

# LINDON CARES NEWSLETTER



April 2025

Thank you for being a part of our wonderful community. Please find a glimpse of some upcoming events, resources and some data that we hope will benefit you. We're also excited to introduce our new Assistant Director, Mallory Miller. Mallory has been a member of CTC for 2 years and loves this work. She is a bookkeeper by day and stage manager by night. You can find Mallory usually on Canva designing something and teaching our Kintsugi class.

## OUR MISSION

Lindon Cares provides **resources, education, and support** to reduce the risk of abuse, substance misuse, and suicide while promoting supportive relationships and positive mental health in our community.

## OUR VISION

Lindon Cares is a prevention coalition that envisions a robust, thriving, resilient community that invests in the future our youth.

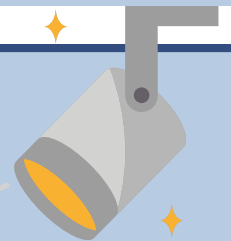
## WHY PREVENTION?

Our goal is to provide you with essential tips, resources, education and support to help you take proactive steps toward improving connection and relationships in your family and in our community. Whether a concern is mental health, suicide prevention, or substance misuse prevention we are here to support you.

**RESOURCE  
SPOTLIGHT**

**FOCUS**

EDUCATION GROUP



Lifting students, teachers and administrators for better todays and brighter tomorrows by delivering innovative well-being curriculum for students and educators paired with administrative consulting, teacher coaching, and professional development.

Lindon Cares has partnered with In Focus to be able to provide student curriculum and other valuable resources for Oak Canyon Jr High and Northridge Elementary.

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

# WHAT'S COMING

## -Family Values Workshop Friday April 11th

6-8pm Lindon Community Center

## -National Drug Take Back Day April 26th

10am -2pm PG Rec Center (safe drug drop off)

## -Lindon City Summer Bash June 4th

1-3PM Fryer Park

## -Kintsugi Workshop Friday June 6th

Pre registration required on our website

## -Check our website for more summer events!



\*More information at [www.lindonrecreation.org/lindoncares](http://www.lindonrecreation.org/lindoncares)

\*All programs and presentations are free to the community-please register

## THE SCIENCE BEHIND THE PROGRAMS

The *Social Development Strategy* provides the foundation for all of the work we do at **Lindon Cares**. They've organized the knowledge on what protects youth from developing health and behavior problems into an easy-to-use strategy that can be easily put to action in communities. We identify specific risk factors to our community using the **SHARP Survey**. All the programs **Lindon Cares** offer support protective factors directly related to the data found in the SHARP survey. For more information on the SHARP Survey please visit

<https://sumh.utah.gov/data-reports/sharp-survey/>

THANK YOU for giving your 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders permission to participate in the SHARP Survey.

## RECAP

In March we welcomed leaders of our community to our KEY LEADER LUNCHEON and offered our EVERY DAY STRONG Class as well as a report of CTC and our impact throughout the last year.



## CLASSES OFFERED

- Free Parenting Workshops
- Family Connection Events
- Resiliency Skills Classes
- Suicide Prevention Training
- Mental Health Nights
- Community Activities

## JOIN THE TEAM

Willing hands matter more than skills. However, some of the roles we are specifically looking for are people who like working with data and working with youth.

## QUESTIONS? CONTACT

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