

OCTOBER EVENTS

Bismarck

- Oct 3rd Observe the Moon Night 6:30-8:30pm ND Gateway to Science
- Youth Halloween Costume Party & Bingo 6pm Farwest Rotary Community Center
- Oct 10th Disc in the Dark 7:30-9:30pm General Sibley Park
- October 19th Haunted Fort Halloween Kids Bash 2pm Fort Abraham Lincoln State Park.

Devils Lake

- Oct 28th Talent Tuesday Devil's Lake Workforce Center

Dickinson

- Oct 5th Free Community Breakfast 8-11am Public Safety Center
- Oct 24th CTRL Play: Grades 9-12, 6-9pm Dickinson State Uni. Student Center

Grand Forks

- Sept
- Oct 16th Game Night & Soup Dinner 6pm Augustana Lutheran Church

Fargo

- Oct 14th FM Fall Job Fair 1-4 pm Delta Hotel by Marriott
- Oct 23rd Boo! at NDSU 5:30pm 1650 15th Ave N: Carnival & Trick-or-Treating

Jamestown

- Oct 5th Brunch at Club 1883 9am-12pm
- Oct 31st Halloween Party 4-8pm Bunker Hill

Minot

- Oct 10th Pumpkin Walk 6-9pm Woodland Trail
- Oct 20th Boo at the Zoo Roosevelt Park Zoo
- Oct 29 Trunk or Treat 2-4pm Studio X

Williston

- Oct 11th Ghost Walk 6-8pm Ft Buford
- Oct 31st Trail of Treats Downtown

Milwaukee, WI

- Oct 7th Family Night at the Landing 5-7pm
- Oct 18th Pumpkin Party 9am-12pm Davidson Park
- Oct 25th Family Fun Day 11am-4pm Foxtown Station



JOIN THE AFTERCARE SPECIALISTS FOR OUR FREE MONTHLY VIRTUAL WORKSHOP:

SAY SOMETHING



Suicide Prevention & Leadership



Wed October 29th



4:00PM - 5:00 PM MST
5:00 PM - 6:00 PM CST



SCAN QR CODE TO REGISTER
OR USE THIS LINK:
[HTTPS://FORMS.GLE/AUEC3HFAGFC1ZLNU9](https://forms.gle/AUEC3HFAGFC1ZLNU9)

This online workshop will be held via Teams meeting and is an exclusive event for Home on the Range aftercare youth! Learn about suicide awareness & prevention! Plus earn a **reward** and be added to a special drawing just for attending!

STAY IN TOUCH!

Heather:
Sunni:
Megan:



heatherm@hotrnd.com
sunni@hotrnd.com
meganc@hotrnd.com



701-330-8847
701-449-6734
701-449-6856

TRICK OR TREAT

HOME on the Range TRAILBLAZER

Aftercare services newsletter for your path forward



BARN BANTER

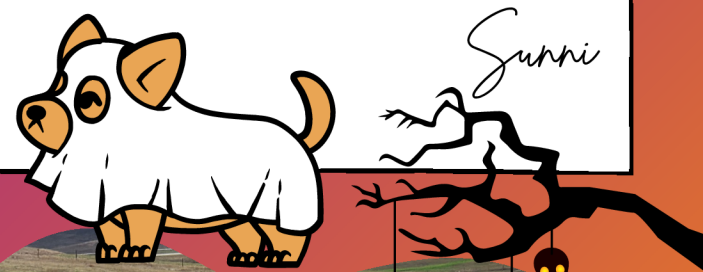
This is Spook. He's a paint horse. Has been with us for 20 years. He's a big handsome guy with a smooth stride. Spook adds a lot of personality to our herd. You can always pick him out by his color. He's one of our best when it come to teaching the residents things from how to ride to boundaries.



CANINE UPDATE

Hello! Happy Fall Y'all ❤️

Here is your monthly Foxy update! Foxy continues to be with us here at HOTR. She is such a fun dog to play with. The K-9 program recently raised some money so we could purchase some fun new things for our groups! It will be great to see how Foxy does when we get the new obstacle course equipment. 😊 Also, she is going to have a visitor this weekend and a potential adaptor! We are excited for her! Please send her some good vibes that she finds her furever home!



PUMPKIN BREATH

Try out this fun halloween themed mindfulness exercise!

1. Find Your Pumpkin Seat
 2. Sit comfortably, feet flat like a pumpkin resting on the ground.
 3. Pumpkin Breathing
 4. Imagine your belly is a pumpkin. As you breathe in through your nose, let your pumpkin slowly fill and grow round. As you exhale through your mouth, let your pumpkin gently shrink back down. Repeat 5 slow breaths.
 5. Ghostly Senses
 6. Close your eyes and notice:
 - 3 things you hear (maybe faint like a ghost's whisper),
 - 2 things you feel (like a soft costume or cool air),
 - 1 thing you smell (candy, leaves, or the room around you).
 7. Witch's Release Spell
 8. Think of one worry or stress. On your next exhale, imagine it flying away on a broomstick, leaving you lighter and calmer.
- Take one more "pumpkin breath," then open your eyes — grounded, calm, and ready for spooky fun. 🎃



988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

HALLOWEEN

Safety tips

- Don't use a cell phone or other electronic device while driving
- Drive below the posted speed limit in residential areas during trick or treating hours
- If you are picking up or dropping off kids pull off the road and turn on your hazard lights
- Do not pass other vehicles that have stopped in the roadway because they might be dropping off children.
- Be aware twice as many child pedestrians are killed while walking on Halloween compared to other days of the year



- Travel in groups & stick together.
- Use reflective tape, glow sticks, or flashlights
- Tell someone where you'll be & when you'll be home.
- Make sure you can see & move in your costume.
- Be street smart – cross at crosswalks, not between parked cars, and stay on sidewalks.
- Go to well-lit and welcoming homes.
- Keep your phone charged and ringer on.
- Be cautious with candy.
- Know your limits if going to parties, avoid unsafe situations and have a plan to leave if needed.
- Trust your instincts if something feels off, walk away and stay safe.

HAVE FUN!

BOO!

POSITIVE ATTITUDE MONTH



6 Lasting Benefits of a Positive Attitude

1. Longer life span because of overall lower stress levels
2. Lower chance of depression
3. More resistance to illnesses like the common cold
4. Increased physical and mental well being
5. Less risk of death from cardiovascular disease
6. More developed coping skills during challenges.

5 POSITIVE THINKING IDEAS

Think positively. Expect great things. Challenge yourself to be so strong that nothing can disturb your peace of mind. If you struggle to keep a good attitude, here are a few steps you can take to move past that.

1. Write it down. List the negative things in your life... the things that really upset you and cause you to lose your cool. Seeing them on paper can help you recognize them when they happen in real life. Cross them off when you are able to overcome them.
2. Let go of expectations. Sometimes, negativity begins with unrealistic expectations of yourself or others. Understand that nobody is perfect... and the imperfections add character! They make life real and interesting. If you can learn to work with that, you, and those around you will be much happier.
3. Forgive yourself and others. Do not dwell on past mistakes. You are only hurting yourself if you do so.
4. Respond, don't react. Change can be difficult to manage, but if you take a breath and give yourself some time to think, you'll find the clarity you need to respond in a positive manner.
5. Surround yourself with positive people. Yeah yeah, we know, you hear it all the time... But if you can do that, you'll start to see how happy & successful people think, and you'll likely start to think the same way.

31:8
PROJECT

SPEAK UP FOR THOSE
WHO CANNOT SPEAK
FOR THEMSELVES.

WHAT TO DO WHEN NOTICING SUSPICIOUS ACTIVITY...

- Write down descriptions of people involved.
- Write down cars and license plates.
- Contact the Police or call 911.
- Contact the human trafficking hotline:

CALL : 1-888-373-7888
TEXT : BEFREE to 233733

TRAFFICKING INDICATORS

- Disconnected from family, friends, community organizations, or houses of worship
- A child has stopped attending school
- Dramatic change in behavior
- Disoriented or confused, or showing signs of mental or physical abuse
- Person has bruises in various stages of healing
- Fearful, timid, or submissive
- Accompanied by a controlling person
- Person appears to be coached on what to say
- Person lacks personal possessions and appears not to have stable living conditions

Visit www.318project.org



CLUB DRUGS

A Scary Trick in Disguise:

On Halloween night, not every "treat" is safe. Club drugs like ecstasy (MDMA), ketamine, or GHB are sometimes slipped into drinks or passed off as harmless candy. These substances can be unpredictable, causing memory loss, blackouts, dangerous changes in heart rate, or even overdose. They're often mixed with other unknown chemicals, making them even riskier. Protect yourself by never leaving your drink unattended, avoiding anything offered by someone you don't fully trust, and staying with friends you can rely on. A real Halloween scare isn't the costumes it's the hidden dangers of club drugs.