



BSTRONG TOGETHER HELPS YOU RAISE HEALTHY, HAPPY KIDS

from early childhood through high school and beyond

WHAT IS BSTRONG TOGETHER?

Raising children in our complex, rapidly changing and challenging world can often seem overwhelming. But you are not alone.

BStrong Together is a community coalition organization that brings together stakeholders including students, parents, educators, community members and organizations to enhance the health and well-being of Barrington area children and youth in mind, body and spirit. Focused on mental health, the promotion of a healthy lifestyle, strong family and community connections, and positive parenting, BStrong Together provides free educational programming, support and resources in our shared goal of raising healthy, happy, resilient and adaptable youth prepared to navigate the complex world of today and the future.

With the support of Barrington 220 School District and Advocate Aurora Good Shepherd Hospital; grants from the Barrington Junior Women's Club, the Barrington Rotary Club, and St. Michael's Episcopal Church of Barrington; and partnerships with critical community organizations such as the Barrington Area Library, Barrington Youth & Family Services, NAMI Northwest Suburbs Chicago and members of the Healthier Barrington Coalition, BStrong Together is uniquely positioned to positively impact the lives of our community's children, youth and families.

While we define our "service area" as the boundaries of Barrington 220 School District, we are a resource and support for ALL parents, students, educators and community members whether they are directly involved with Barrington 220 or not.

Whether you need tips for talking with your children and teens about difficult topics like mental health, underage drinking or suicide; trying to find resources and support for your family; or looking for ways to connect with other parents, educators and experts, BStrong Together is here to help.

Be sure to join BStrong Together for our parent support and expert speaker events; sign-up to receive our weekly *Tuesday Tips, Tools & Try This* emails; download our helpful handouts; view our videos; visit our robust website or follow us on social media to learn, connect and find support. And always remember, you are not alone...

WE ARE STRONGER TOGETHER!

MISSION

To enhance the health and well-being of Barrington area children and youth in mind, body and spirit.

FOCUS AREAS

Healthy Lifestyle	Parenting
Mental Health	Social Media
Stress	Technology
Depression	Resiliency
Suicide Prevention	Mindfulness
Healthy Relationships	Communication
Drug & Alcohol Prevention	Connection

RESOURCES

BStrong Together offers the following programs and resources to support children, youth and families:

- Parent, family and community support, connection and educational events.
- Expert speaker series.
- Weekly *Tuesday Tips, Tools & Try This* emails.
- Monthly *Lunch & Learn* events.
- Student Advisory Board at Barrington High School.
- Barrington Committed Educational Program.
- Free QPR Suicide Intervention & Prevention Training.
- Resource handouts and videos.
- Time-2-Talk Educational Campaign.
- Annual FREE Community Wellness Walk & Family Health Fair.
- A robust website filled with resources, helpful information and support.
- And more!

WAYS TO GET INVOLVED

- Join our email list to receive our *Tuesday Tips, Tools & Try This* emails.
- Follow BStrong Together on Instagram, Facebook & Twitter (X).
- Attend a BStrong Together event.
- Partner with BStrong Together.
- Volunteer to join a committee or help at an event.
- Make a tax-deductible donation or become a BStrong Together event sponsor.
- Help spread the word!