



**Big Brothers  
Big Sisters®**  
OF CENTRAL IOWA

STATE OF IOWA DEPARTMENT OF  
**Health AND Human**  
SERVICES

## February Prevention Toolkit

**BBBSCI is pleased to announce another month of service to the community through prevention efforts with the Improving Tomorrow: Prevention Focused Mentoring program.**

**We hope that this collection of resources helps you to better connect with your Little and aids in the prevention of substance misuse, problem gambling & the development of life-skills.**

## Toolkit Highlights

February is American Heart Month  
Pg.2

Prevention and Support Resources  
Pg.2

February Match Activity: Grounding Techniques  
Pg.3

Black History Month  
Pg.4



IOWA  
DEPARTMENT  
OF PUBLIC  
HEALTH



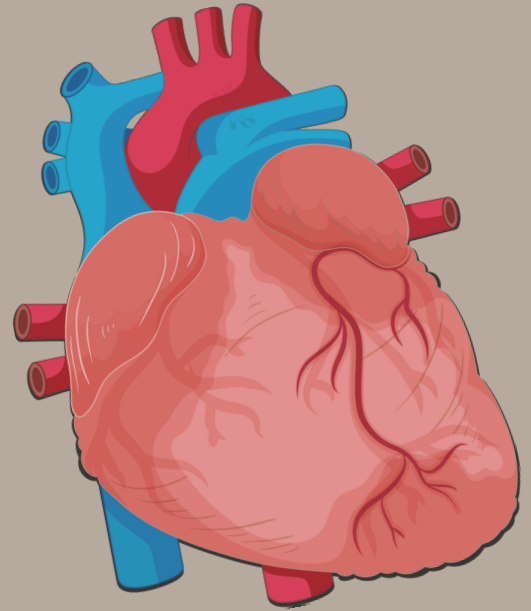
# American Heart Month

## Featured Educational Video “Kids Heart Challenge Heart Facts”

[https://youtu.be/6uH75bY8Gdo?  
si=2L5toXg3qB4Bi9i1](https://youtu.be/6uH75bY8Gdo?si=2L5toXg3qB4Bi9i1)

## Featured Article:

Reclaim Your Rhythm During  
American Heart Month



## PREVENTION AND SUPPORT RESOURCES

*Your Life Iowa (YLI)*: For support with alcohol, drugs, or gambling issues call (855) 581-8111, TXT (855) 895-8398 or visit [Your Life Iowa](#)

American Heart Association <https://www.heart.org/en/>

NEW National Suicide & Crisis Lifeline <https://www.samhsa.gov/find-help/988>

National Alliance on Mental Illness <https://namiiowa.org/>

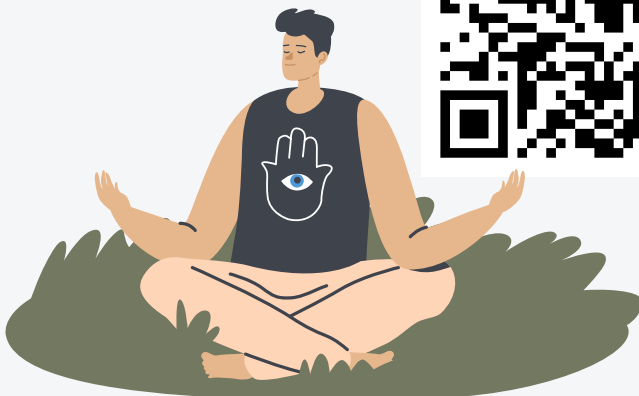
# February 2024

## Prevention Match Activity

A great way to keep our hearts healthy is to manage our stress and anxiety levels. One of the best ways to do this is to ground ourselves when we feel ourselves getting overwhelmed. Grounding help shift focus away from uncomfortable thoughts, memories, and worries, and toward the present moment.



The QR code will take you to a worksheet with a few grounding techniques.






# Black History Month



**Happy Black  
History Month!**

This month-long observance in the US and Canada is a chance to celebrate Black achievement and provide a fresh reminder to take stock of where systemic racism persists and give visibility to the people and organizations creating change.



## Events in Central Iowa

**I Spy: Black History Month**

Feb 1-10

Des Moines Central Library

**Black Scientists and Inventors**

Scavenger Hunt

Feb 6-10

Forest Ave Library

**I'll Make Me a World in Iowa 2024**

Feb 9-10

Horizon Events Center

**Capitol City Pride presents: Brea**

Baker

Feb 14 6pm

Temple Theater

**Tour the Jordan House; a stop in the  
Underground Railroad**

Plan visit [HERE](#)