



SAFE

YOU ARE NOT ALONE

News and Events June 2024



We loved seeing you at SAFE's sold out "Be Here Tomorrow" conversation with suicide survivor Kevin Hines, hosted in partnership with the Hockymock YMCA. Kevin offered a message of hope, healing and resiliency for anyone facing hardship.

FEATURED EVENTS

Franklin Pride 2024

Come see us at our booth at Franklin Pride! We'll be talking about our LGBTQIA+-inclusive programs like Rainbow Connection and Trickle Up Effect. Saturday June 22, 12-4pm.

We Need Diapers!

SAFE Diaper Bank provides diapers and wipes free of charge to anyone in need and our supplies are critically low (*need*)

[diapers? click here!](#)). Hosting a cookout, campfire night or pool party? Consider making it a Diaper Drive event by asking guests to bring donated diapers and wipes for SAFE. We can also repack opened packs and accept diapers at every size. [Email us](#) to arrange a drop-off. And thank you!

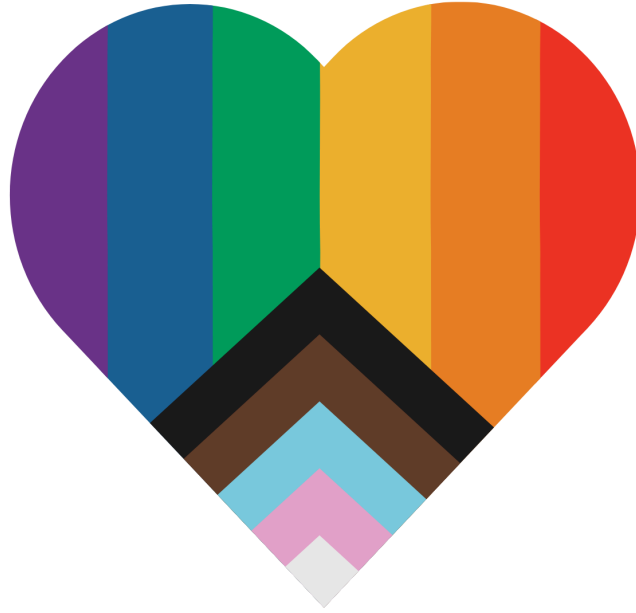
SAFE Cafe Volunteer Needed

SAFE is need of a volunteer with lived experience. Responsibilities include greeting and receiving visitors to SAFE Cafe on Fridays 8:30-noon. Partial availability welcome. Email jderick@safecoalitionma.org.

Join Us

All our programs are free and confidential.
Drop by Fridays 8:30am-12pm to see SAFE's space, meet a member of our team, and discover offerings that work for you.

SAFE Program List



SAFE

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We thank you for helping make SAFE a welcoming and inclusive space for all community members regardless of gender or sexual identity. We look forward to seeing you at our booth at Franklin Pride Day June 22!

THE BIG STORY

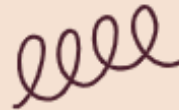
3 New Summer Programs Launch for Area Teens

THURSDAYS



July: 11,18,25
August: 1, 8

Teen Drop in Center



PROVIDING TEENS WITH A SAFE
SPACE TO FOCUS ON:

- BUILDING COMMUNITY WITH FELLOW TEENS
- IDENTIFYING WELLNESS TOOLS
- ARTS, MUSIC, FOOD & MORE!

Thurs. 10AM-12PM



31 Hayward St Suite 2C,
Franklin MA 02038

Teen Drop-in is one of 3 summer programs helping teens find community and build social-emotional tools for resiliency. [For registration for all programs, click here.](#)

SAFE is kicking off the summer with three programs designed specifically for teens to make friends while building vital emotional life skills. Designed around workshops and conversations in small group settings, [the programs](#), designed and run by our team of adolescent leadership and outreach experts, are completely free to attend.

SAFE's Teen Drop-in Center (Thursdays 10-noon) is providing a safe space for teens to build community and develop practical strategies for regaining and sustaining their

own wellness. The interactive course will follow the widely used [WRAP method](#) (wellness recovery action plan). This group is geared toward sharing, processing, and growing in community. We'll host snacks, games and activities as we work to form our WRAP action plans together. Runs 5 weeks starting July 11.

(continued below)



SAFE
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SUMMER
Teen Girls Program

TUESDAY'S
AT 3PM



STARTS
JUNE 25TH

CONFIDENCE

RESILIENCE

HEALTHY RELATIONSHIPS

LEADERSHIP

CONNECTION

COPING MECHANISMS

INTERESTED IN JOINING?
EMAIL US AT INFO@SAFECOALITIONMA.ORG

TEEN MALE MENTORSHIP PROGRAM



CONFIDENCE! LEADERSHIP! GUEST SPEAKERS!

Our 6-week mentorship program invites young men to invest time in learning how to foster and engage in healthy relationships, develop confidence, reach personal goals, and work through emotional barrier.

Monday's
from 3-4pm

Starts
June 24th

SUBMIT YOUR
REGISTRATION TO:



<https://forms.office.com/r/xFbsbp3uUv?origin=lprLink>

MORE INFORMATION:



508-488-8105



info@safecoalitionma.org

Our **Summer Teen Girls Program** (Tuesdays 3-4pm) and **Teen Male Mentorship Program** (Mondays 3-4pm) are group mentorships helping teens develop deeper understandings of themselves, expand their wellness toolbox, learn how to foster responsible decision making, and build a supportive network of peers. We're offering a safe and fun space to join guest speakers, workshops, guided discussions, and activities that help navigate challenges and develop skills and resources to thrive. This program will also integrate elements of WRAP to help participants build resilience, self-confidence, and adaptability. Runs 6 weeks starting June 24th.

What is WRAP? Developed in 1997 by people impacted by mental health recovery, WRAP is a process that helps people build social-emotional and life strategies, maintain positive

mental health, and achieve their goals. WRAP has been used in all 50 states and 15 countries around the world. It's been extensively adapted for use with all kinds of life issues, expanding well beyond mental health. Today, it is a cornerstone of health programs all over the world.

As a learning tool, WRAP helps people grow their sense of personal responsibility, learn to self-advocate for what they need, and become accepting of support from others. For young adults, this can be crucial. The program is elastic, allowing you to modify it as you change and grow, particularly useful for young people. As the [program organization AHP](#) puts it, "You can change your WRAP as you grow. It's yours, and you can use it to make positive changes in your life."

WRAP can help with a variety of social-emotional situations including dealing with uncomfortable feelings or thoughts, managing stress, starting or ending relationships, making friends, managing home and family challenges, and navigating peer pressure.

It can also help build tools that aid important life skills like Managing schoolwork, starting a new school or job, handling stress at work, and dealing with a serious injury.

Sign-up for our summer programs is already underway! Visit our [sign-up page](#) or [email us](#) with questions.



THIS JUST IN: Since August, SAFE has trained over 1,300 community members and provided over 3,000 doses of Narcan.

Education, training and access are *saving lives*.

Looking to become trained in Narcan and carry a dose? We can help!

Narcan Training Info

FAMILY RECOVERY CORNER



Family Recovery Center Special Event ***Healing the Hurt: Finding Resilience through Mindfulness***

Thursday, July 17th, 6-8 pm, SAFE HQ in Franklin
Presented by Michelle Palladini

Free of charge. [Registration required \(link here\)](#)

Family members who witness substance use disorder are 30% more likely to develop mental health disorders of their own. When each family member invests in their own healing, the entire unit is better prepared for the long recovery road ahead.

We are pleased to present a program designed to help family members cope and heal. Michelle is a certified Master Mindfulness Instructor who leads trauma-informed, inclusive training to help build practical and thoughtful mindfulness skills.

In this course, participants will:

- Learn the neurobiology of stress and emotion
- Study impacts of trauma on the brain and body
- Recognize practical ways to mitigate the stress response
- Learn mindfulness techniques to address the “why” and decrease suffering
- Construct a daily practice for thought-awareness, stress management, mental clarity, and overall wellness

[Registration](#) is free to all. We look forward to seeing you there!

Volunteer with SAFE

Want to be a part of SAFE's mission to bring care to our community? Have a skill to share? Email us and let us know you'd like to be a part of our volunteer outreach network. All ages, all skills, any donation of time welcome!

[Learn More](#)

PHOTO GALLERY

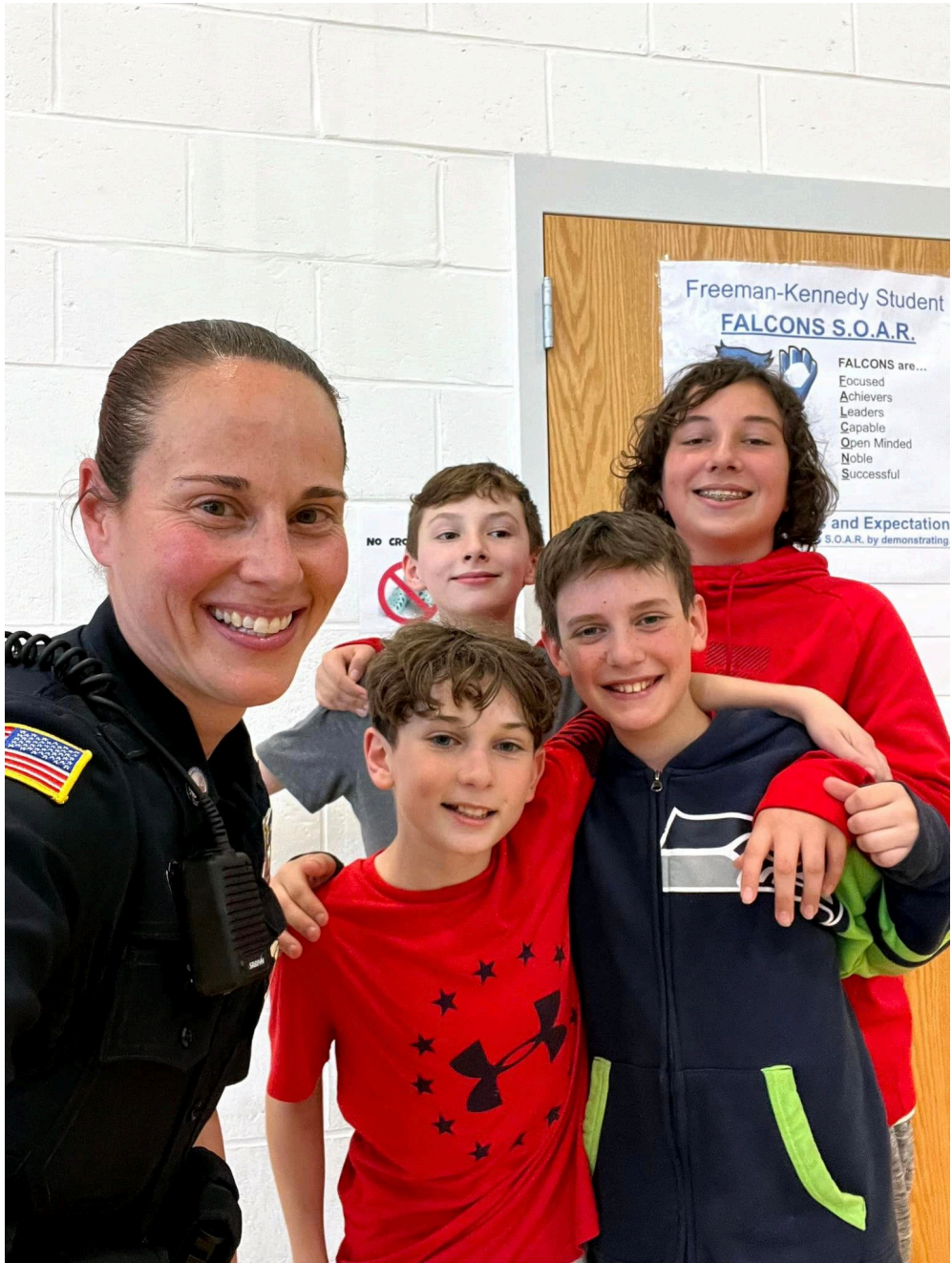
THIS MONTH AT SAFE

This month SAFE was busy hosting our "Be Here Tomorrow" event with Kevin Hynes, helping Norfolk PD and Norfolk Public Schools with their 6th grade substance use education, hosting our "Hidden in Plain Sight" virtual exhibit at Foxboro Public Schools' community wellness event, hosting a booth at Franklin's annual Strawberry Stroll, and we said goodbye to our wonderful interns Nova and Ariana, who will be deeply missed!









Freeman-Kennedy Student
FALCONS S.O.A.R.

- FALCONS are...
- Focused
 - Achievers
 - Leaders
 - Capable
 - Open Minded
 - Noble
 - Successful

and Expectation
S.O.A.R. by demonstrating







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