



iSOUTH SALT LAKE

www.sslc.com

May 2021

On The Move

CITY NEWSLETTER

Cherie Wood, Mayor
801-464-6757
mayor@sslc.com

South Salt Lake City Council Members

LeAnne Huff, District 1
801-440-8510
lhuff@sslc.com

Corey Thomas, District 2
801-755-8015
cthomas@sslc.com

Sharla Bynum, District 3
801-803-4127
sbeverly@sslc.com

Portia Mila, District 4
801-792-0912
pmila@sslc.com

L. Shane Siwik, District 5
801-548-7953
ssiwik@sslc.com

Natalie Pinkney, At-Large
385-775-4980
npinkney@sslc.com

Ray deWolfe, At-Large
801-347-6939
rdewolfe@sslc.com



Mayor Cherie Wood

Westminster College to facilitate the first promise that represents our highest hopes for our afterschool youth – Every child has the opportunity to attend and graduate from college. “College” here is defined as any post-high school education, including trade or license/certificate programs. As partners, they established and developed a mentoring program to guide and support youth in their steps toward postsecondary education.

Attending both Cottonwood High and the Utah International Charter School, these students aimed to attend college. However, being first-generation or the first in their families to attend, they experienced acquiring English as their second language, and overcoming the anxieties and obstacles with college entrance and finding success while being there. Walkways was able to assist in many ways.

“It’s all about access. Being a first-gen, I didn’t have a good idea about what college life looked like. In school at Cottonwood High, I lacked upper-division English classes and participated in ESL classes, but my writing skills weren’t great.” —Asma Dahir

As one of the first Walkways to Westminster graduates, Jabir Nasir says, “While the afterschool experience was really helpful, it is still on you to do the work, and it hasn’t always been easy.”

Jabir explained that Walkways mentors frequently brought them to tour the Westminster campus, giving them a closer look at what college life is really like, introducing them to faculty and students and extracurriculars, such as the soccer club and other groups they could get involved in. He acknowledged how the scholarship, smaller campus environment, and one-on-one access to professors weighed on his decision to attend Westminster College. Another graduate, a double major with an emphasis in Public Health, Anisa Dahir says, “As a Black person from Somalia, I was anxious about going into this experience and that it wouldn’t be a supportive community.” While attending Westminster, she was encouraged to join The Legacy Program.

Moving the Needle for College Graduation

When a City and Higher Education Partners Commit, Youth Succeed



Mayor Cherie Wood, Anisa Dahir, Jabir Nasir, Asma Dahir, and Westminster College President Beth Dobkin.

“This experience led me to meet with those who looked and had similar backgrounds as me. I met students from places like Afghanistan and Mexico and was able to find my support system. As students that are underrepresented, this group shared similar struggles and I could always fall back on them. It was actually very therapeutic.” —Anisa Dahir

While attending college, all three students were employed outside of school to help support their families, adding to the stress of classwork, working full time, and engaging in leadership activities. As a surgical tech and moving on to Stanford University to complete her Physician’s Assistance program, Asma Dahir says, “The passion was always there and that was enough to get me through.” Asma shared that all her siblings have participated in the Promise SSL afterschool program and a good number of them have become Promise SSL employees. In Westminster’s Legacy Program, Asma was able to give back as a student mentor at the Utah International School, “My students could receive encouragement from someone that looks more like them, and while once feeling that disconnect, it is now going full circle. I’m a living testimony of first-gen success and to inspire the students that we work with.”

Read more about our Three Walkways Graduates on p. 6

City Offices

BY APPOINTMENT
801-483-6000
220 East Morris Ave
SSL, UT 84115

Animal Service 801-483-6024
Building Permits 801-483-6005
Business Licensing 801-483-6063
Code Enforcement 801-464-6712
Fire Administration 801-483-6043
Justice Court 801-483-6072
Police Admin 801-412-3606
Promise 801-483-6057
Public Works 801-483-6045
Recreation 801-412-3217
Utility Billing 801-483-6074
Emergencies 911
Police/Fire Dispatch 801-840-4000

SSL City Council Meetings

[Back to In Person](#)

Watch: video.ibm.com/channel/sslcc

Wednesday, May 12, 7 p.m.

Wednesday, May 26, 7 p.m.

SSL City Planning Commission Meetings

Thursday, May 6, 7 p.m.

Thursday, May 20, 7 p.m.

New Resident CORNER



Fitts Park Pavilion Rentals Now Available

South Salt Lake has four beautiful park pavilions that you can rent through Oct. 31st. All reservations must be made a minimum of 48 hours in advance and paid at time of reservation online at sslc.com. Pavilions cannot be held or reserved via phone or email.

Questions? Contact SSL Public Assets, Mon-Fri 8:00 a.m. - 5:00 p.m. at 801-483-6021.

25 Bucks to Rent a Dumpster!

SSL Residential garbage customers can rent a roll off dumpster for the low cost of \$25, yep you read that right. To rent a dumpster visit sslc.com to download and complete the Roll Off Dumpster Agreement.

Questions? Call SSL Public Works at 801-483-6074.



CITY COUNCIL CORNER

THANK YOU South Salt Lake City

By Ray deWolfe, At-Large

I am serving my fourth and final year on the City Council. My wife and I have decided it is time to step back and allow someone else to take my place as we begin a new chapter in our lives. Serving the community has been a goal of mine since I moved to South Salt Lake. I've been fortunate to serve on the Planning Commission, the Jordan River Commission, several committees including the General Plan Committee, Promise Leadership committee, Men's Resource Center neighborhood committee, Olene Walker Elementary naming committee, the City Council, and others.

I have learned a great deal during my time in public service. I know things move slower than we'd like. I know everyone doesn't always agree on the approach, but rarely do we disagree on the intended outcomes. I know the residents and business owners have great pride in the city and the relationship is symbiotic – we need and help each other. I learned our city staff are dedicated professionals who care deeply about the city, and frequently make incredible sacrifices to help move the city forward. I have formed great relationships with my colleagues on the council, city staff, business owners, and residents. I owe thanks to my supportive wife, who has been a champion (and at times voice of reason) of mine since day one. Serving you has been an absolute pleasure.

I encourage others who share the values of integrity, kindness, stewardship, and community to run for election and take my place. This city deserves an individual who is not afraid to civilly debate the tough issues, connect with residents and businesses, and share the reasoning behind their decisions.

I still plan on being involved. However, beginning in 2022, you will see me on the opposite side of the lectern.

Note: Opinions expressed here may not be representative of all Members of the City Council.

Spring 2021 Citywide Cleanup Program

Curbside pickup will be provided for approved items that are boxed, bundled, or bagged. The intent of this program is to reduce pollution in our streams, rivers and lakes and will keep our City clean. When utilizing curbside collection, residents are reminded that hazardous materials such as oil, batteries, paint, tires and other pollutants will not be collected. See mailer delivered to your home for more details.

CLEANUP SCHEDULE

Curbside collection of bulky waste items is the first full two weeks in May. Follow your regularly scheduled garbage pickup day, see below. Properly prepared items must be placed curbside by 6:30 a.m. on your scheduled collection day.

If your typical collection day is:

Monday: Cleanup is May 3

Tuesday: Cleanup is May 5

Wednesday: Cleanup is May 10

Thursday: Cleanup is May 12

How We Partner to Keep it Green

Along with the volunteers from Westminster College and [TreeUtah](#), several volunteers met up at Fitts Park in April to replace trees that fell during last year's windstorm.

Beyond tree planting, the city has many other plans coming to enhance and make our parks and green spaces more sustainable. Would you like to volunteer? Connect with treeutah.org



South Salt Lake City Council Action Report Summary

Full agendas, minutes, handouts and video recorded meetings available at: sslc.com/city-government/council-meeting

Date	Agenda Item	Subject	Action	Next Step
3/24/21	Appointments by the Mayor	Appointment of Josh Collins as City Attorney	Approved	No Further Action
3/24/21	Amendment of Chapter 2.48.050 State Law regarding Election Eligibility	Updates to City Code regarding Election Eligibility Requirements	Approved	No Further Action
3/24/21	MODA S Townhomes Amendment	Amendment to the MODA S Townhomes development agreement with South Salt Lake	Moved to Unfinished Business for April 14 th	Further Discussion
4/14/21	MODA S Townhomes Amendment	Same as above	Moved to Unfinished Business for April 28 th	Further Discussion
4/14/21	A Resolution for the SSLPD property for public interest use	Appropriate bikes in SSLPD possession to Bikes 4 Kidz	Approved	No Further Discussion
4/14/21	Evaluation to Create a new Public Infrastructure District	Presentation on Public Infrastructure District	Moved to Unfinished Business for April 28 th	Further Discussion
4/14/21	Water Conservation Plan for Summer of 2020	Presentation of the South Salt Lake Water Conservation Plan	Moved to Unfinished Business for April 28th	Further Discussion
4/14/21	Agreement between Salt Lake County and SSL for County to conduct primary & general municipal elections for 2021	Review of the interlocal agreement to conduct 2021 Municipal Elections	Moved to Unfinished Business for April 28th	Further Discussion

Remembering Officer David Romrell

Message from SSL Police Chief Jack Carruth

As many of you know, one of our own, South Salt Lake Officer David P. Romrell was killed in the line of duty on November 24, 2018. He was responding to a burglary when one of the two suspects struck and killed him when trying to flee the scene. Losing Officer Romrell was a tragic loss to us in many ways. While our job to serve and protect the community often puts us at higher risk, the devastating loss of Officer Romrell was the first in the history of the SSLPD to occur in the line of duty.

We continue to honor his life and service to our community. From retiring his locker to dedicating our building with his name. As a department, we are continually mindful of the needs of his family, wife Liz, and young son. And it's safe to say that he is in our thoughts and spoke of fondly often. As for myself, not a day goes by without thinking of him.

In 2019, South Salt Lake Fallen Officer David Romrell was honored in Washington D.C. during National Police Week, which was a great honor to his family, our community and to the SSLPD. President John F. Kennedy first proclaimed May 15 as National Peace Officers Memorial Day and the calendar week in which it falls, as National Police Week. Special recognition and tribute is paid during National Police Week to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others.

This year an in-person Utah Fallen Officer memorial service will be held on May 6, 2021, at 11:00 a.m. on the west grounds of the Utah State Capitol. This annual event pays special recognition to officers that have been killed in the line of duty.

To learn more, visit www.policeweek.org



Coffee with a Cop

Spend your morning with us!

Wednesday, May 5, 2021

Central Park

Community Center Pavillion

2797 S. 200 East

9:00 a.m.

Bring your own mug, coffee, tea or beverage of choice.

We'll provide the donuts!

Neighborhood Watch Meeting

May 6, 2021 7:00 p.m.

Visit sslc.com for virtual event link.

Men's Resource Center Neighborhood Meeting

May 19, 2021 3:30 p.m.

Join us for the monthly Mens' HRC Neighborhood Meeting via Zoom in March. Visit sslc.com for the link.

Questions? Contact Lindsey Edwards, ledwards@sslc.com



FINANCIAL EMPOWERMENT CENTER

GROW YOUR SAVINGS?

The FEC offers
FREE, 1-on-1
financial coaching
sessions to
South Salt Lake
residents.



WE CAN HELP WITH THAT



BOOK ONLINE FOR A FREE, VIRTUAL COACHING SESSION
SSLC.COM/RESIDENTIAL-SERVICES/FEC



Making Fire Safety Education Fun

Message from Fire Chief Terry Addison

The South Salt Lake Fire Department is available to provide education to youth, and interact positively with our young people at every opportunity. We take time to visit schools, join them at daycare facilities and even read to them. We also provide fire prevention education and juvenile fire-setter intervention education, and lead tours of the fire stations.

Our 3-room inflatable firehouse is a fun and effective safety and education prop that teaches children proper fire safety tasks. The inflatable fire education smokehouse comes complete with



(E.D.I.T.H) exit drills in the house and other home safety tactics, precautions, and proper safety procedures in the event of a fire. Children locate potential fire hazards in the kitchen, living room, and bedroom. They practice simple methods of eliminating potentially dangerous situations, and crawl through the house to locate an emergency escape route.

Additionally, in an effort to prevent child firesetting and juvenile arson, we seek to educate youth and families. We help identify fire setting behavior and the needs of youth participating in such. It is necessary to determine the motivation for the initial behavior and provide resources and intervention support. When children have had an experience with fire, it is crucial that they gain an understanding of why their behavior was inappropriate.

Our Mission is to endeavor to protect lives and property by providing exceptional service to our community. Our dedication and outreach to youth and families through fire safety and prevention programs are a testament of that. As educators or those involved with youth, please reach out to us if you are interested in having a tour of our facility or coordinate a visit.

Success Story from the Men's Resource Center

HELPING OUR TREES, TRAILS AND RESIDENTS

The Tracy Aviary Jordan River Nature Center at 1125 W. 3300 South is a community gathering place to connect with nature. The Nature Center created a volunteer program that has involved their neighbors at the Men's Resource Center (MRC). Residents of the MRC along with the nature center are seeking to better preserve native Fremont cottonwood trees along the Jordan River Parkway. Many cottonwood trees have been wrapped with wire mesh to protect them from beavers. As trees grow, they start breaking through the mesh and MRC volunteers help to cut off the old mesh wire and replace it with new, roomier cages (see photos at right). This makes a big difference for trees, the wildlife that depends on them, and for trail users, as they provide much-appreciated shade along the trail.

"One gentleman who had volunteered with us really stands out," says Anne Terry, Manager at the Tracy Aviary Nature Center who has worked with MRC volunteers on a regular basis. She says, "He had been a bit more reclusive, but consistently came to help with our weekly projects. He was essential to the success of many of the plants we have cared for along the trail." As learned later from an MRC housing case manager, his outdoor time spent volunteering with us was an important moment of peace for him every week while transitioning at the MRC. This volunteer has now been successful in finding housing. Terry says, "We are so happy for him, our protected trees are happy and we are grateful that we could be a part of his journey!"

To learn more about the Tracy Aviary Jordan River Nature Center and events there, visit: jordanrivernaturecenter.org





Lunch on the Move

The Red Food Truck
Wednesday, May 19th
11:00 a.m. - 2:00 p.m.

SSL City Hall
220 East Morris Ave, North side
Discover a new food truck each month!



BEAUTIFUL YARD AWARD



Wow, Neighbor—Your yard looks AMAZING!

Now that spring is upon us, we will be sharing weekly “try-this” green landscaping tips and other eco-friendly community challenges. Mayor Cherie Wood also encourages you to nominate those around your neighborhood who you believe deserve a Beautiful Yard Award—or you could even nominate a block for a Beautiful Street Award.

It's easy to nominate, to do so, contact the Urban Livability Department, call 801-464-6712, or email aevans@sslc.com.

Happy Arbor Day!

Our city celebrated by planting over twenty trees at city properties thanks to a donation from Red Butte Garden. We wish to thank volunteer groups from Westminster College, TreeUtah, Cosmos Conservations and Promise SSL for planting trees at Fitts Park this spring.

YOUTH VOICES of SSL

WHAT DO YOU WISH TO SEE FOR YOUR FUTURE?

Flying cars, a new skate park... During the last month, and with the help of our Promise afterschool coordinators, we asked our youth for input on the General Plan. When asked, “What do you wish to see for your future?” our youth grades K through 12th grade, drew pictures and came up with some great and futuristic ideas and suggestions.

Curious about what they have to say? You can view all Youth Voices submissions at SSLOurNextMove.org.

While we appreciated and love them all, the top General Plan Youth Voice entries selected by Mayor Cherie Wood are from youth ranging from K through 8th grade from Lincoln Elementary, Hser Ner Moo, Kearns St. Anne and Historic Scott Schools.



Essay question - What do you wish to see in the future in South Salt Lake? THINK BIG!
IN THE FUTURE I WANT TO SEE A HEALTHY ENVIRONMENT, I WANT TO SEE LOWER PRICES OF HOUSES, I ALSO WANT TO SEE LOWER PRICES OF FOOD AND PEOPLE BE NICE TO EACH OTHER.



Essay question - What do you wish to see in the future in South Salt Lake? THINK BIG!
I would love to see people more together. I would like to see more places kids can hang out together. Something I want more places where families can hang out. I would like to see more events happen like we all ready have. I would like that. More just of everything. But more houses. Beautiful neighbor where people would like to come and live here. More places to find good jobs. And closer stores like Smith, Walmart, Target nice places to buy clothes.

Essay question - What do you wish to see in the future in South Salt Lake? THINK BIG!
What I wish to see in the future is when you be nice to each other. You also the park with new things. I'm sorry if I get this wrong.

Essay question - What do you wish to see in the future in South Salt Lake? THINK BIG!
What do I wish to see in SSL? I would like to see more fun places like a trampoline park or more restaurants. That would be what I would like to see more of in SSL or a skate park because I really enjoy going to skate parks. Those are the things I wish to see more of in SSL.



Community Happenings



10 New Murals — Who are the artists behind them?



Emily Ding is a muralist based in Houston, TX who draws inspiration from flora, fauna, and human temperament. Resonating deeply with the phenomena of the natural world, she aims to communicate emotions and experiences, through storytelling with wild creatures and people. @_emilyding

Miles Toland is a studio artist based out of Nevada City, CA and a street artist that leaves his mark wherever he travels around the world. His paintings merge naturalistic human forms with mandalas and surreal patterns found in nature. His street art has been published in Smithsonian Magazine, The New York Times blog, and was featured in the second season of the AMC show Better Call Saul. @miles_toland

The mission of the Roots Art Kollective (Miguel Galaz, Luis Nova, Alan Ochoa) is to expand public art to create a vibrant environment that allows people to learn about the cultures that enrich our communities. They believe that using art can redefine the cultural space that we embody through the use of symbols such as: calligraphy, colors, and patterns as ways to represent the cultural quilt of Salt Lake City. @therak.murals

Learn more and meet all the artists at TheMuralFest.com.

Better yet, come join us at the Artist Meet and Greet event on Saturday, May 15.

MURAL FEST 2021

Saturday, May 15th
6:00 - 8:00 PM

ARTIST MEET & GREET

A self guided walking or bike tour of the new murals for 2021 and a chance to meet and talk with the artists.

LOCATION:
South Salt Lake's Creative Industries Zone:
West Temple between 2100 S and Oakland Ave.

DETAILS:

- Food Trucks at two locations
- Live music and entertainment at each mural site

*Look out for directional flags and Mural Fest volunteers along the route.

For a map of all the murals, visit themuralfest.com



Adult Coed Softball

\$100 per team
Must register as full team
Men and Women 18+
Mondays or Wednesdays 6 – 9 p.m.
June 14 – August 18
Central Park Ball Field
2797 South 200 East
Register by May 28
sslc.com or 801-412-3217



Creative Arts for Life w/ Bad Dog Arts

Wonders of Watercolor
Free to Residents
Wednesdays in May
6:30-8:30 p.m.
Classes via Zoom
Register at sslarts.org

May is ALL about BIKES

GOOD NEWS FOR YOU IN 2021

South Salt Lake is a transportation hub, connecting just about everything. We're happy to announce that expanded bike trails and improvements are on the drawing boards for next year.

MAKING STRIDES ON PARLEY'S TRAIL

At long last, the final leg of Parley's Trail will be completed. The stretch from 900 West to the Jordan River has been a major challenge. This area includes the I-80 and 900 West interchange, the UTA rail maintenance yard and access to limited sidewalks. In the works for some time, the ideal design included a bridge to be constructed over 900 West and funding was needed. As it was secured, construction costs kept escalating, and kept the end goal just out of reach.

This year, due to the efforts of Senator Gene Davis, the Utah Legislature appropriated enough funds (\$2.5 million) to cover the gap. Community advocates, including PRATT (parleystrail.org) and local trail building staff at Salt Lake County and South Salt Lake are grateful to bring this project to its conclusion. The plan is for construction to start in early 2022. The temporary route (heading north and onto 2100 South) will remain open for the duration. Thanks to our state legislature and local representative, Gene Davis, for listening to his constituents and delivering a much needed project!

BETTER BIKING ON 500 WEST

The west side of South Salt Lake (beyond I-15) is a surprisingly pretty popular place to bike, connecting many people to jobs, housing and recreation like the Jordan River Trail. SSL is designing a bike route on 500 West as part of a reconstruction of the whole street. This will extend from 3300 to 3900 S and be underway in spring of 2022.

LOOKING FURTHER DOWN THE ROAD

The recent Community Values Survey shows that people want better walkways, bike trails and lanes. We value your ideas and hope you'll continue to share your input on the IDEA MAP at SSLOurNextMove.org, so it can be included in our long-range planning and funding.

General Plan Steering Committee Member Highlights

Monthly we will be highlighting members of the Steering Committee, who are volunteering their time and expertise to assist the City in guiding the General Plan 2040. Find out more about them, their affiliation with SSL, and a bit about their concerns and hopes for our City.





#LoveYourWatershed
#FirstFridays

 **PICK UP AFTER YOUR PET.** ANIMAL WASTE, WHEN LEFT ON THE GROUND, WASHES DOWN STORM DRAINS AND CONTAMINATES STREAMS AND RIVERS

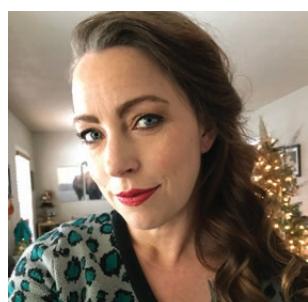
 **SHARE YOUR PHOTOS AND EXPERIENCES WITH**

#LOVEYOURWATERSHED #FIRSTFRIDAYS

Walkways to Westminster

The Walkways to Westminster program was made possible by generous funding from the Norman C Tanner and Barbara L Tanner Charitable Support Trust; the Larry H. and Gail Miller Family; the Simmons Family; t, American Express and Union Pacific, and the Dumke Center for Civic Engagement, supported by a generous endowment by Katherine W. Dumke. To learn more about the program and how to get involved, connect with Promise South Salt Lake (kmeranda@sslc.com), or Westminster College (jtille@westminstercollege.edu).



Michelle Pate

FT Home Manager/Parent
Granite Park
7 years

SSL's future, I am most worried about:
Increased poverty, irreversible climate change

I am most excited about:
Positive progressive change

If I could pick anything to spend my days doing (work or play), it would be:
Listening to music, reading, cooking, kayaking, yard work

My favorite place to eat or get a treat in SSL is:
Delice

My favorite place to have fun is:
My house

Dreaming big, what would you love to see for SSL?
No homelessness, improved public education and funding for schools and educators. Free to low-cost trade courses for adults. Clean energy and as much natural resources used as possible.

Spanish-Speaking Stakeholders: General Plan Input Takeaways

 We're listening, here's what we heard.

In gathering input for the General Plan, a group of seven Spanish-speaking residents were invited to share their valued perspectives. Here are some of their comments about: Housing, Economic Development, and Transportation.

- Desire for better use of vacant lots & buildings around SSL
- Appreciation for SSL's centralized location
- Concerns as lease prices continue to climb; that affording a house is becoming more and more unattainable
- The belief that "Housing should not be a business, but a right"
- COVID-19 impacts on small businesses in SSL -- Hopes for them to recover, and specifically, small, local, diverse businesses that reflect the cultural richness of SSL
- Hope for a community that better reflects all who live here-- "Imagine a community where my kids can walk around and see themselves reflected in the environment"
- With growth and development, hope for more opportunities for better paying jobs close to home
- Develop more of an identity as a community
- Supportive of public art in SSL, not concentrated in a specific area, would like to see it spread throughout the City
- Wish for the City to consider ways to improve access to public transit, frequency, schedules and stops
- Collocate services, retail, and housing to assist in reducing the cost and time of transportation



Moving the Needle for College Graduation

ANISA DAHIR

Westminster College, Class of 2021
Double Major Public Health/
Physicians Assistant

"My biggest takeaway is providing access to students that don't have that and believe in them. They may have the passion, but seeking that higher education can be discouraging, the Walkways to Westminster program supports them in their journey."



ASMA DAHIR

Westminster College, Class of 2021
Stanford University Physicians Assistant Program Fall of 2021
Miss Africa Utah 2017

"During this time our family has experienced much stress and I have continued to help support them. Being in school and working full time while engaging in mentoring leadership activities, I was passionate about everything that I was doing, there was fatigue but the passion was there, and that was enough to get me through."

"Invest in students and they will give back. I can't wait to get my white coat and you can too!"



JABIR NASIR

Westminster College, Accounting, Class of 2021

Jabir took the experience further by becoming a mentor himself. "Being able to help my mentee navigate the college application process was a huge deal for me as I feel like I was in the same position he was in a few years back, and the help I got during the whole process helped me reach where I am today. This is of course with hard work, belief and being dedicated to achieving my goals. It was a really fun and impactful experience, especially as it helped me learn a lot and transfer the knowledge to my mentee. Now, he is completing his second year at UVU. It is like giving something back to me."

MAY IS 2 MENTAL 0 HEALTH 2 MONTH 1



LIFE CAN BE HARD.

YOUR MENTAL
HEALTH DOESN'T
HAVE TO SUFFER.

GET INFORMATION
AND TOOLS THAT
CAN HELP.



LEARN MORE AT
MHNATIONAL.ORG/MAY

#Tools2Thrive Brings Better Mental Health

This past year presented many different challenges and obstacles that tested our strength and resiliency. The global pandemic forced us to cope with situations we never imagined, and a lot of us struggled with our mental health as a result. The good news is there are tools and resources available to support the well-being of individuals and communities.

Now, more than ever, we need to combat the stigma surrounding mental health concerns. May is Mental Health Awareness month and we are highlighting #Tools2Thrive. These tools help to prioritize mental health, build resiliency, and continue to cope with the obstacles of COVID-19.

This past year forced us to accept tough situations that we had little to no control over. If this impacted your mental health, you aren't alone. In fact, of the almost half a million individuals that took an anxiety screening at MHA screening.org, 79% showed symptoms of moderate to severe anxiety. #Tools2Thrive are practical tools that can help improve mental health. The focus is on managing anger and frustration, recognizing when trauma may be affecting your mental health, challenging negative thinking patterns, and self care.

A great starting point for prioritizing mental health is to take a free, confidential screening at MHA screening.org and begin finding hope and healing..

During May, the Mental Health Coalition wants to share that mental illnesses are real, and most of all recovery is possible. Develop your own #Tools2Thrive, to find balance between life's ups and downs and continue to cope with the challenges brought on by the pandemic and life in general.

For more information, visit www.mhnational.org/may

Promise SSL Equity Council and Mental Health Coalition present

Mental Health in OUR Community



May is National Mental Health Awareness Month. Join us for an evening discussion about:

- Importance of culturally diverse providers
- Responding to a mental health crisis
- Mental Health resources in South Salt Lake

May 19 - 6:00-7:30pm

Zoom ID: 397-288-5132



For more information, contact Bonnie (bowens@sslc.com) or Joseph (jgenda@sslc.com)

TEEN TECH CENTER SHOWCASE

Thursday,
May 13th
4:00-7:00
PM

Teens and Young Adults at the Best Buy Teen Tech Center want to show you what they have been working on!

This is an outdoor event and masks are required. Refreshments provided.

Located at 2531 S 400 E in the courtyard

Local Teens Get Top Honors for Zine



Youth from the Best Buy Teen Tech Center had the opportunity to submit projects to The RE@CH Media Festival sponsored by The Clubhouse Network. They worked hard to complete projects, such as a "zine" (a small-scale and self-published magazine) centered around teen experience during the COVID-19 pandemic, which included illustrations that represent their feelings and pictures of their community. Their "Clubhouse COVID Experience" zine was announced as a finalist in the graphic design category. The Promise team is so proud of them for sharing their creative projects.



South Salt Lake has 14 neighborhood centers serving our community.

Hser Ner Moo Community Center
2531 South 400 East (Columbus)
801-828-7245

Olene Walker Elementary
3751 South 900 West
801-828-8219

Historic Scott School Center
3280 South 540 East
801-803-3632

Lincoln Community School
450 East 3700 South
801-657-0416

Utah International School
350 East Baird Circle
801-520-7175

Central Park / PAL Center
2797 South 200 East
801-386-4949

Columbus Center
2531 South 400 East
801-412-3217

Commonwealth Youth Center
3280 South 540 East
801-803-3632

Woodrow Wilson School
2567 South Main Street
801-386-0589

Granite Park Jr. High
3031 South 200 East
801-440-4499

Meadowbrook Center (at SLCC)
250 West 3900 South
801-828-8219

Cottonwood High Promise
5715 South 1300 East
385-630-9748

Kearns Saint Ann Promise
430 East 2100 South
385-630-9754

Moss Elementary
4399 South 500 East
385-258-6360