



**Public Health**  
Prevent. Promote. Protect.

Foster County Public Health

# Foster County Public Health TIDBITS

NOV - DEC 2025

**HOURS:**

Monday-Friday  
8:00am-12:00pm  
and 1:00pm-4:30pm

881 Main St | Carrington, ND | 701-652-3087



**SCAN  
ME**



**[WWW.FOSTERCOUNTYPUBLICHEALTH.COM](http://WWW.FOSTERCOUNTYPUBLICHEALTH.COM)**

\*See website for latest health alerts (including disease outbreaks, safety recalls, & more)

## New Full-Time Services



### LACTATION COUNSELING

Our Certified Lactation Counselor (CLC) provides free, comprehensive lactation support services including:

- Prenatal breastfeeding education
- Weighted feeds
- Latch and positioning guidance
- Pumping basics and education
- Referrals to additional support services



### CAR SEAT SAFETY

Our Child Passenger Safety Technician (CPST) provides free hands-on instruction and education to parents and caregivers on the proper installation and use of child restraint systems including car seats, booster seats and seat belts.



**GET THIS NEWSLETTER  
IN YOUR INBOX!**

Send an email to: [FosterPH@nd.gov](mailto:FosterPH@nd.gov)  
Subject line: "SUBSCRIBE"

### Office CLOSED

- \*Tuesday, Nov. 11<sup>th</sup>
- \*Thursday, Nov. 27<sup>th</sup>
- \*Friday, Nov. 28<sup>th</sup>

- \*CLOSE at Noon Dec. 24<sup>th</sup>
- \*Thursday, Dec. 25<sup>th</sup>
- \*Thursday, Jan. 1<sup>st</sup>

**SAVE THE DATE**

## International Survivors of Suicide Loss Day

**TUES, NOV 18, 2025  
6-7:30PM  
CHIEFTAIN CONF CENTER**



**American  
Foundation  
for Suicide  
Prevention**

**REGISTER AND FIND OUT DETAILS:**  
[CARRINGTON-NORTH-DAKOTA.ISOSLD.AFSP.ORG](http://CARRINGTON-NORTH-DAKOTA.ISOSLD.AFSP.ORG)

## FLU SHOT

*Fridays*

Open for your convenience over NOON HOUR  
Nov 7<sup>th</sup> ~ Nov 14<sup>th</sup> ~ Nov 21<sup>st</sup>

WALK-INS WELCOME

## AFTER HOURS CLINICS

**2025**

November 12th  
December 10th

**2026**

January 14th  
February 11th  
March 11th

*2nd Wednesday of  
every month from 4-7pm*

• All Vaccines for All Ages

## Upcoming Off-Site Clinic Dates

### November

- 5 - Grace City Schoolhouse
- 12 - McHenry Senior Center
- 12 - Glenfield Community Center

### December

- 3 - Grace City Schoolhouse
- 10 - McHenry Senior Center
- 10 - Glenfield Community Center

Call 652-3087 to schedule health services in Grace City, Glenfield, & McHenry.

\*Nurse may not be present at the off-site locations if no patients are scheduled.

**Angel Tree planning in progress.**  
Let us know if you or a family you know would like to be included.  
It's completely confidential.  
Contact our office for more info.

**THE GOAL OF THE ANGEL TREE IS TO MAKE A CHILD'S CHRISTMAS A LITTLE BIT BRIGHTER BY RECEIVING A SPECIAL CHRISTMAS GIFT.**

Merry Christmas

**FREE products and help to quit nicotine & tobacco use.**

**701-652-3087**

Hours: Monday-Friday  
8A-12P & 1-4:30P

[fostercountypublichealth.com](http://fostercountypublichealth.com)

**Ready to kiss tobacco products goodbye?**



**Cribbs for Kids®**  
Helping every baby sleep safer

Call us for details!

Need a safe sleep space for baby?

We can provide a FREE Pack n Play!

CARRINGTON AREA  
HEALTHY COMMUNITIES COALITION

## KIDS EXPERIENCE

HELPS PAY EXPENSES  
FOR PARTICIPATION  
IN LOCAL ACTIVITIES

**>OPEN FOR AGES 5-18  
APPLICATIONS  
ONLINE**

at [healthycarrington.org](http://healthycarrington.org)  
or by emailing  
[healthycarrington@gmail.com](mailto:healthycarrington@gmail.com)

**Updated Kid Experience  
Application can be  
completed online!**

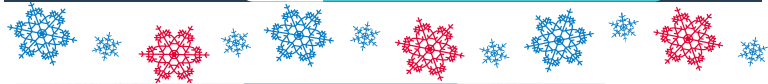


**Naloxone saves lives.**  
TAKE CARE. BE AWARE.

Stop by our office for FREE naloxone or request it at



[hhs.nd.gov/opioids](http://hhs.nd.gov/opioids)



**PARENTS LEAD.ORG**



SCAN NOW



Keep the  
Conversation Going