



# DIY “Squishy Sensory Bags”

(Recipe from learning4kids.net)

## Ingredients needed:

- \*Ziplock Bag.
- \*Food coloring
- \*1 Cup Flour.
- \*Sticky Tape
- \*6 Tablespoons of water



## How to:

Step 1: Place flour into a small bowl, add food coloring

Step 2: Add water

Step 3: Mix until all ingredients are well blended

Step 4: Scoop the flour mixture into the plastic ziplock bag

Step 5: Before fastening the end, place the bag on to a flat surface and gently press out excess air

## MAY IS MENTAL HEALTH AWARENESS MONTH

NCNC (NORTH CENTRAL NETWORK OF CARE) PRESENTS:

### May Speaker Series for Mental Health Awareness Month

Resource sharing, information & support available in response to COVID-19

Join us every Wednesday in May for a Presentation and Question & Answer session starting at 2:00pm on the following topics:

- INTIMATE PARTNER VIOLENCE 5/6/20
- FOOD INSECURITY 5/13/20
- EDUCATIONAL SUPPORT 5/20/20
- MENTAL HEALTH & WELLNESS RESOURCES 5/27/20

Every Wed in May 2-3pm  
Log on to Zoom:

<https://beaconhealthoptions.zoom.us/j/93888029851?pwd=RG5jZHMJTlF0QWJRcTlvcVBJZWw1Zz09>

Call In: 1-646-876-9923  
Meeting ID: 938 8802 9851  
Password: 795210

## RESOURCES:

\***Hartford Healthcare** has provided a 24-hour hotline:  
860-972-8100 or  
toll free 833-621-0600  
or [www.hhchealth.org](http://www.hhchealth.org)

\***CCMC** has a hotline for **children telehealth**:  
833-226-2362 and  
for *adult telehealth*:  
877-707-4442.

\*If you, a friend, or family member needs support or just needs to talk, the **HHC Behavioral Health Network (BHN)** is here to help. Call the **BHN Warmline at 888-985-2408**, which is open Mondays through Fridays 5:00pm until 11:00pm. If no one answers, leave a message and someone will return your call. This supportive service is free.

**\*In case of emergency: Call 911**      **\*In case of psychiatric emergency: Call 211**