

NEWSLETTER

Geisinger

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BACK TO SCHOOL

Welcome to the first UNITY Newsletter!

This newsletter shares helpful tips for students and parents, ways to stay safe online, and local job opportunities. We want to help kids and families live healthy lifestyles.

UNITY is a team of experts working together in central Pennsylvania—Columbia, Juniata, Mifflin, Montour, Northumberland, Snyder, and Union counties. We meet families where they are and support them in making positive changes.

SOCIAL MEDIA SAFETY FOR TEENS

Be smart when you use your phone or computer.



21.6%
of 6-12th grade students were bullied online or by text.¹

Teens use social media daily — it's fun, but staying safe is key.

What to Watch Out For:

- Your info isn't always private: Apps collect and share things like your location and photos.
- Scams and strangers: Be careful with messages or links from people you don't know.
- Too much screen time: It can affect your mood, sleep, and how you feel about yourself.

If something feels off online, tell a trusted adult.

1. <https://www.stopbullying.gov/resources/facts#fast-facts>
2. <https://www.aecf.org/blog/social-media-safety-for-teens>



LEVEL UP!

Participate in an after school program near you this Fall.

- **FTC Teen Center** is open to students in grades 7-12.
 - Monday-Thursday 3:00 – 7:00 PM.
 - Look at the flyers to learn more!
[Bloomsburg FTC](#) | [Berwick FTC](#)
- **Shikellamy Afterschool STEAM Program** is for all Shikellamy students.
 - Get help with homework, meals, and schoolwork.
 - Fun with science, art, and activities.
 - Click [here](#) to learn more.



Talking about feelings with your family helps everyone feel safe and loved. When families listen and are kind to each other, it makes home a better place.

You can try:

- Family talks
- Parents saying how they feel.
- Being kind when someone shares

Want to learn more? Read this blog post: <https://tinyurl.com/fp7kt4xt>



The Happy Child app helps parents raise happy kids. It gives short tips every day to help families get along better.

Tap the logo above to get the app!

LET'S TALK

RESOURCES

Clothing Banks & Back to School Supplies

- The [United Way of Susquehanna Valley Family Services](#): Call 570-988-0993 (Option3)
- [The Danville Good Samaritan Mission](#)
- [Columbia County Family Center](#): Call 570-387-9086, ask for Ashley Mensch
- [Kids In Need Foundation](#)



Summer Scoops

- Free Lunch
 - Summer Reading Programs
 - Free events
 - Free Summer Camps
 - Community Programming
- Click the logo above to learn about the resources offered through Susquehanna Kids.

WORKFORCE PROMOTION

Geisinger's Nursing and Health Sciences Scholars Program



- This program helps pay for school if you agree to work and learn at Geisinger.
- It's for anyone who wants to work in nursing or nursing support.
- You'll get help from Geisinger staff and advice on picking a school and job.
- You could work as a nurse, therapist, or medical assistant.
- To learn more scan the QR code or visit

[geisinger.org/nursingscholars1](https://www.geisinger.org/nursingscholars1)



UPCOMING EVENTS

[Get Outdoors \(GO!\) Program](#)

Find events happening near you this August [here](#).

COMING SOON!

We're excited to announce that a new website is on the way! It will be your go-to spot for updates, resources, and more information about our work. Stay tuned – we'll share the link as soon as it's live!



The Four Building Blocks of HOPE

are composed of key Positive Childhood Experiences (PCEs)—and the sources of those experiences and opportunities—that help children grow into healthy, resilient adults.

Los Cuatro Pilares Fundamentales de HOPE

se componen de Experiencias Infantiles Positivas esenciales (PCE, por sus siglas en inglés)—y las fuentes de esas experiencias y oportunidades, que ayudan a los niños a convertirse en adultos sanos y resistentes.

Relationships within the family and with other children and adults through interpersonal activities.



Relaciones con la familia y con otros niños y adultos mediante actividades interpersonales.

Safe, equitable, stable environments for living, playing, learning at home and in school.



Ambiente seguro, justo y estable en casa y en la escuela, para vivir, jugar y aprender.

Social and civic engagement to develop a sense of belonging and connectedness.



Participación social y cívica para desarrollar un sentido de pertenencia y a relacionarse con otros.

Emotional growth through playing and interacting with peers for self-awareness and self-regulation.



Crecimiento emocional mediante el juego y la interacción con los compañeros, para el conocimiento de sí mismo y autorregulación emocional.



Geisinger's Nursing and Health Sciences Scholars Program

Do you dream of a career that's rewarding, helps your community and offers opportunities for advancement?

Geisinger

Geisinger's Nursing and Health Sciences Scholars Program offers financial, educational and professional support for anyone who hopes to pursue a career in nursing or nursing support:

- **Inpatient registered nurse:**
\$40,000 for a 3-year inpatient work commitment
» \$20,000 education loan + \$20,000 recruitment bonus
- **Respiratory therapist:**
\$30,000 for a 3-year work commitment
» \$15,000 education loan + \$15,000 incremental recruitment bonus
- **Surgical technologist:**
\$22,500 total paid with a 2.5-year work commitment
» \$15,000 education loan + \$7,500 incremental recruitment bonus
- **Inpatient licensed practical nurse:**
\$20,000 for a 2.5-year inpatient work commitment
» \$10,000 educational loan + \$10,000 incremental recruitment bonus
- **Certified medical assistant:**
\$7,000 total paid with a 2-year work commitment
» \$4,000 education loan + \$3,000 incremental recruitment bonus

How do I qualify?

- Apply for any position at Geisinger.
- You qualify starting day one of employment.
- Admissions are rolling — apply anytime.
- Geisinger School of Nursing students are also eligible (even if not a Geisinger employee).

Ready to learn more?
Scan the QR code or visit
[geisinger.org/nursingscholars1](https://www.geisinger.org/nursingscholars1).





TeenCenter
BLOOMSBURG
lead. serve. inspire.



FTC TEEN CENTER BLOOMSBURG

Open to ALL youth grades 7-12
Monday-Thursday 3:00PM - 7:00PM

Youth Leadership
Tutoring
Counseling

Gaming
Arts & Crafts
STEM/manufacturing

... and so much more!

Stop in and
check out
the center!



Volunteer
opportunities
available!



@ftcteencenterbloom



facebook.com/FTCteencenterBloom

For More information, contact us:
dpearson@forthecause.org

570-483-TEEN

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THON 2023

TeenCenter
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THON 2023

FTC TEEN CENTER
BERWICK

Open to ALL youth grades 7-12
Monday-Thursday 3:00PM - 7:00PM

Youth Leadership
Tutoring
Counseling
Music Lessons
... and so much more!

Nutrition/Cooking
Arts & Crafts
Gardening
Sewing Lessons



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Summer Food Program



Stuff the Bus 2024



Tutoring Program

For More information, contact us:
teencenter@forthecause.org

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