

## Upcoming Events for Monmouth ResourceNet

October 25, 2020. LONG BRANCH. **MOCEANS Harvest Family Social**. Free indoor & outdoor event; free food and non-alcoholic beverages. Social distancing observed. Space is limited, please RSVP.

October 28, 2020. **Teens and Substance Abuse**. This workshop will educate caregivers on the risk of substance abuse in teens and how to prevent it.

October 28, 2020. **Diagnosing Dementia: It's Not Always Alzheimer's**. In this webinar, Dr. Anjali Patel, a fellowship-trained cognitive neurologist at the Atlantic Neuroscience Institute at Overlook Medical Center, will discuss the differences between memory changes related to normal aging, mild cognitive impairment, and dementia and the process for obtaining an accurate diagnosis including testing.

October 28, 2020. **Bias Incident Awareness for the Black Community**. This training covers how to Recognize, Respond to and Report a Bias Incident or Crime. The program will focus on the steps and procedures that take place once a bias incident is reported until completion. Most importantly, it will cover how to report a bias incident and resources that are available to the community.

October 29, 2020. **Aging Sensitivity Webinar**. Learn what seniors physically encounter as they age and how having compassion and patience as a community can help us truly understand the signs of aging.

October 29, 2020. **Coping With the Pandemic** - 8-week Virtual Therapy Group. This group is for adults over 40 with chronic medical conditions struggling with the effects of the COVID-19 pandemic. Fee.

October 29, 2020. **Talk Saves Lives: An Introduction to Suicide Prevention**. This is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe. \*\*A Zoom link will be sent 1-2 days prior to the presentation date.\*\*

October 30, 2020. **Prevention Resources, Inc. 15th Annual Fall Professional Conference**. This year, the conference will be a virtual event. The Keynote speaker is Dr. Brian Fuerlein who is addressing "Denial, Promises, Excuses: Understanding Substance Use Disorders.

October 30, 2020. ASBURY PARK. **Healthy Halloweenfest**. Something HEALTHY this way comes! Free farmers market and treats for children. Lead education to celebrate Lead Poisoning Prevention Week 2020 and Eat Healthy Stay Active workshop. To register for the free produce, call 732-774-3282.

October 31, 2020. RED BANK. **Lunch Break's Candy Giveaway**. Part of the Lunch Break Monthly Saturday Giveaways Series.

November 1, 2020. RED BANK. **Mobile Pantry @ Parker Health Center**. No ID required. Mobile Pantry is open on the first Thursday of every month. No ID is required. All groceries are free. Please bring your own bags. If you have questions, please call PFHC at 732-212-0777