PROGRAM DESCRIPTIONS

**ALLEGANY**

SSI/SSD Assistance with Steve Patrick
Representative from the Social Security Office is on location to assist community members with SSI/SSD applications.

Meeting time: 3rd Thursday of each month, appointment required

For information: Behavioral Health Unit @ LRJHC 945-9001

**Friends of Friends** This group is for survivors of domestic violence and the focus is on safety, prevention, accountability, diversity/equality, collaboration, education, empowerment, and leadership.

Meeting time: Thursdays, 1-2 p.m. LRJHC Grand Room

For information: Micki Layfield-Ellis, Catt. Community Action, 945-5894 x3258, Hotline#: 1-888-945-3970

**LIFE Group** This support group focuses on diabetes education that empowers people to make decisions that can help control and prevent complications related to diabetes. This month’s topic: “Healthy Heart” with Robin Crouse, Health Educator. Please RSVP.

Meeting time: Thursday, 2/20, 5-6 p.m., LRJHC Diabetes Wellness Room

For information: Jody LaMarca, 945-5894 x3242

**BOTH TERRITORIES**

**Parenting Classes** Various classes are held throughout the year. For more information/class schedules, call Child and Family Services: (Cattaraugus) Beverly Snyder, 532-4035 x8723 or (Allegany) Lexus McClune, 945-5894 x3233.

**FEP (Family Engagement Program)** Every journey begins and ends with family. Through special events in and around our community, the

FEP’s mission is to bring families together. Events are held on Cattaraugus and Allegany territories, and in surrounding communities. For more information, call 945–9001 or 532-5583.

**WIC - Women Infants and Children** - We no longer offer WIC services on-site at the Seneca Nation Health System. Please see our website for more information on New York State WIC at https://www.senecahealth.org/wic

Please see the Behavioral Health Unit and Seneca Strong collaboration calendar for a list of regular meetings offered, and special events. These are located in the lobby areas of LRJHC, CIRHC, CHWC, SAAB and WSB.

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**Honoring the Gift of Heart Health**

**Wednesday, February 19, 2020**

10:00-11:00 am

Wini Kettle Bldg.—AOA

- **Yoga Stretch with Exercise Specialist, Andrea Spako**
- **Heart Health Discussion with Health Educator, Traci Wind**
- **Giveaways** All levels of fitness welcomed!

For more information, please contact Health Educator, Traci Wind at 532-825 ext. 3018.

Program is subject to change.

www.senecahealth.org
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<th>MONDAY</th>
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<td><strong>LRJHC/CIRHC Pharmacies CLOSED 12:30-1 p.m. for Staff Meeting</strong></td>
<td><strong>Friends of Friends group 1-2 p.m. LRJHC Grand Room</strong></td>
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*Allegany Events are in Red
*Cattaraugus Events are in Purple
*Both Locations are in Blue

*Activities may be subject to change without prior notification.