

Prevention During Covid

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**Rhode Island
Regional Coalitions**

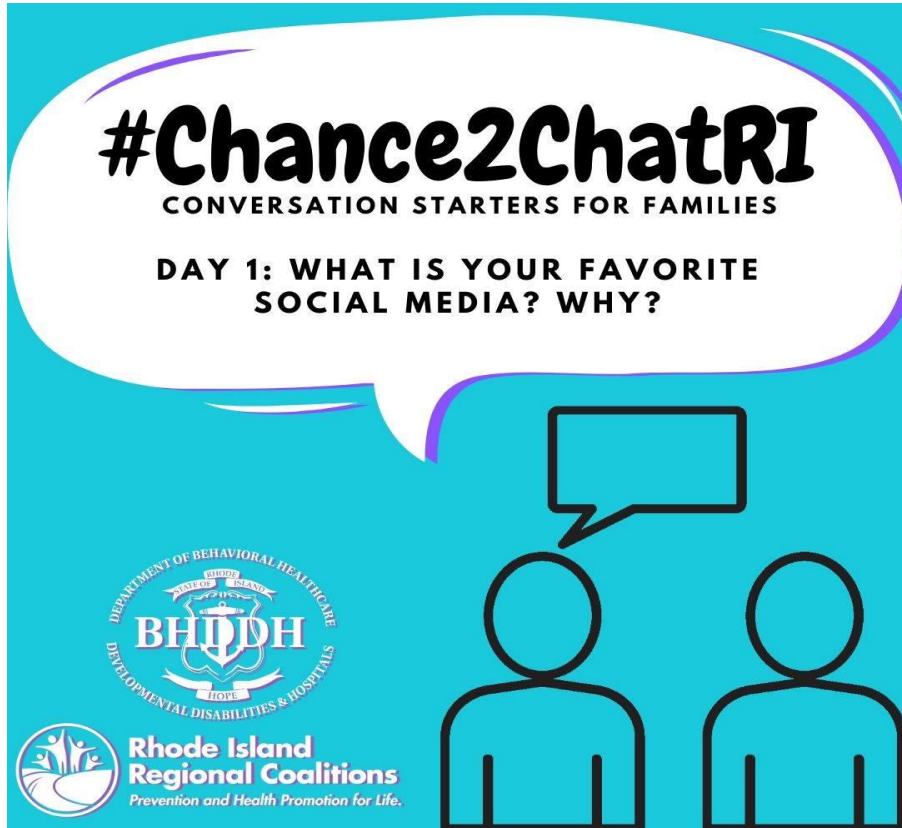
Prevention and Health Promotion for Life.



How do you do
community
prevention when you
cannot access your
community?


Social Media

#Chance2ChatRI

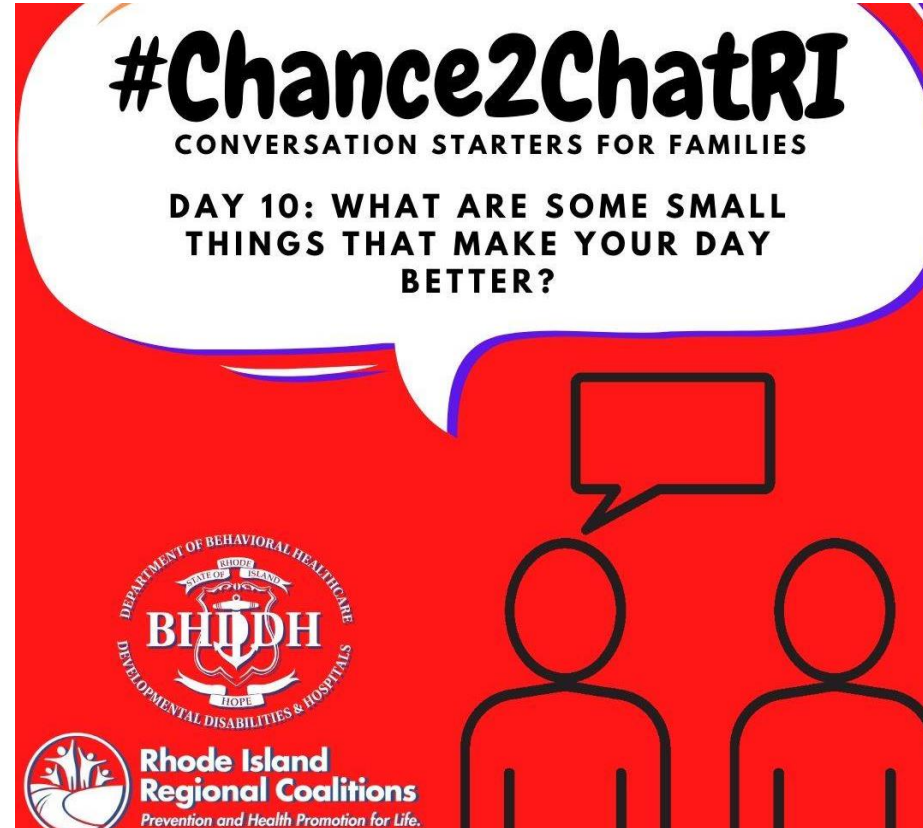


#Chance2ChatRI
CONVERSATION STARTERS FOR FAMILIES

DAY 1: WHAT IS YOUR FAVORITE SOCIAL MEDIA? WHY?




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#Chance2ChatRI
CONVERSATION STARTERS FOR FAMILIES

DAY 10: WHAT ARE SOME SMALL THINGS THAT MAKE YOUR DAY BETTER?



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APRIL

1. Give someone a compliment

2. Call someone you haven't in a while

3. Start a new work-out routine

4. Let someone else pick your outfit

5. Put your alcohol in a safe place

6. Go for an after-dinner walk

7. Learn one fact about drug & alcohol prevention

8. Start your day with Yoga/Meditation

9. Try a new hobby

10. Create a family bucket list

11. Try one thing your kids love to do

12. Have an at-home Olympic Games

13. Make dinner together

14. Watch a TedTalk of your choice!

15. Attend a virtual event

16. Video call someone you miss

17. Send a letter/card to a loved one

18. Invent/Adapt a game

19. Have a technology free day

20. Make dinner together

21. Have an at-home art show!

22. Watch a Netflix recommendation you have received

23. Bake something

24. Listen to a Podcast

25. Make a DIY Project

26. Have one "intense" conversation

27. Make dinner together

28. Watch a comedy special

29. Let the kids pick dinner

30. Try a new recipe

#CreativeWellness

Creative things to do while Social Distancing!



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THE YEAR
OF THE
LAWN SIGN....



The Year of the Lawn Sign

The Year of the Lawn Sign, part 2



Virtual Newsletter

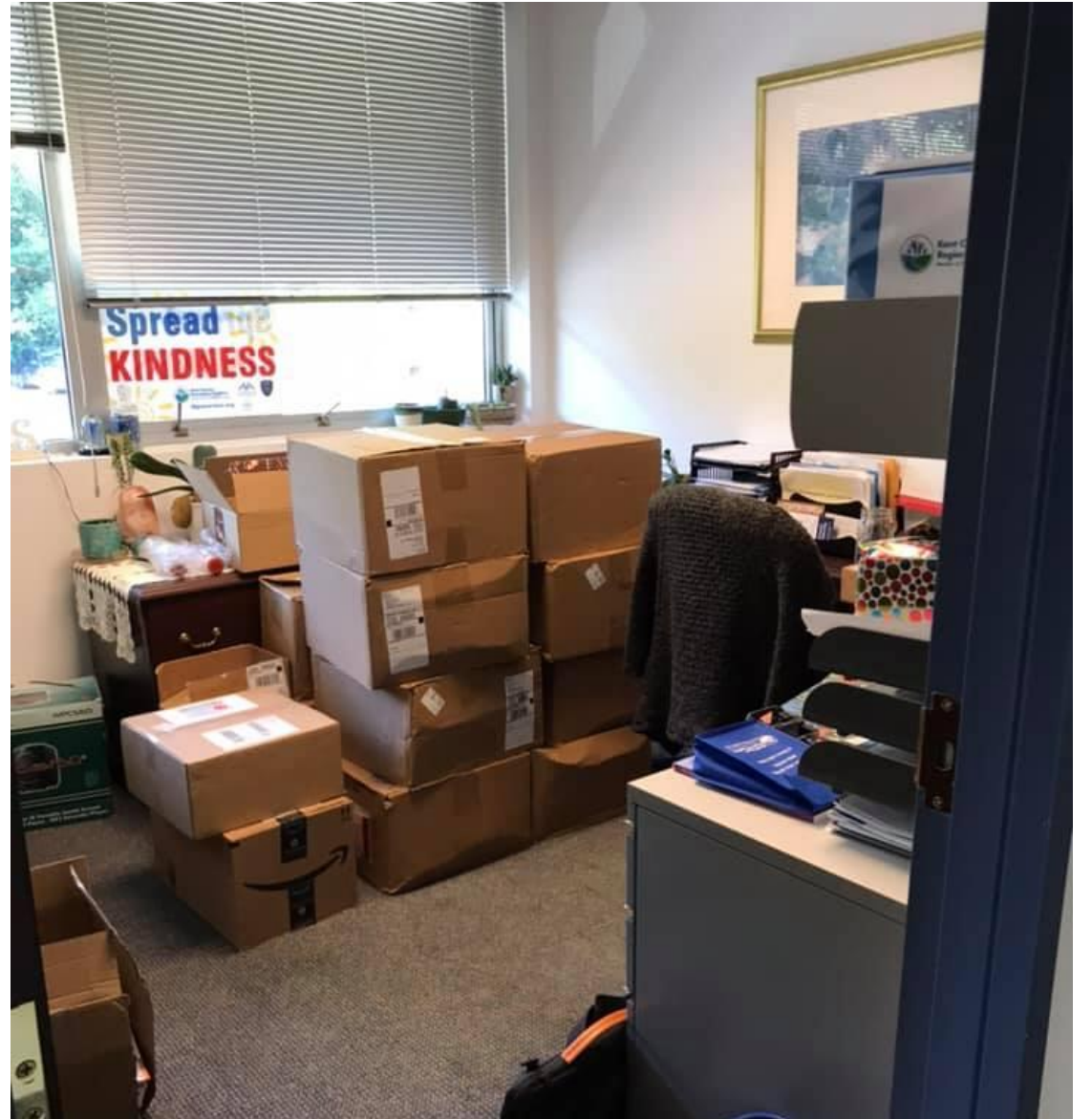
Raising Healthy Teens

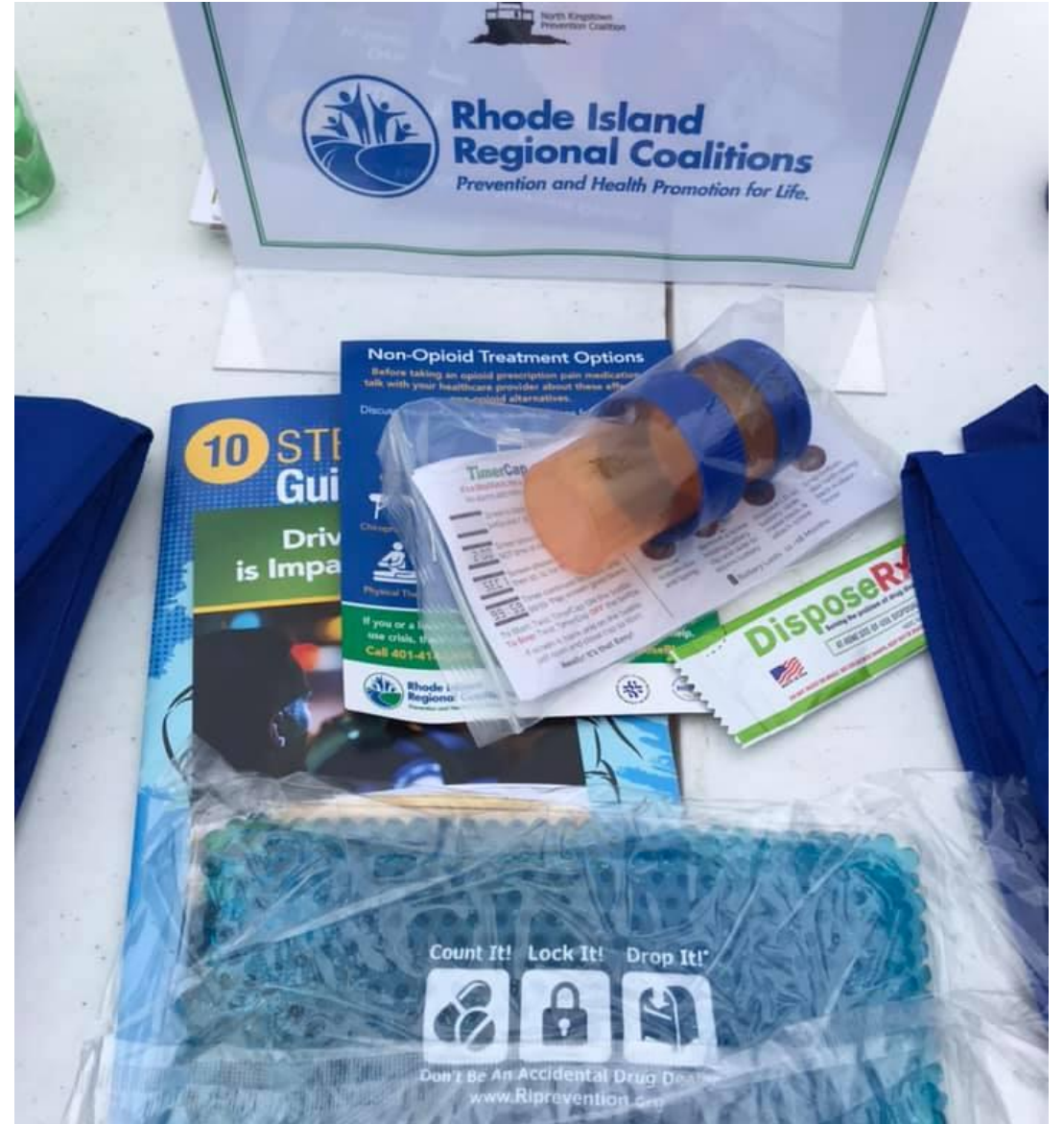
Special Edition
**Creative Connecting
During Covid**

Promoting the Health & Safety
of Kent & South County Teens

Spring 2020

Making Lemonade from Lemons





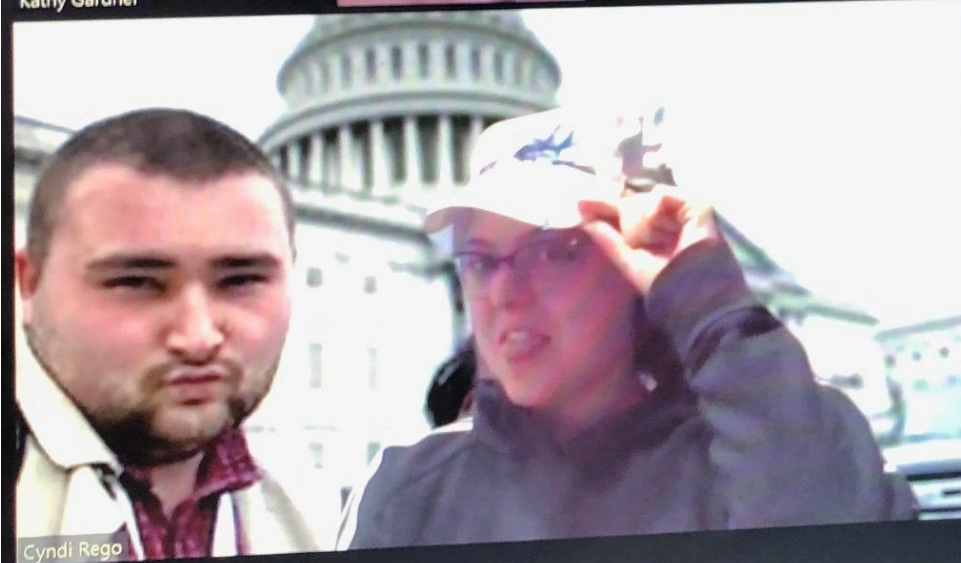
Did Someone Say
ZOOM



Kathy Gardner



Kathy Sullivan



Cyndi Rego



Heidi Driscoll

● Recording Hosted by Screenagers/Starhouse

Cameras

Video

Slides

+





Supporting Families with Fun!





THIS BAG BELONGS to me and I practice wellness.
Rhode Island Regional Coalitions
www.RIprevention.org



2021 Adult Coloring Book Planner

Rhode Island Regional Coalitions
Health Promotion for Life.
RIprevention.org

Prevention Through Connection
2021 Calendar

BRAVE
KIND



Handwritten text on a small poster, possibly a name or date.





Hidden In Plain Sight