



Public Health
Prevent. Promote. Protect.

Foster County Public Health

Foster County Public Health TIDBITS

NOV 23 - JAN 24

**881 MAIN ST
CARRINGTON, ND
701-652-3087**

Regular Hours

**Monday-Friday
8A-12P, 1P-4:30P**

FAMILY PLANNING

3rd Tuesday Each Month

★ Nov 21 ★ Dec 19 ★ Jan 16

Call to schedule: 701-252-8130

WIC SERVICES

1st Thursday Each Month

★ Nov 2 ★ Dec 7 ★ Jan 4

Call to schedule: 866-274-2316

AFTER HOURS CLINICS

***2nd Wednesday of
Every Month from 4-7pm***

2023

November 8th

December 13th

2024

January 10th

February 14th

March 13th

April 10th

- ➔ **All Shots for All Ages,
including Flu, RSU, & COVID**
- ➔ **Blood Pressure checks**
- ➔ **Health Tracks exams**

**For appointments call
(701) 652-3087**



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Carrington Area

HEALTHY COMMUNITIES COALITION

West Side Park is Ready for Play!



KIDS EXPERIENCE

HELPS PAY EXPENSES
FOR PARTICIPATION
IN LOCAL ACTIVITIES

OPEN FOR AGES 5-18

**APPLICATIONS
ONLINE**

at healthycarrington.org
or by emailing
healthycarrington@gmail.com

FREE GUN LOCKS



FREE gun locks available at our office

4.6 million children in the US live
in a household with at least one
loaded, unlocked gun.

Don't let your child be one of them.



Upcoming Off-Site Clinic Dates

November

- 1 - Grace City Schoolhouse
- 22 - McHenry Senior Center
- 22 - Glenfield Community Center

December

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

January 2024

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

4 ways

TO COMMUNICATE AFTER SAYING THINGS TO YOUR CHILDREN OUT OF FRUSTRATION

- ☑ Tell them you love them
- ☑ Show them you love them
- ☑ Hold them accountable and praise the corrected behavior
- ☑ Move on

PARENTS LEAD.ORG

**WE ALL MAKE MISTAKES.
IT'S IMPORTANT TO MANAGE OUR
ACTIONS AFTERWARDS IN A WAY THAT
SHOWS OUR KIDS THAT WE'LL ALWAYS
LOVE AND SUPPORT THEM.**

Opioids.

Fill with *awareness*

Look for
PURPLE ONE BOXES
near AEDs in the
community.

ONE Boxes contain Narcan along
with video instructions that any
bystander can use.



**QUITTING VAPING
DOESN'T HAVE TO BE
SCARY!**



**Join thousands of teens who
are taking back their lives!**

My Life My Quit is a free and
confidential way to quit
smoking or vaping.



**TEXT "Start My Quit"
to 36072.**



ANGEL TREE

Coming soon!

Watch   for information for
recipients and donations.