



Foster County Public Health

TIDBITS

Public Health
Prevent. Promote. Protect.

Foster County Public Health

AUG-SEPT 2024

SUMMER HOURS (Through 9/6)

M-Th 8A-12P | 1P-4:30P

F 8A-1P

REGULAR HOURS (Starting 9/9)

M-F 8A-12P | 1P-4:30P

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



SCAN
ME



WWW.FOSTERCOUNTYPUBLICHEALTH.COM

IN HOME SERVICES



- Medication Management
- Chronic Disease Management
- Skilled Nursing Services



WALK WITH US

TO PREVENT SUICIDE

**Carrington Out of the Darkness
Community Walk**
Carrington City Park

Sunday, September 8, 2024
12:30 Free Will Lunch/ 2:00 Program

afsp.org/Carrington



American
Foundation
for Suicide
Prevention



NDQuits

1-800-QUIT-NOW (1-800-784-8669)

hhs.nd.gov/ndquits

Upcoming Off-Site Clinic Dates

August



- 7 - Grace City Schoolhouse
- 28 - McHenry Senior Center
- 28 - Glenfield Community Center

September



- 4 - Grace City Schoolhouse
- 25 - McHenry Senior Center
- 25 - Glenfield Community Center

***Appointment required August dates.**
We will not be at the off-site locations
if no patients are scheduled.

AFTER HOURS CLINICS

2024

August 14th
September 11th
October 9th
November 13th
December 11th

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

• All Shots for All Ages

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



Public Health
Prevent. Promote. Protect.

Foster County Public Health

**For appointments or more info
call (701) 652-3087**



LAKE REGION WIC
NORTH DAKOTA

Call Lake Region WIC
to schedule
1-866-274-2316



Public Health
Prevent. Promote. Protect.
Foster County Public Health

1st Thursday Each Month

● Aug 1 ● Sept 12 ● Oct 3
Appointments in Carrington

REPRODUCTIVE HEALTH SERVICES

Third Tuesday of every month from
8am - 12pm in Carrington

at Foster County Public Health
881 Main Street

● AUG 20 ● SEPT 17 ● OCT 15

Appointments: (701) 252-8130



HELP IS 3 NUMBERS AWAY

Call for suicide intervention
and crisis support

988

Call for information
and community
resources

211

Whole
Person
Care

Warm
Handoff

Call for
emergencies

911

AUGUST

IMMUNIZATION MONTH

8/31: OVERDOSE AWARENESS DAY

SEPTEMBER

RECOVERY MONTH

SUICIDE PREVENTION MONTH



Check out these tips to help you and your
student recalibrate and get back in the groove.

Tips to Refocus (Back-to-School Edition)

CredibleMind



Tips & More

- ✓ Remind yourself of your why
- ✓ Practice the Pomodoro Technique
(Work 25 minutes; Rest 5 minutes)
- ✓ Eat healthy foods (i.e., blueberries, nuts,
fish, etc.)
- ✓ Rest! Rest! Rest!
- ✓ Set realistic goals
- ✓ Create a to-do list



Naloxone saves lives.

TAKE CARE. BE AWARE.



PARENTS LEAD.ORG

Find age-appropriate parenting tips & more.

Car Seat Checks

performed by a
Child Passenger Safety Technician

*call for more info (701) 652-3087

*discounted car seats available to those who qualify

