



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

Foster County Public Health

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



# Foster County Public Health TIDBITS

**JULY-AUGUST-SEPT 2025**

**HOURS:**

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

**SUMMER HOURS:**

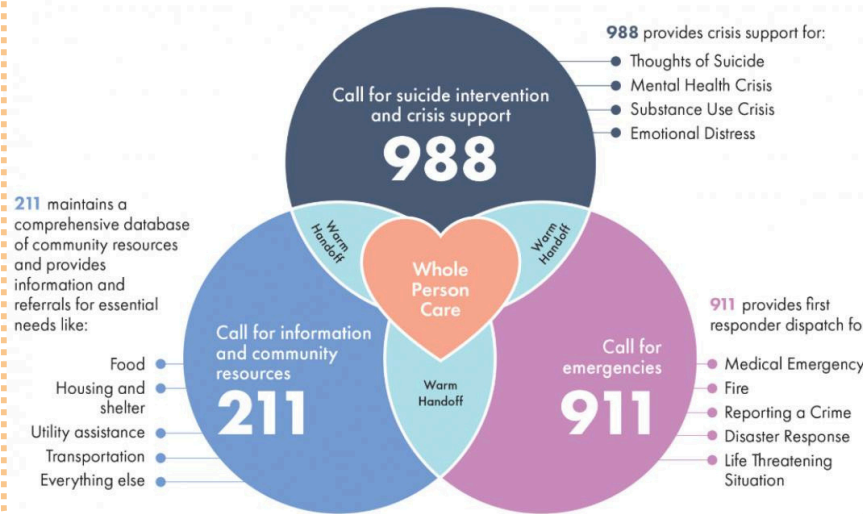
Fridays CLOSE at 1:00pm  
(ending Sept 1st)



**WWW.FOSTERCOUNTYPUBLICHEALTH.COM**

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

## Help is 3 Numbers Away



**Office CLOSED**

\*Friday, July 4th

\*Monday, Sept. 1st

**SAFE KIDS**  
FARGO-MOORHEAD

## CAR SEAT Checkup Event

Learn how to install your  
child's car seat  
or booster seat.



**August 12th, 2025**

**TIME: 2:30-5:30pm**

**LOCATION:**

**Small Steps Childcare**

**401 1st St N**

**Carrington, ND**



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**GET THIS NEWSLETTER  
IN YOUR INBOX!**

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



## AFTER HOURS CLINICS

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

**• All Vaccines for All Ages**

**Parents! Now is a great time to get  
Back-to-School shots done!**

**Call to schedule an appointment**



**We can bring  
services to you!**

\*call our office for more information

**Watch for new  
billboard on  
Hwy 281!**

**Suicide Prevention  
Education**

**TALK  
SAVES  
LIVES**

**Tues, Aug 12 @ 4pm**  
**Carrington City Park**  
**Before The Market**

**WALK  
WITH US**  
TO PREVENT SUICIDE

**Carrington City Park**

**Sun., Sept 7, 2025**

**12:30 Free Will Lunch/ 2:00 Program**  
**Register: [afsp.org/Carrington](http://afsp.org/Carrington)**

**Don't Puff, Stay  
Tough Breathe  
Easy, Live Strong!  
Is it worth it?**

**MY LIFE MY QUIT**



**Text "Start My Quit" to 36072**



## Upcoming Off-Site Clinic Dates

### July

- 2 - Grace City Schoolhouse
- 9 - McHenry Senior Center
- 9 - Glenfield Community Center



### August

- 6 - Grace City Schoolhouse
- 13 - McHenry Senior Center
- 13 - Glenfield Community Center



### September

- 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.

August is  
National  
Immunization  
Awareness  
Month



## BACK TO SCHOOL



### Immunizations

Available at our office during regular hours and at monthly evening clinic, at offsite locations, and at school during the school year.

\*Parents: Remember to get school required shots taken care of for incoming Kindergarten, 7th, and 11th grade students!



## reproductive health services



Available in Carrington \* 3rd Tuesday of the month

Services are **CONFIDENTIAL & AFFORDABLE** for all genders of any age

Call Central Valley Public Health  
to Schedule in Carrington (701) 252-8130



**Cribs 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!**



## OPIOIDS

TAKE CARE, BE AWARE.



**August 31st - Overdose Awareness Day**  
**FREE Narcan available at our office.**

## PARENTS LEAD.ORG



### Model Positive Self-Talk

Children learn by watching you. Share your own positive self-talk out loud:

- ✓ "This is tricky, but I'll figure it out."
- ✓ "I made a mistake, but I'll try again."
- ✓ "I'm proud of myself for staying calm when I felt frustrated."