

Your Safe Haven Newsletter

July 2025

National Minority Mental Health Awareness Month
Disability Pride Month

Join us at the **Bedford Farmers Market** on the square in historic downtown Bedford **every Wednesday in July from 9AM to 1PM**. July 2nd is Military Appreciation Day, and the 16th is Senior Citizens Day. We have lots of valuable information to share.

Come to the Altoona Curve game on July 25 for the Safe at Home event. For the ninth year, Minor League Baseball and Joe Torre Safe At Home have teamed up to raise awareness about violence and abuse and to inspire fans of all ages to join them in SAH's critical work.

If you or someone you know is in need of personal hygiene supplies, blankets, socks or food, please visit our **Giving Nook** on the side porch of our first floor office. Take what you need. Donations are welcomed.

Independence Day Firework Safety Tip:

While fireworks can be a fun way to celebrate many occasions, safety is the most important thing. And the safest way to enjoy fireworks is to watch a professionally produced display from a good distance. If you're planning to use them yourself, make sure to use legal fireworks, handle them carefully, have water available and stay at a safe distance.



REI Volunteers rehabbing the gardens at YSH

**Our office will be closed on
July 4, 2025.**

**Our Resource Line is
ALWAYS AVAILABLE**

**(814) 623-7664 or
800-555-5671**

**YSH Wishlist: Gift cards to Sheetz, Rutters,
Wal-Mart and local grocery stores.**

**Your Safe Haven, Inc.**
342 S. Richard St., Ste.1
Bedford, PA 15522
(814) 623-7664 • (800) 555-5671
www.yoursafehaven.org

Please use our
Venmo Code to
make a tax-
deductible donation.



Our Monthly Mission

School's out, the sun is shining and kids are spending more time online. But with that comes risk. From online predators and unsafe content to digital peer pressure and over-sharing, children face a wide range of online dangers often without even realizing it.

You don't need to be a tech expert to protect kids online you just need to be informed, proactive, and present. Online safety for kids isn't about fear, it's about **education, trust, and being proactive.**

This summer, help develop strong digital habits that will serve kids for life. Start the conversation, set clear expectations, and be the support system they need.

-Start the Conversation Early

-Set Clear Boundaries and Rules

-Understand Games and Apps They use

-Teach Smart Sharing

-Watch for Red Flags

-Model Healthy Digital Habits