</a>. Call us: (860) 228-0350 or email: <a href="mailto:SBL@columbiactlibrary.org">SBL@columbiactlibrary.org</a>

Sue Epstein, Library Director

#### **COLUMBIA CONGREATIONAL CHURCH:**

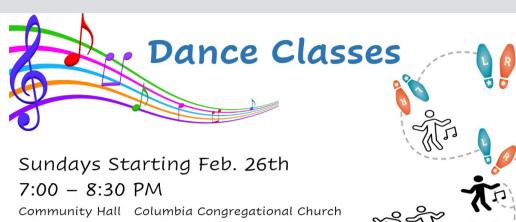






WOMEN of the BIBLE Starting January 26th





Joe Belanger, Professional Dance Instructor & Physical Therapist

No experience needed \$15 at the door



#### Church School is Back



Join our Church School Facebook Group!

We will be meeting the 1st & 3rd Sundays of the month during the service.

\*\*\*\* MARCH 5th & 19th \*\*\*\*

If you have any questions or interest in joining us, please contact Wendy Tomlinson or the church office.

### WELCOME! MARCH HAPPENINGS



Services 10 AM Sundays with Rev. MaryAnn Purtill Live & on YouTube

Church School during services March 5th & 19th Outdoors with God for all Ages March 26th 2 PM

Thursdays 10:30 AM Live & on Zoom Wednesdays 7 - 9 PM "The Chosen" Bible Study Watch Parties Pastor's Pasta Suppers Sunday evenings 5 – 7 PM during Lent

2nd Saturday Breakfast 8-11 AM March 11th Simple Sustenance Soup, Bread, Pierogis on the 4th Sunday Pierogi making Sundays after church

For details check out our webpage: Columbiacongregationalchurch.org



325 Route 87 PO Box 177 Columbia, CT 06237

860 228 9306

Columbiacongregational church.org

Find us on Facebook and on You Tube

## PASTOR'S PASTA SUPPERS

JOIN US SUNDAYS DURING LENT\* 5 - 6 PM SUPPER 6 - 7 PM LENTEN PROGRAM

Pasta dish will be provided. Feel free to bring a side dish or dessert to share or just join us!



#### AHM:

## **QPR & Narcan Training** (Question, Persuade, Refer)

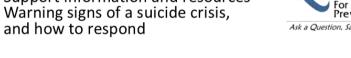
Monday, March 20th, 6:00-7:30pm **AHM 25 Pendleton Drive, Hebron** 

Every week in Connecticut, an average of 8 people die by suicide. Suicide is the 10th leading cause of death by Americans under 50, and this

training is crucial if you ever find yourself in a position to save a life!

#### Training will include:

- Good Samaritan Law
- Support information and resources



Participants: Open to age 18 & up

Cost: FREE & open to the public!

**Facilitators:** Tressa Giordano, AHM Executive Director

Megan Aldridge, AHM Clinical Director

Participants will receive a QPR training **Materials:** 

booklet and a 2-dose supply of Narcan.

### \*Only 25 spots available!\*

REGISTER: ahmyouth.recdesk.com/Community/Program





