

PRIORITIZE YOUR MENTAL WELLNESS THIS SUMMER

As we step into the warmth and energy of summer, it's the perfect time to focus on your mental well-being. The change in season offers a unique opportunity to reset, recharge, and establish healthy habits that can carry us through the year.

Summer Wellness Tips for All Ages

With kids out of school, it's important to maintain a sense of routine while embracing the freedom of summer break. Encourage children and teens to get involved in outdoor activities—whether it's riding bikes, playing sports, or going on family hikes. These activities not only boost physical health but also support emotional balance and social connection.

For both adults and youth, maintaining a daily routine can help reduce stress and provide a sense of stability. Consider setting aside time for mindfulness activities such as yoga, meditation, or nature walks—and aim to engage in at least two of these activities per week. Spending time outdoors can significantly improve your mood, enhance sleep, and increase your vitamin D levels, all of which are beneficial to mental health.

Summer is also a great time to try something new—maybe a hobby you've been curious about but didn't have time for during the year. Gardening, journaling, art, or joining a local community class are all great ways to stimulate your mind and lift your spirits.

Stay Safe in the Summer Heat

As temperatures rise, be mindful of extreme heat and its impact on your body—especially if you or a loved one is taking medication that may increase sensitivity to heat. Be sure to stay hydrated, wear protective clothing, and avoid overexposure to the sun, particularly during peak hours.

We're Here to Help

If you or someone you know is struggling with mental health or substance use challenges, help is always available. You can contact Woodbridge Township Behavioral Health Services at 732-855-0600 ext. 5022 or call our 24/7 Helpline at 732-596-4199 for support and connection to services.

Upcoming Event: Overdose Awareness Fair – August 16

We're excited to announce our Annual Overdose Awareness Fair, taking place on Saturday, August 16th from 11:00 AM to 1:00 PM at Town Hall. This important event will feature resource tables, educational materials, and community partners working in the fields of mental health and substance abuse.

If you're interested in being a vendor, please contact Gabriela Pasternak at Gabriela.Pasternak@twp.woodbridge.nj.us to reserve your spot.

We encourage the entire community to attend, connect with resources, and stand together in support of prevention, awareness, and recovery.

Stay well, stay safe, and enjoy your summer!

Gabriela Pasternak CPRS, Behavioral Health Services Coordinator

John E. McCormac
Mayor

Brian Molnar
Director of Recreation

WOODBRIDGE TOWNSHIP YOUTH SERVICES

WOODBRIDGE YOUTH LEADERSHIP COUNCIL

Volunteer Opportunities for 7th - 12th grade Woodbridge Township Students

WEDNESDAY AUGUST 6, 2025 11AM

WEDNESDAY AUGUST 20, 2025 6PM

Acacia Youth Center 95 Port Reading Ave Woodbridge NJ

Have something you would like to see improved in the Township or have an idea, program or event you would like to implement?

Looking for community service projects or volunteer opportunities?

Join us this summer and help make a difference in your community!

Scan QR Code on right for more information and to RSVP.
Questions?: woodbridgeylc@gmail.com

WOODBRIDGE TOWNSHIP

2025 OVERDOSE AWARENESS DAY

WOODBRIDGE TOWN HALL

1 MAIN STREET, WOODBRIDGE NJ 07095

Saturday, August 16th, 2025 11:00-1:00pm

Including A Flag Raising & Remembrance Walk

Bring your loved ones picture

Gone but not forgotten

Overdose Education FREE Narcan Treatment Resources

Break Through the Stigma Around Substance Abuse!

Join us as we honor the lives of loved ones we lost to the disease of addiction & celebrate those who have overcome their struggle with addiction.

For more information or to sign up as a vendor please contact: Gabriela Pasternak at gabriela.pasternak@twp.woodbridge.nj.us OR call (732) 855 - 0600 x5022

John E. McCormac
Mayor

Public Health
Dave Kologinsky
Director of Health

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CHECK OUT OUR NEW AUGUST OTC SPECIALS